



# Wild Goose Qigong

December 28, 2012 - January 1, 2013

Calvary Presbyterian Church | 1940 Virginia St., Berkeley, CA 94709

*Wild Goose-14 (Seven Stars Chakra and Acu-Points Opening)*

*Wild Goose Meditation-3 (Big-Dipper Meditation)*

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

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

*Join Dr. Bingkun Hu for a week of rejuvenating Wild Goose Qigong and nourishing meditation. Cleanse out your unhealthy energy and release your negative emotions. Replenish your body and mind with fresh and vibrating energy, and get ready to usher in the New Year with self-confidence, enthusiasm, and optimism. Take advantage of this rare opportunity to learn the time-tested, self-healing Wild Goose practices in a bright and spacious gym within a quiet church setting, taught by a highly qualified master, at a very affordable price!*

## Five Days of Wild Goose!

Wild Goose Qigong and meditation is a complete healing system. Well known for its lovely and graceful movements that suggest the image of an innocent and carefree goose, it is one of the most popular Medical Qigong systems for self-healing and Qigong therapy.

Wild Goose Qigong offers many health benefits. Through increased relaxation, deeper breathing, and whole body coordination, it improves our Qi circulation and blood flow, especially in the capillaries. More oxygen is thus supplied to our

brain, boosting our brain power, improving our cognitive function, and offering a good defense against depression and anxiety.

## 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. on the morning of December 28, and finish at 5:30pm on January first.

## Wild Goose-14 and Wild Goose Meditation-3

WG-14 is also called "Seven Stars Chakras and Acu-points Opening Qigong".

WG Meditation-3 is also called "The Big Dipper Meditation". These two sets of Wild Goose practices are closely related.

## What We Will Learn from Wild Goose-14

- Use of "self-needling" of the seven acu-points corresponding to the "Seven Stars" (Big Dipper) for mental clarity
- Make movement effortless and smooth by using sensory-motor awareness
- Direct awareness of certain acu-points for opening the main meridians

- Stretch with ease using RAB (Reverse Abdominal Breathing)
- Open the “Gate of Life” acu-point through one leg balancing
- Open the Heart Chakra through gentle side-kicking

### The Structure of Wild Goose Meditaion-3

This meditation can be divided into seven segments, which consists of both still and movement based Qigong:

- Praying & circling of the wrists
- “Self-needling” of the head using the “plum-blossom” mudra
- Standing stake using the Big Dipper mudra
- Lifting of forearms and rotation of the wrists
- Reciting the mantra silently and slowly seven times
- Looking to the distance and forging the elixir
- Closing movements

### 30 Contact Hours

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.

### Accomodations

To minimize the cost, we will not be providing lodging at this retreat. Berkeley, as a well known University town, has plenty of moderately priced motels and hotels along its University Avenue. As a special feature in Berkeley, sometimes you can rent a whole house for five or six days. In this way, you will be able to cook your meals in the kitchen. For more information, please call Julie Wellings at 805-746-2095.

### Field Trip to Tilden Park

Weather permitting, we are planning a field trip to Tilden Park, in Berkeley, on the morning of Dec. 30, to practice the Big Micro-Cosmic Orbit, and learn to exchange energy with a giant redwood tree.



## REGISTRATION

(Please copy this form for each additional registrant.)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

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

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Program package:

**\$545** Full program tuition, before Dec. 10

**\$585** After Dec. 10, space permitting

### To hold your space for the retreat:

Please send a deposit of \$250 per person before Dec. 10, payable to Dr. Bingkun Hu. The balance is due before Dec. 22

### Mail payments to:

Dr. Bingkun Hu, 2114 Sacramento St.  
Berkeley, CA 94702

### For more information:

Please contact Julie Wellings: 805.746.2095, or  
juliewellings9@gmail.com



**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 systemic 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”.

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