

# Wild Goose Summer Retreat Qigong

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

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

**June 20-24, 2015**

**Kensington, CA**



#### **Join Dr. Bingkun Hu**

for five days of fun-filled, rejuvenating Wild Goose Qigong and meditation. Take advantage of this rare opportunity to improve your Wild Goose (WG) performance and to learn the advanced WG-9 and WG Meditation-6 in a lovely, 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!

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

Summer is one of the best times to practice Qigong. The hot weather naturally opens up the pores of our skin, making it easier for every one to experience and come to understand that our human body is a huge "open system". In warm weather, it is easier to stretch yourself, open up your meridians, and circulate your qi, as well as detoxify yourself.

#### **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. Sessions will begin at 9:30 a.m. on the morning of June 20, and finish at 5:30 p.m., except on our last day. On June 24, we'll conclude our retreat at 3 p.m.

## **Wild Goose-9 & Wild Goose Meditation-6**

### **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 a variety of awareness to make your body stronger, your mind sharper, and your mood happier.

In recent years, we have focused on teaching you the basic principles and techniques of Wild Goose Qigong. We encouraged our Qigong enthusiasts to aim high, be modest, and be not too often satisfied with their own performances. We invite you to fully digest and absorb each technique we have taught during our classes by practicing again and again those short Qigong examples we offered. After class at home, we also hope you can constantly review some of the Wild Goose Qigong you have learned a long time ago, and try to incorporate those new techniques you have just learned in class. If you can feel your performance is more flowing and smooth, then it is an ample proof that your Wild Goose performance is greatly improved.

*(Continued next page)*

## Learn Wild Goose-9 (Chest-Opening & Aromatic Qigong)

WG-9 is an advanced and important Qigong in the Wild Goose system. For this 5-day retreat, we intend to concentrate on teaching:

- 1) How to open up our “heart chakra”
- 2) How to circulate our qi beyond the contour of our body
- 3) How to dip down, shift your body weight, and “walk the circle in Bagua steps” with ease.

Limited by time, we won't dwell on how to use fragrance as “catalyst” to relax our body and mind; even though we should understand that fragrance can stimulate our para-sympathetic nervous system. Also, during this workshop, we won't elaborate on how to make the “hun-yuan-qi” (“mixed qi”), as the first step in creating the coveted “elixir”.

### How to open our heart chakra?

According to Grandmaster Yang, Mei-jun's teaching, the pre-requisite for opening our heart chakra, (or our “mid dan-tian”), is to open up the six “qi passages” in our body, using specific body movements. These six “qi passages” are:

- 1) The “heart area” (xin mai)
- 2) From Cervical-7 (da-zui) to coccyx
- 3) From the crown to K-1 (Bubbling Spring)
- 4) From K-1 to the belt channel
- 5) From belt channel to the chest area
- 6) From the chest area to St. 36 (zu-san-li)

## Learn Wild Goose Meditation-6 (Zen Buddhist Aroma-Releasing Meditation)

According to Grandmaster Yang, Mei-jun's teaching, we should practice Wild Goose Meditation-6, immediately after we finished practicing Wild Goose-9. This is because after we opened our heart chakra, we eventually need to store our qi in our lower dan-tian. This ensures we get the full benefits of these two practices.

**June 20-24, 2015**

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

### PROGRAM TUITION

**\$545** Full program tuition cost, if registered before June 6.

**\$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 of \$295 is due before June 15).

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**

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**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.

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**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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