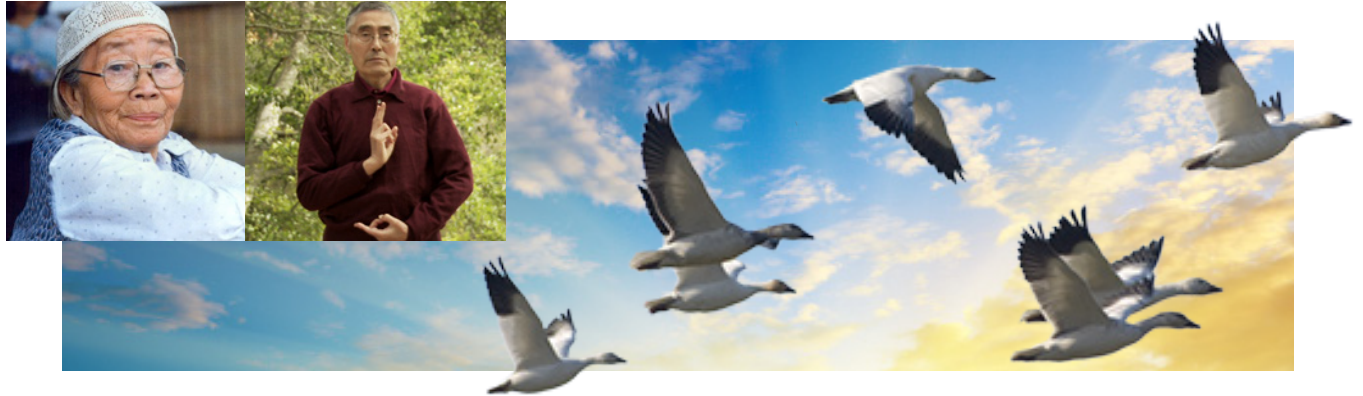


Wild Goose Summer Retreat Qigong

June 26-30, 2018 in Kensington, CA

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

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



Micro-Cosmic Orbit Training

Join Dr. Bingkun Hu for a week of fun-filled, rejuvenating Wild Goose Qigong and meditation. Take advantage of this rare opportunity to learn 3D (3-dimensional) circular movements and feel the sensation of having your Qi circulate all over your body, 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!

Welcome the Season of Growth. Summer is one of the best times to practice Qigong. The hot 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 warm weather, it is easier to stretch yourself, open up your meridians, and circulate your qi, as well as detoxify yourself.

Five Days of Wild Goose. Enjoy six-plus hours of instruction with Dr. Hu each day, with approximately three hours in the morning, a leisurely break, then three hours in the afternoon. Sessions will begin at 9:30 am on Tuesday, June 26, and end at 5:30 pm each day, except on our last day. On Saturday, June 30, we will conclude our retreat at 3 pm.

Micro-Cosmic Orbit Training. During this 5-day summer retreat, we are planning to teach two different kinds of Micro-Cosmic Orbit techniques. Our textbooks are:

- 1) Wild Goose Qigong-13 (“Micro-Cosmic Orbit”)
- 2) Wild Goose meditation-3 (“The Figure 8 Micro-Cosmic Orbit”)

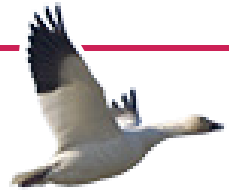
Why do we learn Micro-Cosmic Orbit? Practicing Micro-Cosmic Orbit” correctly can give us many physical benefits, including:

- 1) Brings more oxygen to our brain cells
- 2) Increases blood flow to peripheral vessels
- 3) Enhances immune function
- 4) Deepens our relaxation
- 5) Heightens our sensory-motor awareness
- 6) Develops our RAB (reverse abdominal breathing)

(Continued next page)

Wild Goose
Summer Retreat
with **Dr. Bingkun Hu**

Qigong



Tues-Sat

June 26-30, 2018

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

**For more info, contact
Julie Wellings:**

**juliewellings9@gmail.com or
805-646-0068**

PROGRAM TUITION

\$545 Full program tuition cost, if registered before June 9.

\$585 After June 10, space permitting.

To hold your space

Please send a deposit of \$250 per person before June 9, payable to Dr. Bingkun Hu. (The balance of \$295 is due before June 18).

Mail checks to

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

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 Del Norte BART Stations.

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 moderately-priced motels and hotels. It is also possible to find private home and room rentals for those who wish to have their own kitchen.

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.*

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". Dr. Hu also accepted the title of "Honorary Professor of Medicine and Healthcare" offered from the International Biographical Centre, England in 2017.

June 26-30, 2018

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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 _____ Today's Date _____

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