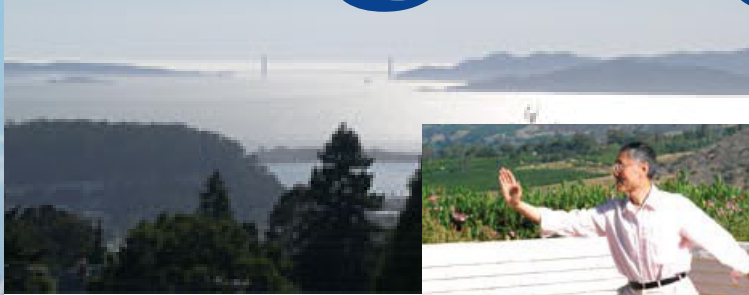


Wild Goose Winter Retreat **Qigong**



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

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

Dec. 27-31, 2014 Kensington, CA

Wild Goose-15 & Wild Goose Meditation-3

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 improve your Wild Goose performance and to learn the self-healing Wild Goose practices 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

Wild Goose (WG) 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.

In this New Year Retreat, we are going to teach WG-15 (Soft Fist Qigong) and WG Meditation-3 (Big Dipper or Figure-8 Microcosmic Orbit).

Six Hours 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 9:30 am on the morning of Dec. 27, and finish at 5:30 pm., except on the last day. On Dec. 31, we'll conclude our retreat at 3 pm.

Why do we learn WG-15?

- It offers a special way to train our whole body movements, especially for training the 3-dimensional circular movements.
- It makes our waist more flexible & resilient.
- It helps open up our crown & the K-1 acu-point at the bottom of our feet.
- While learning quick release of tension, our body becomes more agile.
- While learning stretching with ease, we also learn how to use reverse abdominal breathing (RAB) more smoothly.
- Since we are practicing the Kunlun Bagua steps in both directions, our Bagua steps will be trained to be more rhythmic and natural.

(Continued next page)

Health benefits of practicing WG-15

- Since linear movements are mixed with 3-D circular movements, our qi & blood circulation will be greatly improved.
- The effective “whole body movement” training will improve our whole body coordination, as well as our body & mind coordination. Stretching is related to deeper breathing. Since it supplies more oxygen to the brain, we will feel more energized, and our mind will be clearer.
- Natural stretching is always related with positive emotions. It promotes one’s composure, self-confidence, and optimism; daring to challenge any difficulties, and marching forward to achieve one’s goal.
- Practicing this qigong is one of the best cure for depression, anxiety, and pessimism, as well as to get rid of the bad habit of hesitation (un-decidedness), listlessness, or lethargy.

The structure of “The Big Dipper” meditation

This meditation can be divided into 7 segments, which consists of both meditation (or “standing stake”) and moving qigong.

- 1) Praying & circling of the wrists
- 2) “Self-needling” of the head—using the “plum-blossom” mudra to stimulate the following 5 acu-points: St-8, Tai-yang, GB-20, St.-5 & St-13;
- 3) Standing stake—Using the Big Dipper mudra;
- 4) Lifting of the forearms & rotation of the wrists—Do 7x7 times;
- 5) Manta reciting—Reciting silently and slowly the “secret code” 7 times;
- 6) Looking far away and forging the elixir—For 10 minutes;
- 7) Closing movements.

The long mantra used in this meditation—which is used as a “secret code” to tap into the celestial energy from the Big Dipper.

Yao-shi lai lian-dan,

Di-zi yin shi lian.

Qi-xing bei-dou zhao xin-xiong.

Lian-gong gong—cheng ding cheng-gong.

*Looking far away and forging my elixir,
As a disciple, I am practicing during 3-5 am
in the early morning;*

*With the Big Dipper shining upon my chest
and in my heart,*

My practice will certainly be successful.

Dec. 27-31, 2014

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

PROGRAM TUITION

\$545 Full program tuition cost, if registered before Dec. 10 (\$50 facility fee is included).

\$585 After Dec. 10, if space is available.

To hold your space:

Please send a deposit of \$250 per person before Dec. 10, payable to Dr. Bingkun Hu. (The balance of \$295 is due before Dec. 22).

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**

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.

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”.

30 Contact Hours

A certificate for completion of 30 contact hours will be provided for those who have joined or are planning to join the Wild Goose Qigong Teacher Training Program.

Dec. 27-31, 2014

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52 Arlington Avenue, Kensington, CA 94707**

Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

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