

Unite Mind Nature & the World - Europe-Asia Center Launches Shaolin mindfulness SDG Course on UN World Meditation Day

Global Mindfulness Revolution: World Meditation Day debuts May 12, 2025, with Shaolin-backed SDG course uniting culture, resilience, and sustainability.

BRUSSELS, BELGIUM, December 22, 2024 /EINPresswire.com/ -- World Meditation Day is a



World Meditation Day bridges ancient wisdom & modern challenges, uniting people and cultures for harmonious sustainable futures. The Shaolin Course powers collaboration for united solutions."

Rui Yan, Director of the Europe-Asia Center

globally significant initiative addressing some of the most pressing issues of our time: mental health, cultural preservation, and sustainable development.

Coordinated by the [Europe-Asia Center](#) and endorsed by global partners like UNITAR, its launch, supported by the Shaolin Temple, aligns with global movements like the UN Sustainable Development Goals (SDGs). It provides a timely platform to advocate for resilience, harmony, and well-being in an era marked by climate crises and rising mental health concerns.

Launch Announcement -

The Europe-Asia Center is proud to announce the launch of the inaugural World Meditation Day on May 12th, 2025. This landmark initiative, conceptualized by the Europe-Asia Center, brings together global resources and partnerships, including UNITAR, the Council of Muslim Elders, and the Committee of Human Fraternity, to promote mindfulness as a pathway to global harmony and sustainable development.

Inspiring a Global Movement -

World Meditation Day represents a fusion of ancient wisdom and contemporary solutions, inspired by the vision of the Europe-Asia Center. The event has been endorsed by Abbot Shi Yongxin, cultural advisor and spiritual leader of the Shaolin Temple, underscoring the Center's commitment to advancing well-being and addressing global challenges through mindfulness.

As part of the celebration, the [Shaolin International Course](#) will be launched at the historic Shaolin Temple in China from May 12th to May 16th, 2025.

The Europe-Asia Center's Role -

The Europe-Asia Center serves as the coordinator of this pivotal initiative. By bringing together diverse organizations, the Center ensures the event highlights the interconnectedness of cultural heritage, sustainability, and human well-being. The inspiration for World Meditation Day stems from the Center's mission to unite ancient traditions with modern needs, addressing critical global issues like mental health, climate action, and cultural preservation.

The Shaolin International Course is a testament to the collaboration between the Shaolin Temple and the Europe-Asia Center, showcasing the transformative power of mindfulness. This six-day retreat combines Chan culture, sustainable practices, and cultural preservation, offering participants a profound journey into physical, mental, and spiritual well-being.

Through modules encompassing Chan meditation, environmental workshops, and cultural heritage exploration, the course aligns deeply with the United Nations Sustainable Development Goals (SDGs).

Rui Yan, Director of the Europe-Asia Center, stated:

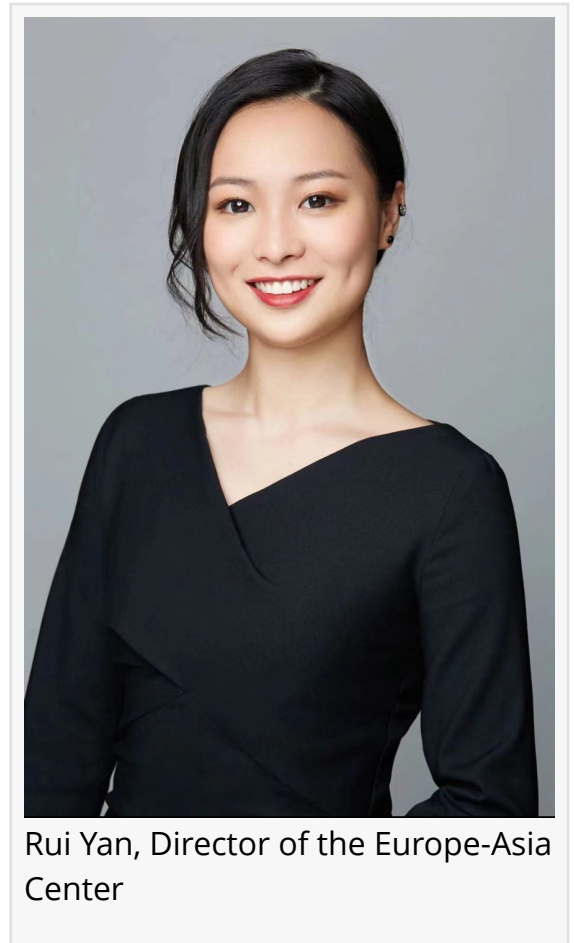
"World Meditation Day represents a bridge between ancient wisdom and modern challenges. We are honored to have inspired this initiative, which brings together people and cultures for a more harmonious and sustainable future. The Shaolin International Course exemplifies how collaborative efforts can lead to impactful solutions for the challenges we face today."

In a time of climate crises, mental health challenges, and cultural disconnection, mindfulness provides a powerful tool for healing and unity. The Shaolin International Course offers leaders, thinkers, and change-makers worldwide an opportunity to integrate these principles into their lives and work.

Participants will gain practical strategies to foster mental clarity, implement sustainable living practices, and preserve cultural heritage, embodying the spirit of the Europe-Asia Center's mission.

Event Highlights -

Chan Culture Seminars: Explore the philosophy of Chan and its relevance to personal growth and



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societal harmony.

Mindfulness Practices: Engage in Chan meditation (Zazen) and Shaolin Kung Fu, uniting physical discipline with spiritual insight.

Sustainability Workshops: Discover actionable approaches to environmental protection rooted in ancient teachings.

Cultural Heritage Activities: Participate in field visits and hands-on preservation efforts to safeguard cultural legacies.

Join Us on a Transformative Journey

World Meditation Day and the Shaolin International Course symbolize the synergy of ancient traditions and modern aspirations. Together, they call on the global community to embrace mindfulness as a cornerstone for sustainable development and peace.

For more information and to register, visit:

Shaolin Mindfulness Retreat: <https://event.unitar.org/full-catalog/shaolin-mindfulness-retreat-advancing-physical-and-mental-well-being-climate-action>

Europe-Asia Center: www.europe-asia.org

About the Europe-Asia Center

The Europe-Asia Center fosters cultural exchange, diplomacy, and collaboration between Europe and Asia. By promoting sustainable development, cultural heritage, and innovation, the Center builds bridges across continents to create a more harmonious and connected world. Through initiatives like World Meditation Day, the Center demonstrates its leadership in uniting global efforts for a better future.

About the Shaolin Temple

Renowned for its spiritual and martial arts traditions, the Shaolin Temple in Henan Province, China, has been a beacon of cultural preservation and resilience for over 1,500 years. Through its teachings, the temple continues to advocate for balance between body, mind, and spirit, supporting global efforts to promote well-being and mindfulness.

As a key supporter of the Europe-Asia Center's vision, the Shaolin Temple's collaboration emphasizes the importance of integrating ancient practices with contemporary global goals.

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