

Learn the “First 64” Form

Wild Goose Qigong with Robert Bates and Marjorie Scarlett
Bellingham Wild Goose Club, Autumn 2009

Course Cost: \$10 per class. \$5 per class if repeating.
Class info: Robert Bates at (360) 398-7466, or rbbatesdc@comcast.net
-Or- Marjorie Scarlett at (360) 441-1613, or mjselel@qwest.net
Where **The Firehouse** Performing Arts Studio, 1314 Harris Street
Bellingham, WA 98225 (in Fairhaven)
When: **Mondays**, September 14 to November 30.
Time: **9:30 to 10:30 AM**

Gain Greater Health and Have Fun Doing it

Wild Goose Qigong exercises are Chinese longevity exercises that originated in the Taoist tradition in the Kunlun mountains of Western China, many centuries ago. Long a secret, Wild Goose Qigong became widely practiced in China in the last few decades. The exercises represent the daily routine of a wild goose—a bird of longevity and high energy. Wild Goose Qigong is effective at helping treat disease, increase energy, improve mental clarity and brain functions, and maintain general fitness.

The Fabulous, Famous, Fantastic “First 64”

The “**First 64**” is one of the most well known Qigong forms in the world. It is usually the one first taught in the Wild Goose system. It consists of 64 named moves of great variety 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 flowing, 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 fill yourself with fresh new energy. with.

*These classes are moderately vigorous and will include warming up, stretching, Qigong drills, and instruction in the profound and fun movements of the “**First 64**”.*

Marjorie Scarlett is a massage therapist in Bellingham. She has been practicing Wild Goose Qigong since 1995 under well-known San Francisco Bay Area Wild Goose teacher Paul Li. He learned the system in China directly from famous lineage holder, Yang Mei Jun. Marjorie teaches with both a sense of the fun that Wild Goose encourages, and its profound benefits.

Robert Bates is a healer, 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 healing principles. He also likes workshops and classes to be fun. He leads classes and seminars in Empowered Touch Cranial Sacral Therapy, Self-Healing Qigong, and Qigong Therapy.