

Wild Goose New Year Retreat **Qigong**

Presented and taught by **Dr. Bingkun Hu**

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

December 28, 2017 – January 1, 2018 • Kensington, CA



Introduction

Many of my Qigong students have asked me, “Dr. Hu, when are you going to teach us Qigong therapy?” My answer is, “each time you are practicing Wild Goose (WG) Qigong or WG meditation, you are also learning the healing system of WG”.

Wild Goose Qigong/meditation vs. Wild Goose healing

Technically speaking, the therapy is based on the effective use of the practitioner’s Qi. In learning WG Qigong, you first start using the physical movements, and then together with proper breathing and specific awareness, you succeed in moving your Qi all over your body. This is the first stage.

Based on this foundation, you are ready to learn WG healing. During this 5-day New Year retreat, we are going to teach you two important techniques:

- 1) How to create two Qi-fields—Through the training of “whole body movements”, you can already create a “whole body Qi-field”. What you need to learn is how to create another “Qi-field” outside of your body, and to make these two Qi-fields interact with each other.
- 2) In order to protect yourself from being influenced by your patient’s bad energy, you need to learn how to purify your own Qi.

Actually, these two requirements are also the important contents for those WG lovers who are not involved with their patients, but would like to learn WG Qigong well.

Keep your mind quiet & your body relaxed

We all know that the healing process starts by having kept a peaceful and quiet mind. No matter whether you are healing yourself or healing others, you don’t need to be in a fighting mode. For WG lovers, the easiest way to quiet yourself, is to pay a little attention to the whole process of your lovely Qigong movements. How those circles are being formed and closed one after another, as if there is no ending.

(See next page.)

Wild Goose Qigong New Year Retreat with Dr. Bingkun Hu

Dec. 28, 2017 - Jan. 1, 2018

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



How to create a “Qi-field” outside of your body?

1) Preparation:

- a) Practice “Playing the Qi-ball” (in three dimensions).
- b) Practice several “walking Qigong”, pay attention to those big circular movements.
- c) Practice selections from WG-1, 2 & 9.

2) Practice WG-11 (Self-cultivation Qigong)–

- a) Cultivate your Qi sensitivity.
- b) Turn Qigong into meditation in motion.
- c) Experience “Oneness with the Divine Universe”.

How to purify your own Qi

1) Bagua steps training (as in WG-3).

2) Practice WG-11–You need to be able to receive the Heaven’s energy from your crown, and get rid of the dirty and sickly Qi through the bottom of your feet (K-1). Try to make the “hun-yuan” Qi (mixed Qi) gradually.

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” In 2017, Dr. Hu was awarded a title of *Honorary Professor of Medicine and Health Care* by the International Biographical Centre, of Cambridge, England.

PUBLIC TRANSPORTATION: AC Transit Bus #7 runs from both Downtown Berkeley BART and El Cerrito De Norte BART Stations.

PARKING: free lot directly opposite the church.

ACCOMMODATIONS: Lodging is not included. Berkeley and El Cerrito, next to Kensington have moderately-priced hotels, as well as private home and room rentals.

Six Hours of Instruction Each Day with Dr. Hu

Three hours in the morning, a leisurely break, and then three more hours in the afternoon (9:30 am to 5:30 pm, except on our last day, Monday, January 1, 2018, when we will conclude our retreat at 3 pm.

PROGRAM TUITION

\$545 register by Dec. 10.

\$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. 17).

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

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

(See next page.)

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Qigong

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Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

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