



# Wild Goose Qigong Summer Retreat

**June 21-25, 2014**

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

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

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

Join Dr. Bingkun Hu for a week of fun-filled, rejuvenating Wild Goose Qigong. Take advantage of this rare opportunity to improve your Wild Goose performance and to learn the powerful Wild Goose-X at a lovely location, close to nature in the quiet town of Kensington, CA (just bordering Berkeley), from a highly qualified master at a very affordable price!

## **Five Days of Wild Goose!**

Summer season is one of the best times to practice Qigong. The hot weather naturally opens up the pores of our skin, making it easier for everyone to experience and come to understand that our human body is a huge "open system". In warmer weather, compared to wet and chilly weather, it is easier to stretch yourself, open up your meridians, circulate your qi, and detoxify yourself through your feet.

## **Six Hours of Wild Goose Each Day!**

Enjoy six hours of instruction with Dr. Hu each day, with three hours in the morning, a leisurely break, and then three hours in the afternoon. Sessions will begin at 9:30 am on the morning of June 21, and finish at 5:30 pm, except on our last day. On June 25, we will conclude our retreat at 3 pm.

## **How to improve your Wild Goose performance?**

Wild Goose Qigong is a movement-oriented self-healing system. It utilizes all kinds of whole body movements, coordinated with various types of breathing, and awareness to make your body stronger, your mind sharper, and your mood happier.

During this five-day retreat, we are trying to add more teaching materials to this program. Instead of the usual intensive teaching of one new Wild Goose Qigong, we would like to also teach you several important techniques which directly relate to the Wild Goose Qigong basic principles.

We invite you to fully digest and absorb each technique during the class through practicing these accompanying short Qigong examples we offer. In this way, we hope you can improve your Wild Goose performance in its real sense—feel more comfortable in practicing the Wild Goose Qigong you have learned before.

## **Learn 3 important Wild Goose techniques.**

### **Dao-wei ("get to the position")—**

Dr. Hu believes this concept and technique is an important contribution of Grandmaster Chen, Chuan-Gang, the 28th lineage holder of the Wild Goose tradition.

### ***How to shift your body weight front and back?***

Practice: "Threshing Movements" walking Qigong.

### ***How to walk "Bagua Steps" in circles?***

Practice: "Wild Goose Qigong-3".

## **Learn Wild Goose-10 (Wild Goose Palms Qigong)**

WG-10 is an advanced and powerful qigong in the Wild Goose system. Quick and forceful movements are for training the emission of qi, while gentle and soft movements are for the training of absorption and recovery of qi. Practicing this Qigong can help us open up the meridian lines throughout our body and it also helps us increase the speed and intensity in our emitting of qi.

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## Why do we learn Wild Goose Qigong?

- Train agility, inner strength, and core stability
- Develop alertness, concentration, and spontaneity
- Build good postures, which manifest self-confidence and increase optimism
- Learn how to emit strong qi for healing purposes
- Learn how to absorb the Heaven and Earth energy for rejuvenation

## How to learn Wild Goose-10?

### *Empty (void) steps vs arrow steps.*

When we take an empty step, we naturally shift our body weight toward our back. That relaxes our chest and abdomen, making our breathing easier and freer, and allows us to move our arm freely in front of our body. That is why there are so many empty steps in WG-1. But in practicing WG-10, we intend to train our inner strength, and to make our reverse abdominal breathing easier, we naturally shift our body weight toward the front through taking the arrow steps.

### *Opening up your Governing Vessel.*

Before you start to learn WG-10, please try to bend your front knee and stand in arrow steps. Then wiggling your body left and right a little bit, make sure you can relax your lower back through shifting your body weight.

Please practice the slow and gentle movements in WG-10 again and again—Those movements will help you open up many acu-points and meridian lines.

Always be mindful of the part of the body where you place your hands—Sometimes your hands are not touching your body, but they are placed very close to your body. In that case, your hands are actually emitting qi into your own body.

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### Arlington Community Church

52 Arlington Avenue, Kensington, CA 94707

### Accommodation

Our venue for this summer retreat is along scenic Arlington Avenue, which connects the beautiful town of Kensington with the well-known University town of Berkeley. To minimize the cost, we will not be providing lodging for this retreat. Kensington itself does not have any hotels. Berkeley and El Cerrito, immediately next door, both have many moderately-priced motels and hotels. It is also possible to find private home and room rentals for those who wish to have their own kitchen.

### 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.

### 30 Contact Hours

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

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

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### Program Tuition:

**\$545** Full-program tuition, if registered before June 7

**\$585** After June 7, space permitting

**To hold your space:** Please send a deposit of \$250 per person before June 3, payable to Dr. Bingkun Hu.

The balance is due before June 14.

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

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**Registration** (Please photocopy for each additional registrant)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_