

8/21 Zen Meditation
Workshop

8/28 Ten Chakras –
Life developing
Channels

9/7 Bamboo
Garden
Retreat

9/11 Inner Peace to
World Peace

Dates: August 21, 2025 – September 11, 2025

Time: Thursday from 12:10 PM to 1:30 PM
(3 speeches + 1 retreat = 4 sessions in total)

Speech Location:

B1 Conference Room, Institute of Chinese Literature
and Philosophy, Academia Sinica (White building on
the right when facing the Academic Activity Center)

Fee: NT\$600 OR 200NT per individual session.
(includes post-class lunchbox)

Retreat Location: Bamboo Garden
Entrance free of 100Nt per person.) Time TBA.

Contact : Mr. Tsai -0929-330830



Registration

Join our meditation class to calm your mind, improve health, and connect with your true self.

MEDITATION Zen Series

Academia Sinica Zen Meditation Class

Completely in English

8/21

禪修工作坊

8/28

十個脈輪
生命能開發

9/7

御竹園一日禪

9/11

找回內心平靜
創造世界和平

日期：

2025年8月21日-2025年9月11日

時間：

星期四 下午 12:10 至 下午 1:30
(3 場演講 + 1 場出遊 = 共 4 場)

演講地點：

中央研究院中國文哲研究所B1會議室
(面向學術活動中心右側白色建築)

費用：

總共: NT\$ 600 或 每堂: NT\$ 200。
(含課後午餐盒)

出遊地點：

御竹園
(台北市士林區德興東路338巷20號-1)

聯絡人：

蔡先生 - 0929-330830

冥想

ZEN 系列

中央研究院康樂會禪修班

完全英文授課



報名

加入我們的冥想課程，平靜您的心靈，改善健康，並與真實的自我建立聯繫。

Academia Sinica Zen Meditation Class

8/21 (Thurs) 12:10~13:30

ZEN MEDITATION WORKSHOP

**MANAGING DAILY
STRESS
INNER CLARITY &
FOCUS**

Meditation to relax your body, focus your mind,
boost your energy, and improve sleep for a balanced
body, mind, and spirit connection.



Registration

LOCATION

B1 Classroom

Institute of Literature and
Philosophy at Academia Sinica

FEE: 200NTD

(includes post-class lunchbox)

GOT ANY QUESTION?

Please Call Mr. Tsai 0929-330830

完全英文授課

中央研究院康樂會禪修班

8/21 (週四) 12:10~13:30

禪修工作坊

管理日常壓力
清淨內在和提升專注力

冥想可以放鬆您的身體、提升專注力、增強能量、改善睡眠，從而實現身、心和靈的平衡。



報名

地點

B1教室

中央研究院文哲研究所

費用：200台幣

(含課後午餐盒)

有任何問題嗎？

請致電蔡先生 0929-330830

Academia Sinica Zen Meditation Class

TEN CHAKRAS

Zen Meditation Introduction Workshop

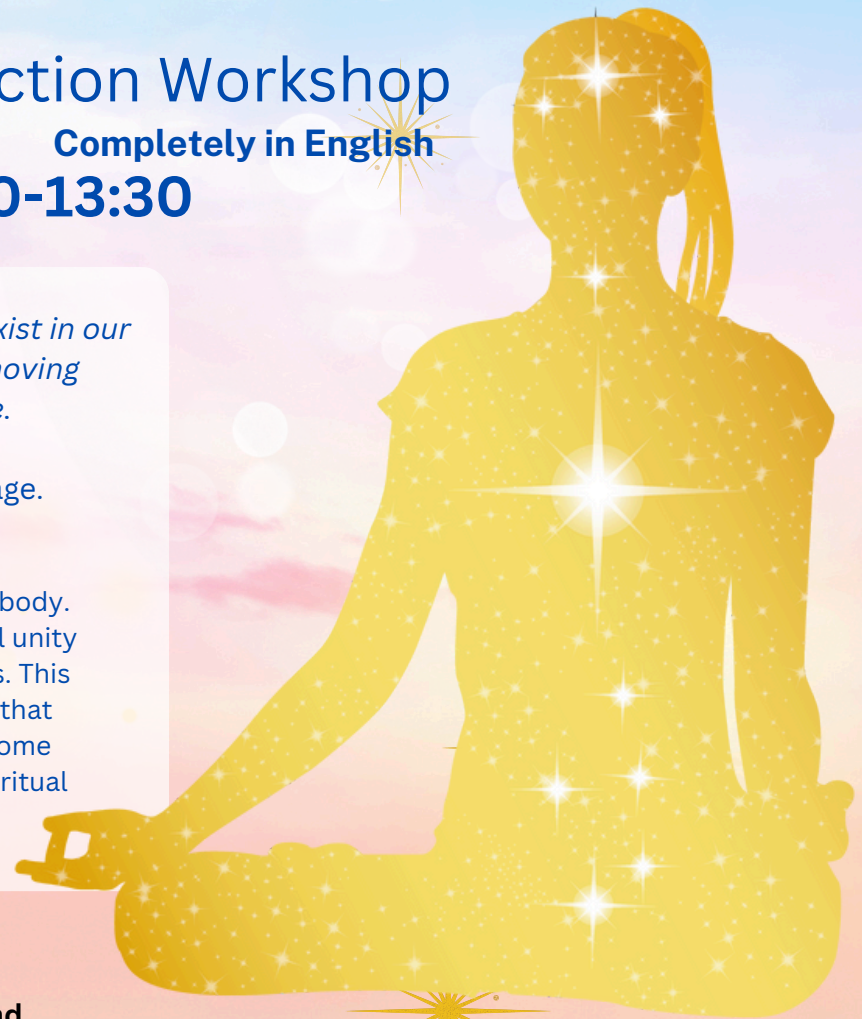
Completely in English

August 28, Thursday 12:10-13:30

These ten chakras are the ten obstacles that exist in our lives. By unlocking each of these knots and removing obstacles, our life will be smooth and complete.

— Zen Master Wu Chueh Miao-Tien
the 85th GrandMaster of Zen Lineage.

The ten chakras are the ten life energies within the body. Through Zen meditation, with the power of spiritual unity and concentration, we develop the ten life energies. This process transcends and transforms internal states that cause suffering and illness, allows the body to become healthier and more full of vitality, awakens your spiritual wisdom, and achieving a profound transformation.



Registration



**B1 Classroom
Institute of Literature and
Philosophy at Academia Sinica**



**If you have any questions please call
Mr. Tsai 0929-330830**



**200NTD per Session
Including post event Lunch.**

中央研究院康樂會禪修班

完全英文授課

十個脈輪

禪修入門工作坊

8月28日(星期四) 12:10-13:30

這十個脈輪就是我們生活中存在的十個障礙。透過解開每一個結，消除障礙，我們的生活就會順利而圓滿。

— 禪宗第 85 代宗師，悟覺妙天禪師

十個脈輪是身體內的十種生命能量。透過禪修，我們以精神統一和專注的力量來開啟十種生命能量。這個過程可以幫助我們超越和轉化造成痛苦和疾病的內在狀態，讓身體更健康，更充滿活力，喚醒你的精神智慧，達到深層的轉變。



報名



中央研究院文哲研究所B1教室



如有疑問請致電

蔡先生0929-330830



每場 200 台幣，包括活動後午餐。



Completely in English

Inner peace is the foundation of world peace. Through the practice of Zen meditation and the awakening of the ten chakras—the ten life energies within the body—we begin a journey of deep inner transformation. By cultivating spiritual concentration and unity, we purify the roots of suffering, restore vitality to the body, and awaken the wisdom of the heart. As individuals heal and find balance within, this peaceful energy naturally extends outward, influencing families, communities, and ultimately the world. True peace begins not in external circumstances, but in the silent, powerful shift within each of us.

From Inner Peace
TO
World Peace

9/11 THURSDAY 12:10~13:30

PLEASE WEAR COMFORTABLE PANTS AND SOCKS TO CLASS

Academia Sinica Zen Meditation Class



Registration

完全英文授課

內心的平靜是世界和平的基礎。透過禪修和喚醒十個脈輪（即身體內的十種生命能量），我們開始了一段深刻的內在轉變之旅。透過培養精神的集中和統一，我們可以淨化痛苦的根源，恢復身體的活力，喚醒心靈的智慧。當個人痊癒並找到內在的平衡時，這種平和的能量自然會向外延伸，影響家庭、社區，最終影響世界。真正的和平不是始於外在環境，而是始於我們每個人內心無聲而強大的轉變。

從 內心的平靜 到 世界和平

9/11 週四 12:10~13:30

請穿著舒適的褲子和襪子來上課

中央研究院康樂會禪修班



報名