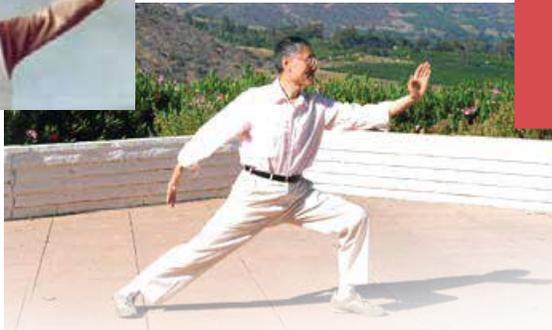


Wild Goose Qigong Summer Retreat

Move the *Qi-Flow*

Inside Your Meridians
+ Wild Goose Meditation-6



June 1-5, 2019
in Kensington, CA

Presented and taught by

Dr. Bingkun Hu

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

Join Dr. Bingkun Hu for a full five days of fun and rejuvenating Wild Goose (WG) Qigong and meditation. Take advantage of this rare opportunity to learn how to feel the pleasurable sensation of your own Qi circulating all over your body, either in a specific way (micro-cosmic orbit), or passing through any of the major meridian lines you desire. As you practice selected WG movements and sets, and some WG meditation-6, you will be able to relax and heal yourself in a lovely and close-to-nature hall, above the bay in the quiet hill town of Kensington, just bordering Berkeley. Enjoy learning how to feel your own qi-flow from a highly-qualified master, at a very affordable price.

Summer is the season of growth. Hot weather naturally opens up the pores in your skin, making it easier for you to stretch out your whole body. Especially with the training of “reverse abdominal breathing”, you may even suddenly feel that you are able to use your awareness to move the Qi-flow in your meridian lines. When that happens, it will be a wonderful surprise. I believe you will cherish it for a long time.

Enjoy six hours of instruction each day with Dr. Hu—three hours in the morning, a leisurely break, and then three more hours in the afternoon. Sessions begin at 9:30 am and finish at 5:30 pm, except on the last day, June 5, when we will conclude the retreat at 3 pm.

(Continued on next page)

Wild Goose Qigong

Summer Retreat with Dr. Bingkun Hu

June 1-5, 2019

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

PROGRAM TUITION

\$545 Full program tuition cost, if registered before May 20 (extra facility fee is included).

\$585 After May 20, if space is available.

To hold your space:

Please send a deposit of \$250 per person before May 20, payable to Dr. Bingkun Hu. (The balance of \$295 is due before May 27).

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 available in lot opposite the church. Public transportation via AC Transit Bus #7 which runs to and from both the Downtown Berkeley Bart and El Cerrito De Norte Bart Stations. Please note that the church is up a long, steep hill if you choose to walk.

Accommodations: To minimize the cost, we will not be providing lodging for this retreat. Berkeley and El Cerrito, next door to Kensington, both have moderately-priced hotels. It is also possible to find private home and room rentals with kitchens.

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.

How to use awareness to move the Qi-flow inside your meridians

Everyone who first learns WG Qigong starts by mimicking the movements. But we suggest that learners should not stay at this stage for too long. Once you have practiced one set, or even half of a set of WG Qigong, you should start to pay attention to how to make your movements much more comfortable and how to make your movements more coordinated with your breathing. Everyone knows the three main ingredients in Qigong are movements, breathing, and awareness. But many people don't pay enough attention to the following details.

- 1) Why do we emphasize the learning of 3-D circular movements;
- 2) Why are movements and Qi-flow moving in opposite direction?
- 3) Why do we have to use reverse abdominal breathing in practicing micro-cosmic orbit?
- 4) Why do we need to learn Wild Goose movement in both 2-beat and 3-beat rhythm?

How to learn WG meditation-6

In order to deepen the effect of what we have just learned about reverse abdominal breathing, we are also learning some of WG meditation-6 in this retreat, including its well-known mantras.



**Bring your cushions
for seated meditation
(or sit in a chair)**

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".

Wild Goose Qigong

Summer Retreat with Dr. Bingkun Hu

June 1-5, 2019

Registration Form

Please use one form per person

Name _____

Street _____ City _____ Zip _____

Email _____ Tel _____

Amount Enclosed _____

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