



EXPERIENCE
LEGENDARY
SHAOLIN
AT CHINA
INSTITUTE

SUMMARY REPORT
AUG 2023



阿尔伯塔大学中国学院



少林寺
Shaolin Temple
& Cultural Centre of Canada



In early August 2023, the China Institute at the University of Alberta (CIUA) had the unique opportunity to host Master Shi Yandi, Abbot and Headmaster of Shaolin Temple and Cultural Centre of Canada, a direct affiliate of the world-renowned Shaolin Temple of China. He shared the 1500-year-old heritage of Shaolin Kung Fu and Zen Buddhism with Edmontonians over a number of events. The events that Master Yandi attended in collaboration with CIUA attracted great interest and increased awareness of the cultural and historic significance of Shaolin in Edmonton.

On August 2nd, the China Institute and University of Alberta International jointly hosted a dinner to welcome the Shaolin delegation. Executive committee members of the Association of Chinese-Canadian Professors also attended the dinner.

On the morning of August 3rd, CIUA Interim Director Jia Wang and Master Yandi recorded a podcast for China Matters, the China Institute's podcast, where they discussed the history of the Shaolin Temple of China, the way of life at the Shaolin Temple, how the legendary monastery manages to adapt to modern society, and Shaolin's approach to tackling global challenges.

The China Institute then welcomed guests from the University of Alberta and the broader Edmonton community to the Telus Centre on campus for a complimentary lunch, featuring traditional Buddhist vegetarian cuisine.



Over 150 guests gathered for Master Yandi's sold-out lecture, translated into English by CIUA Interim Director Jia Wang. Interim Provost Dr. Verna Yiu gave welcoming remarks on behalf of the University of Alberta, highlighting Shaolin's significance as a valuable part of the world's cultural heritage shared by millions around the globe. Master Yandi spoke eloquently about his life at the Shaolin Temple, the four pillars of Shaolin teaching and practices, the role of the Shaolin Temple, Kung Fu, and Zen Buddhism in the modern world, and the deep connection between cultivation of the mind through Zen practices and exercise of the body through martial arts to promote mental and physical health. Participants had the opportunity to ask Master Yandi questions, which he enthusiastically answered.

Following the lecture, Master Yandi offered a demonstration of Shaolin Kung Fu, and then led

an interactive Baduanjin fitness session. Both the demonstration and exercise session were received with delight and excitement by more than 70 participants.

After the public portion of the event concluded, Master Yandi and Interim Director Jia Wang met with academic leaders at the University of Alberta, including Dr. Daniel Fried (Chair, Department of East Asian Studies), Dr. Ryan Dunch (Chair, Department of History, Classics, and Religious Studies), Mr. Oliver Rossier (Director of Research, College of Social Sciences and Humanities), Dr. Brian Soebbing (Director of International School, Faculty of Kinesiology, Sport, and Recreation), and Dr. Jingjing Gui (Assistant Teaching Professor, Faculty of Kinesiology, Sport, and Recreation). Master Yandi also gave an interview with the local media outlet Chinese Multicultural Herald.



In the evening, CIUA team members accompanied Master Yandi to local martial arts schools Canadian Ging Wu Martial Arts and Shang De Tai Chi Mantis Martial Arts, to meet with martial arts practitioners in Edmonton. At these schools, Master Yandi promoted the Shaolin examination system for Kung Fu, and led a class.

On the morning of August 4th, Master Yandi and Interim Director Jia Wang visited the CTV studios, where they were interviewed by the host of CTV Morning Live. They discussed the history of the Shaolin tradition and Master Yandi's experience growing up in the Shaolin Temple and the applications of Shaolin practices to our modern world. He concluded his interview with a televised Kung Fu demonstration.

On August 5th, Master Yandi was accompanied by CIUA team members to Edmonton's annual multicultural celebration, the Heritage Festival. Master Yandi amazed hundreds with his dazzling martial arts performances on a stage in front of the China Pavilion. Dozens of young Edmontonians in the crowd were excited to learn some moves in an interactive session led by Master Yandi.

The resounding success of the events featuring Master Yandi has increased the awareness of the Shaolin culture in Edmonton and laid the groundwork for sharing the wisdom and practices of Shaolin in our city.

[CTV Morning Live Interview Video Link](#)