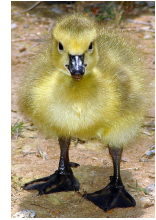


# “8-Pulling Waist” Workshop

A Four-Hour Wild Goose Qigong Training  
Taught by Robert B. Bates, DC, MMQ,

Date: Sunday, **April 5, 2009**  
Time: **10:00 to 2:00**  
Cost: **\$60**  
Location: **Robert Bates’ Healing Studio**  
1095 E. Axton Road  
Bellingham, WA 98226  
To Sign Up: Contact Robert at (360) 398-7466,  
-or- [rbbatesdc@comcast.net](mailto:rbbatesdc@comcast.net)  
Websites: [www.funwithqigong.com](http://www.funwithqigong.com)  
[www.robertbateshealing.com](http://www.robertbateshealing.com)



## Have (Moderately Intricate) Fun

8-Pulling Waist (strange name, I know) is, for Wild Goose Qigong, a simple form. It is a set with a number of fun movements to play with. 8-Pulling Waist consists of 16 moves that take less than two minutes to perform. Some people like to do the form three times in a row for greater effect.

## A Great Introduction to Wild Goose Qigong

If you have never done any Wild Goose Qigong—that complex, fun, multi-marvelous system of sophisticated fitness exercises—8-Pulling Waist is a good place to start. You can get a taste of Wild Goose Qigong in this short workshop, while learning something that is good for your health. 8-Pulling Waist introduces circle walking, yin-yang hands, twining hands, sword finger stimulation, infinity motions of the abdomen and more.

## Help Your Digestion

I have found the 8-Pulling Waist form to be an excellent method for moving stagnant Qi in the digestive system. It stimulates appropriate points and meridians energetically, and engages in motions designed to free up restrictions in and around the internal organs. By improving the mobility of the internal organs, the organs actually work better.

## Gain Greater Health and Have Fun Doing it

Wild Goose Qigong exercises are Chinese longevity exercises that originated in the Kunlun mountains of Western China, many centuries ago. Long a secret, Wild Goose Qigong became widely practiced in China in recent decades. 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 mental clarity and brain functions, and maintain general fitness.

**Robert Bates is a healer, a teacher and a teacher of healing. He has been practicing Wild Goose Qigong since 1999, learning from several different teachers. As a teacher he likes to encourage and inspire, while simplifying and getting to the essence of things. He also likes workshops and classes to be fun.**