



# Qigong

## Wild Goose Palms— Wild Goose-X

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

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

June 22-26,  
2013

Dancing Deer Farm  
2975 Vineyard Dr.

Templeton, CA 93465

Join Dr. Bingkun Hu for five days of fun-filled, rejuvenating Wild Goose Qigong.

Take advantage of this rare opportunity to learn the powerful Wild Goose-X at a beautiful and peaceful retreat center just north of San Luis Obispo, from a highly qualified master, at a very affordable price!

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

Summertime 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 more hours in the afternoon. Sessions will begin at 9:30am in the morning the first day, June 22, and finish at 6:00pm. On our last day, June 26, we'll conclude our retreat at 1:30pm.

### **WILD GOOSE PALMS QIGONG — WILD GOOSE-X (WG-10)**

WG-10 is an advanced and powerful Qigong in the Wild Goose system. Gentle and circular movements are blended with flat-palm movements in arrow or horse steps to create a special qigong effect.

Quick and forceful movements are for training the emission of qi, while gentle and soft movements are for training the absorption and recovery of qi. Practicing this Qigong can help us open up the meridian lines throughout our body. It also helps us increase the speed and intensity in our emitting of qi.

### **WHY DO WE LEARN WG-10 QIGONG?**

- Train agility, inner strength, and core stability
- Develop alertness, concentration, and spontaneity
- Build good posture to manifest and encourage 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 WG-10 QIGONG?

**Empty (void) steps vs. arrow steps:** Please first find out how these two different steps require our body to carry the body weight in different ways. When we take an empty step, our body weight is more toward our back. That naturally relaxes our chest and abdomen, making our breathing easier and freer, and allows us to move our arms freely in front of our body. That's why there are so many empty steps in WG-1. But in practicing WG-10, we intend to train our inner strength. To make our reverse abdominal breathing easier to perform, we need to shift our body weight toward the front through learning how to use the arrow steps.

**Pay attention to the 4 “qi channels” we need to open up:** a) From the head to the perineum; b) From the left shoulder to the waist; c) From the right shoulder to the waist; d) From the crown to GB-30”. Please practice the slow and gentle movements in WG-10 again and again. Those movements will help us open up many acu-points and meridian lines. Through those acu-points, we can absorb the Heaven and Earth energy to rejuvenate ourselves.

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

**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”.

## An Ideal Place for Rejuvenating Mind and Body

Nestled on 80 acres of wooded rolling hills in the midst of the Central Coast wine country, Dancing Deer Farm, in Templeton, CA is surrounded by vineyards. Restaurants, shopping and entertainment can be found close by in Templeton, Paso Robles and Atascadero. Dancing Deer is 30 minutes from San Luis Obispo, Cambria, Hearst Castle and Pacific beaches.



## REGISTRATION

(Please copy this form for each additional registrant.)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## PROGRAM PACKAGE

**\$545** Full program tuition (includes facility use fee) if registered **before June 7**

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

### To hold your space for the retreat:

Please send a deposit of \$250 per person prior to June 7, payable to Dr. Bingkun Hu. The balance is due prior to June 14.

**Mail payments to:** Dr. Bingkun Hu  
2114 Sacramento St., Berkeley, CA 94702

### Accommodations:

ON-SITE: Camping is available for \$95 for four nights (\$15 each additional night).

OFF-SITE: Many accommodation options can be found within a few minutes by car in Paso Robles, Templeton or Atascadero

### For more information about the retreat:

Please contact Julie Wellings: 805.746.2095, or email: [juliewellings9@gmail.com](mailto:juliewellings9@gmail.com)

For more about Dr. Hu and other workshops:  
[www.drhuqigong.com](http://www.drhuqigong.com)