



### **Retreat Stay**

Friday 4:00 PM through Monday 12:00 PM  
Tenting Sites & Rustic Lodging Available

**\$345**

\$285 if you pay two weeks in advance!  
Deadline for early registration is May 12.

Visit our website to register online  
or download the registration form:

**[www.sundo.org](http://www.sundo.org)**

For more information call: 860-523-5260

# SUN DO

## Spring Retreat 2019

Memorial Day Weekend

**Friday to Monday, May 24-27**

Sun Do Meditation Center  
Barnet, Vermont

**Daily Sun Do practices,  
workshops, and more!**

Retreats offer a wide variety of  
integrated holistic health  
workshops with instruction in  
Taoist practice, breathing  
meditation, energy healing,  
exercise & relaxation techniques.



## SUN DO