



San Francisco • Fremont, CA • Herndon, VA

# Shaolin Temple USA

## 旧金山少林寺文化中心

Shaolin Temple USA Headquarters • Shaolin Temple Culture Center • 5509 Geary Blvd., San Francisco

415-666-9966 • [www.ShaolinUSA.us](http://www.ShaolinUSA.us)



**Shaolin Temple USA 执行主任释延然法师**  
Master Shi Yanran, Founder and Executive Director  
Shaolin Temple USA



**嵩山少林寺方丈上永下信大和尚主持开光揭匾典礼**  
Venerable Abbot Shi Yongxin of China Songshan Shaolin Temple  
blessed the Shaolin Temple Culture Center in San Francisco  
at its Grand Opening on March 19, 2009



**学员演练少林养生功《八段锦》**  
A Shaolin Wellness Qigong session — Shaolin classic *Baduanjin*



**2011年旧金山农历新年大游行联排**  
Rehearsing for the 2011 San Francisco Chinese New Year Parade



**《少林虎拳》迎虎年**  
Sifus and students rehearsing the *Shaolin Tiger Fist* for Year of the Tiger performances, 2010



**延然法师与学生分享功夫禅内涵**  
Master Shi Yanran shares a moment of insight with students of  
diverse ethnic and age groups.



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## 加州佛利蒙少林寺文化中心

Shaolin Temple Culture Center, Fremont CA (established July 2007)

4343 Peralta Blvd., Fremont, CA • 510-818-9966



欢迎上永下信大和尚莅临费利蒙少林寺文化中心

Students, parents and friends welcome the Venerable Abbot Shi Yongxin and his delegation to the Fremont Shaolin Temple Culture Center on March 22, 2009



2010年《少林寺日》庆祝会上坐禅共修

A meditation session at the Shaolin Temple Day Celebration,  
March 21, 2010



Shaolin Temple USA 第一所少林寺文化中心

Shaolin Temple Culture Center in Fremont, CA was our first facility to offer lessons in Shaolin Kung Fu, Wellness Qigong, Chan studies and meditation.

## 大华府少林寺文化中心

Shaolin Temple Culture Center, Herndon VA (established July 2010)

314 Victory Drive, Herndon, VA • 703-787-0214



少林功夫课程走进斯坦福大学

Shaolin Temple USA classes at Stanford University

Shaolin Temple USA teaches weekly Shaolin Kung Fu classes to Stanford University faculty and staff under the School of Medicine's Health Improvement Program (HIP).



## 中国嵩山少林寺日 China Songshan Shaolin Temple Day

March 18-23, 2009 • Hosted by Shaolin Temple USA  
• San Francisco • Fremont • San Jose • Sacramento

The 6-day event included a day of celebration at San Francisco's Union Square, a large scale Shaolin Kung Fu performance in San Jose, and a day of honor and friendship at the California State Senate and Assembly.

The Abbot also officiated the grand opening of Shaolin Temple Culture Center in San Francisco.



学员为释永信大师和作汇报演出  
Shaolin Temple USA students performance  
at Union Square, San Francisco on March 21, 2009,  
the official "Songshan Shaolin Temple Day" proclaimed by  
California State Senate.



释永信方丈与各界嘉宾为《少林寺日》剪彩  
Ribbon-cutting ceremony officiated by Venerable Shaolin Abbot Shi Yongxin, California  
Senator Leland Yee, Chinese Consul General Gao Zhansheng, Venerable Master Chi Hoi,  
Cupertino Vice Mayor Kris Wang, Venerable Master Ruxiu,  
Shaolin Temple USA Executive Director Shi Yanran.



《千年古刹·禅武医文化》图片展览  
**Shaolin—1500 Years of Cultural Legacy**  
Photo Exhibit on the history of Shaolin Temple and  
Shaolin Kung Fu at the Union Square.



加州参议院欢迎  
释永信方丈  
并确立三月廿一日为  
《中国嵩山少林寺日》  
**Proclamation of  
"Shaolin Temple Day"  
at California State Senate**

## 少林功夫表演 Shaolin Temple USA Performances

- Presentation 展演
- Collaboration 协作
- Community Participation 走进社区



旧金山亚洲艺术博物馆  
迎接虎年与《上海》展览  
Shaolin Temple USA featured the Shaolin Tiger Fist at  
Asian Art Museum of San Francisco, Feb. 18, 2010.  
The event celebrated the Year of the Tiger and kicked off  
the Shanghai Exhibit at the Museum.



斯坦福大学篮球赛“最精彩的中场表演”  
“The best halftime Show ever!”

Shaolin Temple USA thrilled an audience of over 7,400 with a spectacular Shaolin Kung Fu program at the Stanford/UCLA Men's Basketball Game halftime in Jan. 2010. Many jaws dropped in awe of the Hard Qigong feat "Four Spear Tips Supporting Bare Body" performed by Master Shi Yanran. By popular demand, Shaolin Temple USA returned for 2 encore performances at the Stanford/California Men's and Stanford/UConn Women's basketball games.



《禅·武·乐音乐会》 Shaolin Zen Concert, 2009  
In collaboration with California Firebird Youth Chinese Orchestra (FYCO) in this inspiring production that showcased the harmony of music, strength and spirit of Chan —  
Heavenly music lifting, Buddha's disciples through their disciplines revealing:  
Wondrous melody and Kung Fu, both in the spirit of Zen.  
Happiness abounds in the mind no longer burdened with worries.

仙乐飘飘天上采，罗汉持戒显传承。  
妙音精武皆禅境，看开放下乐事多。



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## 旧金山农历大游行 San Francisco Chinese New Year Parade 2010, 2011, 2012

Shaolin Temple USA joined this world famous parade in the spirit of community participation and to showcase Shaolin Kung Fu for audiences worldwide. In 2011, our parade team was awarded the 2nd highest honor in the community organizations category.