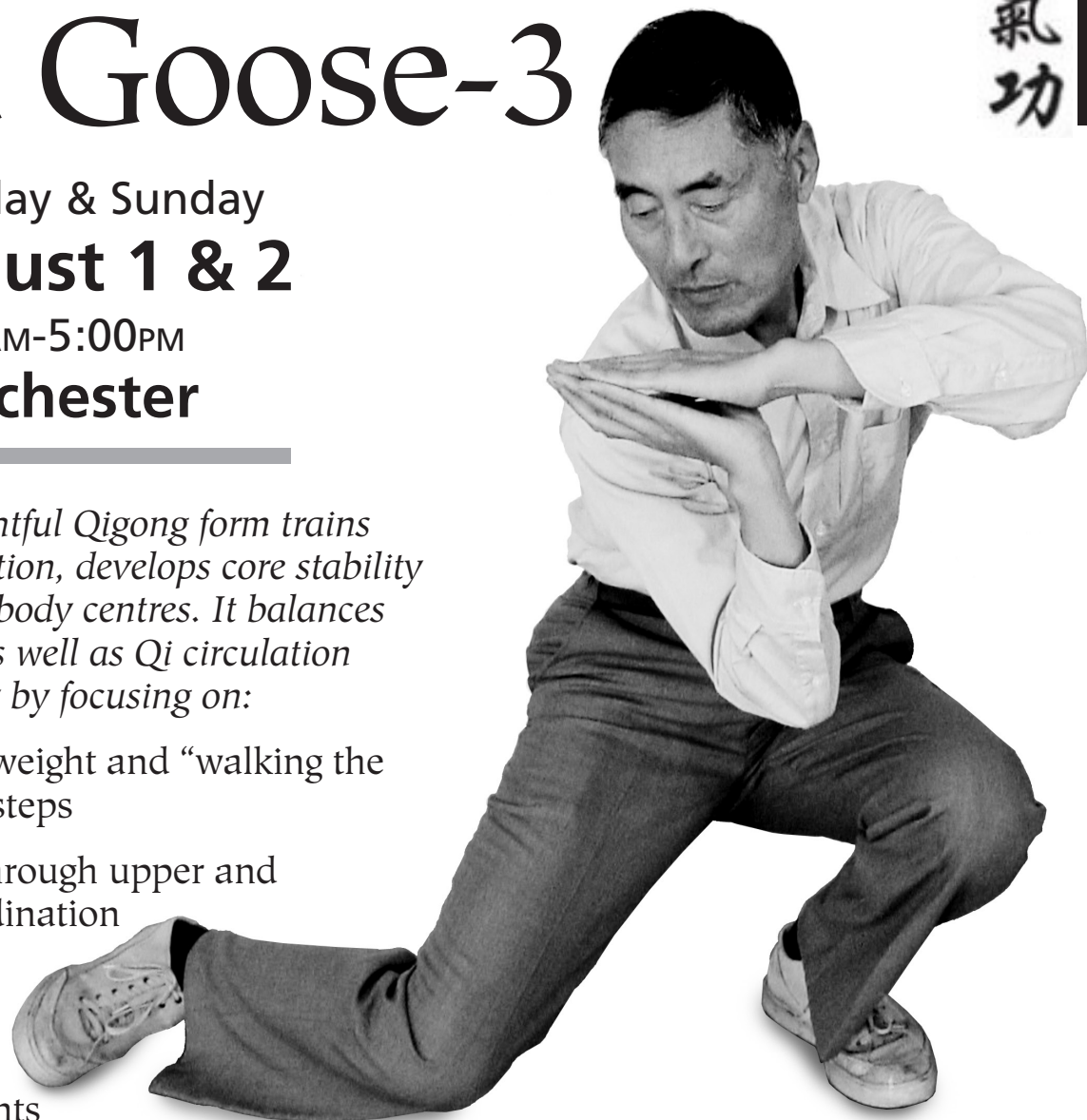


A Two Day Workshop with **Medical Qigong Master Hu**

Kunlun Bagua Qigong **Wild Goose-3**

氣功

Saturday & Sunday
August 1 & 2
10:00AM-5:00PM
Manchester



This short and delightful Qigong form trains body-mind coordination, develops core stability and strengthens the body centres. It balances the Yin and Yang, as well as Qi circulation throughout the body by focusing on:

- Shifting of body weight and “walking the circle” in Bagua steps
- Agility training through upper and lower body coordination
- Using the “initiating point” technique for circular movements
- Practicing of “reverse abdominal breathing”

Wild Goose Qigong is a safe and powerful way to make your body stronger, your mind sharper and your mood happier.

Dr. Bingkun Hu is a Medical Qigong Master and Qigong Therapist. He is a disciple of the legendary Grandmaster Yang, Mei-jun, and has been practising qigong for over 50 years. With his 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 an approachable and systematic way. For his “outstanding contribution to Medical Qigong”, in 2007, Dr. Hu was honoured with a “Lifetime Achievement Award” by the International Biographical Centre in Cambridge, England.

Beginners Welcome!

Location:

New Dawn Centre
Button Lane, Northern Moor, Manchester, M23 0ND

Course Fees:

Two days £130 (booked by July 2) | £145 (after July 2)

To Secure a Place:

Send a deposit of £60 by June 2 (balance of £70 due by July 2)

To Register:

Cheques payable to Sheila Waddington may be sent to:
207 Wythenshawe Road, Manchester, M23 9DB

For More Information:

Contact Sheila Waddington: 0161 998 2113, or
sheila.waddington@btinternet.com

Please include contact info. with all communications

About Dr. Bingkun Hu



Grandmaster Yang, Mei-jun with Dr. Hu

Dr. Bingkun Hu is a medical Qigong master & Qigong therapist. He has been practicing Qigong for more than 50 years with great masters from all the major schools of Chinese Qigong. He is a disciple of the late Grandmaster Yang, Mei-jun, the 27th lineage holder of the Wild goose (Dayan) system -- Dr. Hu is one of the few living masters to have learned the entire system. With his 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. He has taught over 60 traditional Chinese Qigongs to thousands of people through his many workshops worldwide.

In 2007, Dr. Hu was honored with a “lifetime achievement award” by the International Biographical Centre in Cambridge, England for his “outstanding contribution to Medical Qigong.” He has also been honored as one of the “Top 100 Educators” (2005), and one of the “Top 100 Health Professionals” (2006). Dr. Hu’s publications include 11 Qigong video tapes, 9 of which are devoted to Wild Goose Dayan Qigong. Dr. Hu teaches internationally and works with individual patients and students at his office in Berkeley, California.

Grandmaster Yang, Mei-jun was one of the true giants of modern Qigong and energy medicine and an inheritor of the Kunlun School Taoist tradition, which dates back to the Jin dynasty (265-420ad). She performed healing miracles well into her 90’s, passed on a complete system of glorious movement, meditation and healing, and was widely honored. She died at the age of 106.

VIDEO

Instruction on
Tape and DVD

Many of
these videos
will be
available
during the
workshop,
or may be
ordered
online at:

Wild Goose 1 | First 64 Movements

Well known for its lovely and graceful movements, which are suggestive of the image of an innocent and carefree wild goose. ALL LEVELS

Wild Goose 2 | Second 64 Movements

One of the most important basic trainings in the Wild Goose system. A perfect example of yin-yang balance, it trains to disperse the dirty Qi, receive fresh Qi, and develop physical strength and agility. INTERMEDIATE

Wild Goose 3 | Kunlun Bagua

Through the simple turning over of the palms, and the natural left and right turn of the body, this delightful Qigong trains body coordination and how to shift body weight in an effortless way. INTERMEDIATE

Wild Goose 4 | Spiral and Tripod

Tripod & Spiral Qigong is one of those rare jewels which can be enjoyed by both Qigong beginners and advanced practitioners alike. ALL LEVELS

Wild Goose 5 | Soft Palms

Soft Palms Qigong is well known for its lively and ever-flowing lines of movement. One trains coordination, relaxation, and agility in a most enjoyable way. ADVANCED

Wild Goose 6 | Patting the Meridians

This lovely practice integrates moving Qigong with meditation. Its simple movements and meditative tempo make it enjoyable for everyone to practice regardless of age or physical strength. ALL LEVELS

Wild Goose 7 | Back Stretching Qigong

Stretches the spine and opens the Governing Vessel. It uses the deceptively simple Chinese figure eight movement to relax the entire waist and hips (GB-30 accu-point). INTERMEDIATE

Wild Goose 8 | Five Elements and Bagua

This Qigong is a showcase of how martial arts movements are incorporated into soft Qigong movements to enhance Qigong effects. ADVANCED

Wild Goose 9 | Chest-Opening Aromatic

Practicing this Qigong allows you to open up all your meridians, to mix your own Qi with the energy of the heavens and Earth (hun yun Qi), and to start making the coveted “inner elixir.” ADVANCED

Creating Flexibility Through Qigong

This practice, which gathers elements from many other systems offers a comprehensive training of body and mind flexibility using relaxation, stretching, agility, and inner strength. ALL LEVELS

12 Qigong Treasures

In addition to the eleven short, easy, and enjoyable pieces for relaxation and coordination, this DVD also includes “Primordial Qigong”. Twelve Treasures movements are a great introduction to Qigong, and considered ideal practice before learning Wild Goose Qigong. ALL LEVELS