



Shaolin Nordic is a part of the international Shaolin Wahnam Institute.

Shaolin Wahnam Institute is a worldwide organization to promote the practice of genuine [Shaolin arts](#) for health, vitality and personal development, and to spread awareness and correct information about traditional Chinese forms of training

We offer teaching tailored for individuals as well as businesses in:

- [Shaolin Chi Kung](#)

For excellent health, vitality and personal development

- [Shaolin Kungfu](#)

For self defense, comprehensive development and successful living

- [Shaolin Zen](#)

For mind development, application and spiritual cultivation

Browse this site for extensive information about our work. Also please feel welcome to [contact us directly](#)

- we're happy to answer your questions!

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