



ROBERT BATES HEALING



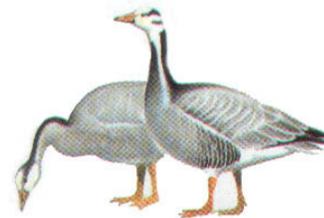
Learn the "First 64"



The famous form from **Wild Goose Qigong**
with Robert B. Bates, DC, MMQ

3-Day Workshop

When: June 11 and 12, 2011
-and- June 25, 2011
Time: 10:00 am to 5:00 pm each day
Cost: \$195 for the first two days. **Retake: \$100**
\$95 for the third day. **Retake: \$50**



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Location: 1095 East Axton Road. This is a few miles north of Bellingham, WA.
Please call or email if you need directions.
Sign Up or info:: Robert Bates at: (360) 398-7466, rbbatesdc@comcast.net
Robert's Website: www.funwithqigong.com

The workshop fee includes a DVD of the form and a detailed handout of the 64 exercises.
Please bring lunches for each day and note-taking materials. We will practice outside some.

The Power of the Wild Goose

Wild Goose Qigong exercises are Chinese longevity exercises that originated centuries ago in the Kunlun mountains of China. Wild Goose Qigong is widely practiced in China today. The exercises represent the daily routine of a wild goose—a bird of longevity and high energy—and are effective at helping treat disease, increase energy, improve brain functions, and attain or maintain fitness.

The Fabulous, Famous, Fantastic "First 64"

The "First 64" is the most well known form of the Wild Goose system, and usually the one first taught. It consists of 64 named moves that are performed in succession along a specific stepping pattern, much like a Tai Chi form is done. Each of the moves has particular benefits for health, wellness, and healing. The movements flow together in a beautiful active tapestry. The "First 64" is a lot of fun to practice and has many unexpected and unusual moves. The form includes turning, twisting, stretching, leg strengthening, balance building, and spinal strengthening. There are moves to eliminate old, stuck and toxic energy from your body and other moves to fill yourself with fresh new energy. The form is moderately vigorous and quite vitalizing.