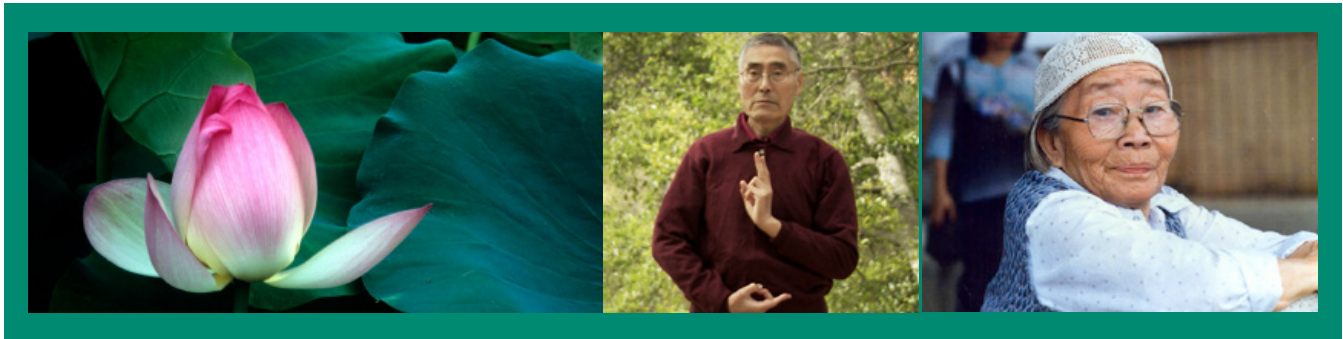


Qigong

Wild Goose Summer Retreat

Presented and taught by **Dr. Bingkun Hu** | **June 24-28, 2017**

Disciple of legendary Kunlun Mountain Grandmaster, Yang, Mei-jun | Kensington, CA



Wild Goose Qigong-9 & Wild Goose-3 Meditation

Chest Opening & Aromatic Qigong & Big Dipper Meditation

Join Dr. Bingkun Hu

for a week of fun-filled, rejuvenating Wild Goose Qigong and meditation. Take advantage of this rare opportunity to learn how to open the heart chakra through learning the advanced Wild Goose-9 Qigong and Wild Goose-3 meditation in a lovely close-to-nature room in the quiet town of Kensington (next to Berkeley) from a highly qualified master, at a very affordable price!

Five Days of Wild Goose Six+ Hours Each Day

Enjoy a full 30 hours of instruction with Dr. Hu. We will meet for approximately three hours in the morning, then take a leisurely break and continue with three hours in the afternoon. Sessions will begin at 9:30 a.m. on the morning of June 24, and finish at 5:30 p.m., except on our last day. On June 28, our fifth day, we'll conclude our retreat at 3 p.m..

Welcome the season of growth

Summer is the season of growth. Hot weather naturally opens up the pores in our skin, making it easier for everyone to fully stretch out, and to open the meridians. We would even like to open up our heart chakra, the intersection of our meridians. After a long period of wet and chilly weather, we welcome the coming of summer. As we expect trees to grow bigger and taller in summer, we also look forward that our intensive training during the summer will make our body stronger, our mind sharper, and our mood happier.

How to Open up Our Heart Chakra?

During this 5-day summer retreat, we are going to teach Wild Goose-9 Qigong and Wild Goose-3 meditation. Both of them are involved with the opening of our three body centers (the upper, middle, and lower "dan-tian").

Wild Goose -9 Qigong is also called "Chest-Opening & Aromatic Qigong". As the title suggests, this Qigong is using specific whole body movements, including the Bagua steps combined with specific breathing to open up our chest, or our "middle dan-tian". The key to this training is that we should be able to connect our middle "dan-tian" with our lower-dan-tian" and several important acu-points, such as: "ming-men", "da-zui" (cervical-7) acu-point, the crown, the St-36, and the "Bubbling Spring" point. And then, of course, the belt channel.

(Continued next page)

Learn Wild Goose-3 meditation

This meditation is also called “The Big Dipper meditation”. Technically speaking, this meditation is for the training of “Figure 8 shaped Micro-Cosmic Orbit”. WG-3 meditation consists of these following parts:

- 1) Praying
- 2) Self-“needling” of the head
- 3) Arms circulating while using special mudra
- 4) Adding mantra reciting while still moving the arms
- 5) Meditating for 10 minutes
- 6) Final closing movement

The Mantras used in WG-3 meditation

The four-line mantra, which is used as a “secret-code” for us to tap into the celestial energy radiating from the Big Dipper is as follows:

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 afar to forge my elixir,
I, a disciple, always do it in the wee hours,
Feeling the Big Dipper shining on my chest,
My practice will surely be successful.

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.

Qigong with Dr. Bingkun Hu

Wild Goose Summer Retreat

June 24-28, 2017

Arlington Community Church
52 Arlington Avenue
Kensington, CA 94707



PROGRAM TUITION

\$545 Full tuition cost before June 6

\$585 after June 6, space permitting

To hold your space:

Please send a deposit of \$250 per person before June 6, payable to Dr. Bingkun Hu (The balance of \$295 is due before June 13)

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

PARKING: Free parking is available just opposite the church (next to Kensington Library).

PUBLIC TRANSPORTATION: AC Transit Bus #7 stops in front of the church every 30 min. between Downtown Berkeley and El Cerrito Del Norte BART stations.

ACCOMMODATIONS: Our venue for this summer retreat is along the scenic Arlington Avenue, which connects the beautiful town of Kensington with the bustling City of Berkeley. To minimize the cost, we will not provide lodging for this retreat. Kensington itself does not have any hotels. Berkeley and the neighboring town of El Cerrito offer many options for motels and hotels. It is also possible to find private home and room rentals for those who wish to have their own kitchen.

(Registration form next page)

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Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

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