



# Soft Fist Qigong Wild Goose-XV

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

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

**June 20-24,  
2012**

**Dancing Deer Farm**

2975 Vineyard Dr.

Templeton, CA 93465

*Join Dr. Bingkun Hu for a week of fun-filled, rejuvenating Wild Goose Qigong.*

*Take advantage of this rare opportunity to be the first to learn this very special Wild Goose-XV 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!**

Summer time is one of the best time to practice Qigong. The warm 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 9:30am on the morning of June 20th, and finish at 6:00pm. On our last day, June 24, we'll conclude our retreat at 1:30 pm.

## **Wild Goose Soft Fist Qigong (WG-XV)**

When we make a fist, normally it is hard and not soft, as it usually is in martial arts. But in the Wild Goose system, we do have a very special kind of "Soft Fist" Qigong form. In this summer retreat, we are going to spend a lot of time teaching and practicing this Wild Goose Soft Fist Qigong. Why should we learn this special Wild Goose Qigong?

- It offers a special way to train our whole body movements, especially for the training of 3-dimensional circular movements
- It cultivates our Qi sensitivity
- It broadens our center-periphery training
- It helps open up our crown and the K-1 acu-point at the bottom of our feet
- It trains our Kunlun Bagua steps
- It builds up our inner strength
- It makes our waist more flexible and resilient



## Kunlun Bagua Steps

Aside from learning Wild Goose-XV, in this retreat, we are also reviewing the prototype as well as variant forms of Kunlun Bagua “tang-ni” steps which are used in Wild Goose-3 through 9. At the same time, we will continue to review our basic training of 3-dimensional circular movements.

## Tracing the Twelve Main Meridians

Most of you have learned “Tracing the 6 Hand-Meridians”. In this summer retreat, we are going to introduce “Tracing the 12 Main Meridians” Qigong.

## 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 for rejuvenating the Mind and Body. 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.



**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,  
registered before June 8

**\$535** After June 8, space permitting

### To hold your space for the retreat:

Please send a deposit of \$250 per person prior to June 8, payable to:

Dr. Bingkun Hu.

The balance of \$245 is due prior to June 14.

### Mail payments to:

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

### Accommodations:

There is limited space for people to stay on site. Country House has a fully equipped kitchen, and you can use it to prepare your own food, or go out to the nearby restaurants.

**\$225** Double occupancy

**\$150** Triple occupancy

**\$95** 4 nights on site camping

Arriving a day early, or staying an extra night?

**\$65** per night per person, or **\$15** if camping.

Contact Donna Baker: 805.434.3200.

### Facility use fee:

**\$60** Facility use fee for those staying off site only

### To reserve a room and for more information about the retreat:

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