

WILD GOOSE GETAWAY

*Presented and taught
by Medical Qigong Master*

Dr. Bingkun Hu

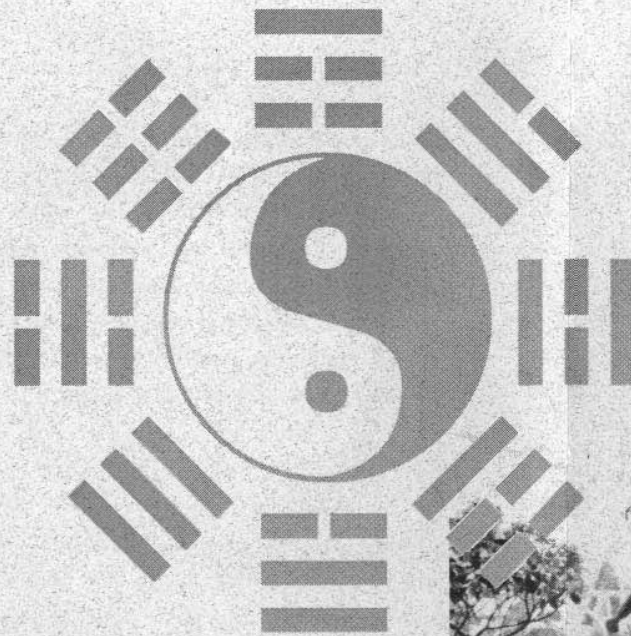
*Disciple of legendary Kunlun Mountain
Grandmaster Yang Mei-jun*



*July 21- 26, 2003
Puerto Vallarta, Mexico
Allegro Vacation Club*

What is qigong...

Qigongs are energy practices that come from 5000 years of Chinese healing wisdom. Centuries ago the Chinese realized that human beings have an internal energy system that can be influenced by Universal energies and individual practices. They developed systems of movement, breathing, awareness and meditations to maintain health, treat illness and foster spiritual development.



What is Wild Goose Qigong...

The Wild Goose Qigong practices are a complete healing system. It is one of the most famous and widely practiced qigongs in China today. It is well known for its lovely and graceful movements and suggests the image of an innocent carefree wild goose. These lovely birds have been observed for centuries by Kunlun Mountain practitioners who sensed the beauty and harmony of freely flowing energy in these soaring birds.

As a movement-oriented qigong, Wild Goose movements, which include stretching and relaxation, and postures naturally open the body's 12 major energy channels, activate various acupoints (energy gates) and naturally induce the micro-cosmic orbit which circulates energy in the major channels in front and back of the torso (conception and governing vessels). These practices also activate and strengthen three major energy centers (3rd eye, heart and lower dan tian).

The Wild Goose Qigong has many health benefits. It increases inner strength, improves immune function and circulation and develops breathing and movement coordination. It increases body and mind flexibility, improves cognitive function and develops sensitivity to our inner energy flow.

Perhaps the most wonderful thing about the Wild Goose is that it is completely enjoyable! Many movements are dance-like and you feel light and joyful when you complete the practice. The meditations are peaceful and relaxing. It is a rare way to be strong and healthy while having a good time!

Dr. Bingkun Hu is a medical Qigong Master & Qigong Therapist. He has been practicing Qigong for over 50 years and has studied with many of China's greatest contemporary qigong masters. He is a disciple of Grandmaster Yang, Mei-jun. 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 & Buddhist Qigong to the American public in a systematic and approachable way. An active promoter of scientific research and practice, he has been an officer of the Qigong Institute for many years, has taught at the American College of Traditional Chinese Medicine, and also taught at San Francisco State University. He has taught over 60 traditional Chinese Qigongs to thousands throughout the U.S. and Europe through his Qigong Workshops. Dr. Hu also has a private practice in Berkeley, California.



Grandmaster Yang, Mei-Jun was one of the true giants of modern qigong and energy medicine! 27th Lineage holder of the Kunlun School Taoist tradition dating back to Jin dynasty (265-420 ad), she inherited the entire 72 sets of the Kunlun Mountain School Wild Goose Qigong from her grandfather. She cultivated amazing healing abilities and robust health during one of the most tumultuous periods in Chinese history, and continued to see patients, performing healing miracles and teach late into her 90's. She passed on a complete healing system of glorious movement, meditation and healing and was widely honored when she died at 106 years old.

PROGRAM

Join Medical Qigong Master Dr. Bingkun Hu for 5 days of qigong in Puerto Vallarta, Mexico from July 21-26th.

Beginners are welcome – you will learn many relaxing, self-healing qigongs. Advanced students will also benefit from a week of rejuvenating training in this most healing setting. This workshop will count towards credit for the Wild Goose Teacher Training Certification program.

SCHEDULE:

Opening night, June 21 6–10 pm *Check-in, Dinner, Welcome, Introduction*

Daily schedule: 8-11am & 4-7 pm *Lecture, qigong practice and meditation*

The morning practice session will be held in an open air amphitheater next to the beach. The afternoon practice will be inside the air conditioned conference center.

The First 64 Movements, Wild Goose I Qigong, is well known for its lovely and care-free movements. This set of movements helps you open the 12 major meridians, induce the micro-cosmic orbit, improve blood circulation, breathing, coordination, and body and mind flexibility.

Kunlun Bagua, Wild Goose III. Through the simple turning over of the palms, and the natural left and right turn of the body, this delightful qigong trains our upper and lower body coordination and our shifting of body weight in an effortless way. Contrary to those Bagua steps for self-defense, "walking the circle" in Kunlun Bagua steps is meditative and self-fulfilling. Together with the coiling of the wrists, it balances the yin and yang aspects of your body and promotes self-healing. It opens up the Conception and Governing vessels, and nourishes your internal organs.

Tripod & Spiral, Wild Goose IV, is one of those rare qigong jewels which can be enjoyed by both qigong beginners and advanced qigong practitioners. Tripod & Spiral Qigong is unique in providing a variety of training within one set of qigong movements, ranging from postures, relaxation, stretching, the free flow of qi, and finally achieving the micro-cosmic orbit. Practicing this qigong will have multiple health benefits, which include boosting one's immune system, improving one's cog-

nitive functions, building up one's inner strength, as well as alleviating common aches and pains.

Soft Palms, Wild Goose V, is well known for its lively and ever-flowing lines of movement. One trains coordination, relaxation, and agility in a most enjoyable way. You keep palms relaxed and soft, while moving both your arms and legs in a "centering-expanding" rhythm, inducing a radiating warmth all over the body, including your fingers and toes. Wild Goose V induces qi to circulate in the 12 meridians and also opens the heart chakra so that you feel happy and elated. Practicing Soft Palms Qigong also tonifies and strengthens your heart, helps prevent and heal heart disease and relieves anxiety and other negative emotions.

Patting along the Meridians, Wild Goose VI, invigorates the 12 meridians through patting, opens the Crown (bai-hui) & Bubbling Spring points (K-1), relaxes the internal organs, detoxifies & purifies, and is the preparation for immersing into the celestial energy.

5 Elements Meditation, Wild Goose I meditation, utilizes five techniques to open and develop the three dan tians, circulates your qi in the small and big micro-cosmic orbits, forms a unified qi field, and connects your body with the universe, taking in new vital energy and displacing sickly, stagnant qi.

REGISTRATION Please photocopy form for each additional registrant.

Please print clearly.

Name _____
first mi last

Address _____

City _____ State _____ Zip _____

Home phone _____ Work /fax _____

E-mail address _____

PRICE:

Before May 30th, the discount price is only \$675.

After May 30th, the fee is \$750 as space is available.

Includes food, lodging (based on 2 person room occupancy) and workshop fees. NOT included is transportation to Mexico, travel from the airport to the resort (15 minutes via taxi) and gratuities for the services.

To hold your space, send a deposit of \$350 per person prior to May 30th payable to Dr. Bingkun Hu. The balance of payment is due prior to July 15th.

MAIL TO: Dr. Bingkun Hu
2114 Sacramento St.
Berkeley, CA 97402

Cancellation Policy: 50% refund up until June 15th; no refund after June 15th.

PLEASE ADDRESS QUESTIONS TO:

Patricia Smith (831) 724-~~5017~~ 5707

or email PatriciaS@charter.net

An Invitation to you...

Join Dr. Bingkun Hu for a fun-filled, rejuvenating week in sunny Mexico! Take advantage of this rare opportunity to learn these effective, self-healing Wild Goose practices from a highly qualified master, in a beautiful setting at an unbelievably affordable price!

Extraordinary!

Wild Goose Qigong

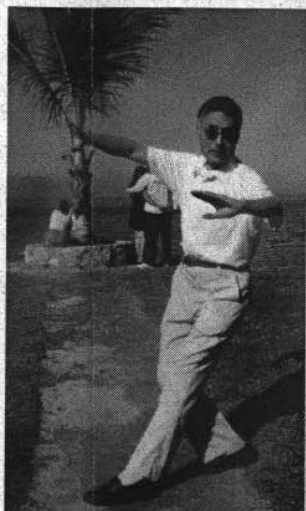
Named for mimicking the movements of the wild goose (a bird associated with longevity in China), the Wild Goose practices combine both vigorous and gentle movements with stillness and quickly helps one achieve and maintain greater flexibility and health.

Medical Qigong Master

With over 50 years of qigong study and practice, Dr. Hu is a pioneer in redefining this ancient tradition of healing practices for the modern western student. He combines a professional and scientific analysis with a fun-loving, playful and accessible attitude. But hold onto your sunhats, Dr. Hu will take your awareness on a journey into the complex spectrum of phenomenon and beyond!

Sea & Sun

The Allegro Vacation Club is a secluded, quiet, luxurious, 4 star plus beach front resort in a newly developed area of Puerto Vallarta. Allegro is a European based subsidiary offering world-class service and style. The price includes a two-room, double occupancy suite with balcony, kitchenette; buffet breakfast, lunch, dinner and unlimited beverages throughout the day (including under your umbrella on the beach!).



Wild Goose Qigong is the safest and most enjoyable Qigong system to make your body stronger, your mind sharper and your mood happier!

Benefits & Highlights:

- Daily group qigong training & practice
- Relaxation through qigong
- Qigong movement, breath & awareness training
- Microcosmic orbit entrainment to connect the Governing and Conception vessels
- Center-periphery approach—a key element of core stabilization or oppositional force
- Developing sensory- motor awareness
- Awareness of acupoints and your body's qi field
- Basic self-healing—includes absorbing fresh good universal energy from ocean & trees using the microcosmic orbit, and dispersal of stagnant qi