

Wild Goose New Year Retreat **Qigong**

Presented and taught by **Dr. Bingkun Hu** | **Dec. 27-31, 2016**

Disciple of legendary Kuntun Mountain Grandmaster, Yang, Mei-jun | Kensington, CA



Join Dr. Bingkun for a week of nourishing, rejuvenating Wild Goose Meditation and Qigong. Take advantage of this rare opportunity to improve your Wild Goose performance and to learn the advanced version of Wild Goose XI (Self-Cultivation Qigong) in a lovely and close to nature room, conveniently located in the quiet town of Kensington, just bordering Berkeley, from a highly qualified master, at a very affordable price. Dr. Hu will also teach "Tracing the Twelve Meridians".

**Five Days of Wild Goose
Six+ Hours Each Day**
Enjoy a full 30 hours of instruction with Dr. Hu. We will meet for approximately three hours in the morning, then take a leisurely lunch break and continue with three hours in the afternoon. Sessions begin at 9:30 am on Tuesday morning, Dec. 27, and finish at 5:30 pm, except on our last day. On Saturday, Dec. 31, we will conclude our retreat at 3 pm.

Wild Goose-11 (Self-Cultivation Qigong) Plus Tracing the Twelve Meridians

Wild Goose Qigong is a complete healing system. During the past several years, we have focused much attention on how to learn Wild Goose movement. Starting from this New Year Retreat, we will gradually teach how to add more awareness into our Wild Goose movements. To make our transition smooth, we will use Wild Goose-11 or Self-Cultivation Qigong as our "textbook". We will also learn "Tracing the 12 Meridians" Qigong.

What is Wild Goose-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, using flowing movement, bagua steps, mudras and imagery to induce our qi to circulate through our entire body as well as go beyond to connect to heaven and earth energy.

Why Do We Learn Wild Goose-11 Again This Year?

- Last year, we concentrated on training our "whole body movements". This year, we will also explain the functions of the mudras.

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- Last year, we tried to open up our crown and the K-1 acu-point at the bottom of our feet. This year, we will start to teach how to apply these techniques to purify our Qi (or to make "Hun Yuan" Qi).
- This year, we will try to analyze longer Qigong "paragraphs".
- Last year, we discussed the Qi movements inside our body. This year we will start teaching how to open parts of our body so that we can interact with the outside universe.

What is "Sensory-Motor Awareness" and How to Learn It?

Each set of Wild Goose Qigong consists of movements, breathing and awareness. There are several kinds of awareness in Wild Goose Qigong. For teaching purposes in this retreat, we will only pick out "sensory-motor awareness" contained in Wild Goose-11 to analyze and study.

What is "Tracing the 12 Meridians" and Why Should We Learn It?

Whenever we physically move any part of our body, we naturally stimulate the Qi flow in at least one or more related meridian lines. Practicing "Tracing the 12 Meridians" qigong can facilitate being able to locate the position of each main meridian in our body, and can also help us understand their relationship. This traditional Qigong practice has many health benefits. For beginners, it can:

- 1) Make your Qigong movements much smoother and flexible.
- 2) Change your concept that Wild Goose Qigong is a self-healing tool into a tangible reality.

December 27-31, 2016

**Arlington Community Church
52 Arlington Avenue, Kensington, CA 94707**

PROGRAM TUITION

\$545 Full program tuition cost, if registered before Dec. 13.

\$585 After Dec. 14, space permitting.

To hold your space:

Please send a deposit of \$250 per person before Dec. 13, payable to Dr. Bingkun Hu. (The balance of \$295 is due before Dec. 20).

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**

TRANSPORTATION: Parking is available in a lot opposite the church. Public transportation is available via the AC Transit Bus #7 which runs from both the Downtown Berkeley Bart or El Cerrito De Norte Bart Stations every 20 minutes.

ACCOMMODATIONS: To minimize the cost, we will not be providing lodging for this retreat. Berkeley and El Cerrito, immediately next door to Kensington, both have many moderately-priced motels, hotels. It is also possible to find private home and room rentals for those who wish to have their own kitchen.

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".

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Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

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