

Wild Goose Winter Retreat

Qigong



Presented and taught by
Dr. Bingkun Hu

*Disciple of legendary
Kunlun Mountain Grandmaster,
Yang, Mei-jun*

Wild Goose-11 (Self-Cultivation Qigong)

Dec. 28, 2015 – Jan. 1, 2016, Kensington, CA

Join Dr. Bingkun Hu for a week of rejuvenating Wild Goose Qigong and nourishing meditation. Cleanse out your unhealthy energy and release your negative emotions. Replenish your body and mind with fresh and vibrating energy, and get ready to usher in the New Year with self-confidence, enthusiasm, and optimism. Take advantage of this rare opportunity to improve your Wild Goose performance and to learn the self-healing Wild Goose practices in a lovely, close-to-nature setting, conveniently located in the quiet town of Kensington, just bordering Berkeley; from a highly qualified master, at a very affordable price.

Five days of Wild Goose, six hours each day

Enjoy six hours of instruction with Dr. Hu each day, with three hours in the morning, a leisurely break, then three hours in the afternoon. We will begin at 9:30 a.m. on the morning of Dec. 28, and finish at 5:30 p.m., except on our last day. On Jan. 1, we will conclude our retreat at 3 p.m.

Wild Goose Qigong and Meditation is a complete healing system. Well known for its lovely and graceful movements that suggest the image of an innocent and carefree goose, it is one of the most popular Medical Qigong systems for self-healing and Qigong therapy.

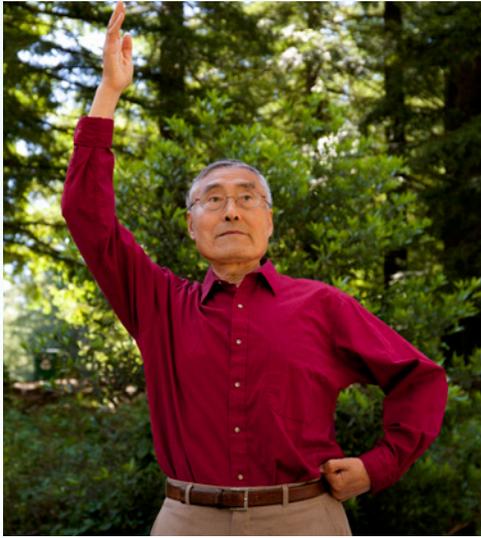
What is WG-11 (Self-Cultivation Qigong)?

As an advanced Qigong in the Wild Goose system, WG-11 is designed to cultivate perfect health, both physically and mentally, including cultivating our potential Qigong abilities, such as: “Opening of our Third Eye”, Experience “oneness with the Divine Universe”, and the ability to purify the “Huen Yuan Qi (the mixed Qi)”.

Why do we learn WG-11 at this time?

This Qigong can be learned for different reasons and for different levels of learners. Our teaching at this time is geared to the broad Wild Goose Qigong lovers. Anyone who has learned one or two sets of Wild Goose Qigong is welcome to come and learn the basics of WG-11. It may be surprising to you that most of the basic techniques you have learned in Wild Goose-1 can still be applied to WG-11. So long as you can keep the key words “meditation in motion” in mind, are quiet and always make your body comfortable, I can assure you that you will enjoy the practice of WG-11.

(Continued on next page)



Wild Goose
Winter Retreat
with **Dr. Bingkun Hu**

Qigong

Dec. 28, 2015-Jan. 1, 2016

Arlington Community Church

52 Arlington Avenue, Kensington, CA 94707

PROGRAM TUITION

\$545 Full program tuition cost, if registered before Dec. 10. (The cost of using the hall is included in the tuition.)

\$585 After Dec. 10, space permitting.

To hold your space:

Please send a deposit of \$250 per person before Dec. 10, payable to Dr. Bingkun Hu. (The balance of \$295 is due before Dec. 22).

Mail checks to Dr. Bingkun Hu
2114 Sacramento St., Berkeley, CA 94702

For more info, contact Julie Wellings:
juliewellings9@gmail.com or

What are we going to learn from WG-11

- Learn “meditation in motion” in order to nourish our Qi;
- Use specific mudras (positioning of fingers) to quiet down ourselves;
- Practice the gentle and expanding “reverse abdominal breathing”;
- Create “center-periphery movements” for permeating our Qi all over the body;
- Feel the “Qi-shower” sensation which can melt down the “body armor” we have created for self-protection;
- Enjoy the “inner blissfulness” while absorbing the Heaven and the Earth energy.

The structure of Self-Cultivation Qigong

This Qigong can be divided into 9 sections:

- 1) Stretching out our body;
- 2) Opening up our chest;
- 3) Training our lower dan-tian;
- 4) Winding path;
- 5) Endless walking toward Heaven;
- 6) A trip to Heaven;
- 7) Salute to Buddhas & Taoists;
- 8) Purifying “Huen Yuen Qi” (mixed Qi);
- 9) Return to the Earth.

30 Contact Hours A certificate for completion of 30 contact hours will be provided for those who have, or are planning to join the Wild Goose Qigong Teacher Training Program.

TRANSPORTATION: Free parking is available directly across the street from the church in a large parking lot. Public transportation is available with a combination of BART and the #7 bus. The #7 bus runs every 20 minutes from either the Downtown Berkeley or El Cerrito Del Norte Bart Stations and stops directly in front of the church.

ACCOMMODATIONS: To minimize the cost, we will not be providing lodging. Berkeley, a well-known university town has many moderately-priced motels and hotels; as does the neighboring El Cerrito. Private rooms or houses can be found through sites like AirBnB, Craigslist and VRBO.

DR. BINGKUN HU is a Medical Qigong Master and Qigong Therapist. He is a disciple of the late Grandmaster Yang, Mei-jun, the 27th lineage holder of the Wild Goose system. With a background in Traditional Chinese Medicine and a Ph.D. in Western Psychology, Dr Hu has been instrumental in bringing the essence of both Taoist and Buddhist Qigong to the public in a systematic and approachable way. Dr. Hu’s publications include 15 Qigong teaching DVDs, 12 of which are devoted to Wild Goose Qigong. In 2009, Dr. Hu was honored with “A Lifetime of Medical Achievement Award” by the International Biographical Centre in Cambridge, England for his “outstanding contribution to Medical Qigong”. He was also nominated “2009 Man of the Year” by the American Biographical Institute for his “dedication and excellence”.

(Registration form next page)

Dec. 28, 2015 - Jan. 1, 2016

Arlington Community Church
52 Arlington Avenue, Kensington, CA 94707

Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

PROGRAM TUITION

\$545 Full program tuition cost, if registered before Dec. 10. (The cost of using the hall is included in the tuition.)

\$585 After Dec. 10, space permitting.

To hold your space:

Please send a deposit of \$250 per person before Dec. 10, payable to Dr. Bingkun Hu. (The balance of \$295 is due by Dec. 22).

Mail checks to Dr. Bingkun Hu
2114 Sacramento St., Berkeley, CA 94702

**For more info, contact Julie Wellings:
juliewellings9@gmail.com or
805-646-0068**