



Wild Goose **Qigong** New Year's Retreat

Dec. 28, 2011 - Jan. 1, 2012

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.

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 offers 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 Dec.28, and finish at 6pm, except for our last day. On New Year's day, we'll conclude our retreat at 1:30pm.

Generating Qi and the Qi Field

There are many health benefits to generating and maintaining a robust Qi Field. We become full of Life! And, are able to move through our Worlds with ease and grace. We will start by understanding essential aspects of Wild Goose Qigong that assist us in creating Qi and the Qi Field:

- How Qigong movements influence the direction of our Qi flow
- How body posture affects our whole body Qi Field
- The significance of breathing space, and how breathing techniques - such as Reverse Abdominal and Kegel - benefit breathing space
- Awareness of our body center, and its upward or downward movements
- The importance of center-periphery movements
- Ease of movement when combined with Reverse Abdominal Breathing (RAB)

Dancing Deer Farm

2975 Vineyard Dr.

Templeton, CA 93465

How To Develop a Whole Body Qi Field

- 1) Start with making a Qi-Ball
- 2) Practice manipulating a Big Qi-Ball with awareness of body center as the middle of the Qi-Ball, and the extremities as the edges
- 3) Generate circles of Qi by moving it from the fingers, up the arm, passing it through the chest (or upper back), and back down the other arm to connect again at the fingers
- 4) Practice of small and big MCO (Micro-Cosmic Orbit)
- 5) Practice of big MCO in standing stake, with fingers facing each other in front of the body
- 6) Practice of "Figure-8 MCO"

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.

An Ideal Place for Rejuvenating the 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, offers a beautiful and inviting natural environment. The farm is surrounded by wineries. Shopping and entertainment districts are a short drive away in Templeton and Atascadero. Dancing Deer is 15 minutes from San Luis Obispo, Cambria, Hearst Castle and the Pacific. *It's a perfect place to build your Qi!*



Dr. Bingkun Hu is a Medical Qigong Master & 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 13 Qigong teaching DVDs, ten 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".

REGISTRATION

(Please copy this form for each additional registrant.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Program package:

\$495 Full program tuition

\$535 After December 10, space permitting

Accommodations

We encourage people to take advantage of the accommodations at Dancing Deer Farm. For those who staying off-site, there is a \$50 facility use fee.

We will not be providing food at this retreat. Participants may use the fully-equipped kitchens in the Hacienda or Country House to prepare meals. There are also restaurants nearby.

Four nights lodging, Dec. 28 -31:

At Hacienda House: **\$300** Single occupancy;

\$250 Double occupancy; **\$200** Triple occupancy

At Country House: **\$250** Single occupancy;

\$200 Double occupancy; **\$150** Triple occupancy

Come a day early or stay an extra night is for **\$65** per night per person.

To reserve a room

and for more information, please contact Julie Wellings:

805.746.2095

juliewellings9@gmail.com

To hold your space for the retreat

Please send a deposit of \$250 per person prior to December 10, payable to Dr. Bingkun Hu.

The balance of \$245 is due prior to Dec. 22.

Mail payments to:

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