

SHIFU WANG BO

# Temple Tradition Zen Meditation System



## What Is the Temple Tradition Zen Meditation System (TTZMS)?

The Temple Tradition Zen Meditation System (TTZMS) is a three-level certification program designed to bring ancient Buddhist wisdom and the peace of temple practice into our communities. Rooted in traditional Zen practices, TTZMS is thoughtfully adapted for today's fast - paced and uncertain times - making it simple, accessible, and practical for daily practice.

This system was founded by Shifu Wang Bo, who grew up training at the Shaolin Temple and has lived and taught in the United States for the past 17 years. With deep traditional training and years of teaching experience in the West, Shifu Wang Bo created TTZMS to preserve the essence of Zen while making it easier to learn and naturally integrate into modern life.



**SHIFU**

**WANG BO**

34th Generation

Shaolin Warrior Monk

## TTZMS Includes:

- Traditional Zen Meditation Lineage
- Core Zen Teachings
- Mindful Zen Tea Ceremony
- Tai Chi Movement
- Traditional Herbs & Acupressure Points

## Rather than long, rigid sitting sessions, TTZMS features:

- Shorter Meditation Periods
- Breathing Techniques For Relaxation And Focus
- Thought Management And Awareness Training
- Mindful Activities During Meditation
- Practical Methods That Can Be Applied Immediately



To help calm the mind, balance the body, and cultivate inner clarity.

This allows beginners and busy individuals to experience the benefits of Zen without feeling overwhelmed.

# Temple Tradition Zen Meditation System (TTZMS)

## Level One: 50-Hour Zen Meditation Certification Course

### Level One Certification Privileges & Training Includes:

- Earn recognition as an Official TTZMS Level One Certified Practitioner
- Be eligible to assist in TTZMS classes and continue advanced instructor training
- Learn a specially designed 20-Movement Tai Chi Flow Sequence
- Learn the TTZMS Level One Zen Tea Ceremony Practice
- Learn Traditional Herbal Awareness for daily wellness and balance
- Learn 30 essential pressure points to support stress relief, better sleep, and relaxation
- Build a strong daily meditation habit with simple, practical techniques
- Learn how to observe and manage thoughts and emotions using core Buddhist principles
- Improve mind-body balance, focus, and inner calm
- Gain tools to support personal healing and helping others in everyday life

# Core Areas of Training

## 1) Zen Meditation Foundations

- Correct sitting posture and pre-meditation stretching
- Comfort, balance, and proper alignment
- Short meditation sessions (3 - 5 to 5 -10 minutes)
- Techniques to gradually build focus
- (No long or painful sitting - simple and accessible for everyone)



## 2) Core Buddhist Teachings

- (Helping participants see and understand how thoughts and stress arise and pass away)
- The nature of impermanence
- The Eightfold Noble Path
- Karma and cause-and-effect
- Mindfulness and present awareness
- Dependent origination (conditions and results)
- Compassion and loving-kindness



### 3) Mindful Activities

- Walking meditation
- Zen tea meditation (Level one tea ceremony practice)
- Gentle awareness exercises
- Specially designed 20 - movement Temple Tradition Tai Chi (Level one sequence)
- Purpose: bring meditation into movement and life.



### 4) Herbal Awareness (Basic Level)

- 30 Level one pressure points to support relaxation, sleep, stress relief, and energy balance
- Self-care techniques using pressure points
- Herbs traditionally used for sleep, stress, and overall balance
- Level one herbal principles in traditional wellness
- (Not medical — based on traditional wellness awareness only)



## 5) Breathing Techniques

- Turtle breathing
- Breath counting
- Natural breathing awareness
- Breath retention
- Natural breathing awareness
- Deep belly breathing
- Calming breath techniques

## 6) Thought Management & Awareness

- How thoughts arise and pass
- How to observe without fighting
- Simple techniques to return to the present
- How not to get stuck in emotions



## **💰 Program Fees:**

Tuition: \$1,500

Early Sign-Up: \$1,400

Family/Group (2+): \$1,300 Per Person

**Total Required Hours: 50 Hours**



## **Attendance & Make-Up Policy**

The TTZMS Level One Certification Program includes 50 hours of training through weekly 2-hour sessions.

Participants must attend at least 80% of live classes to qualify for certification.

Missed classes may be made up by attending a future session, viewing a recorded class with a brief reflection, or completing approved practice hours.

Participants missing more than 20% of the program may be required to retake missed modules before certification.