

SunDo Retreat

Summer 2019

July 26 - August 4

Create an environment for healing and transformation!

Students of all levels are welcome at this retreat in the beautiful woodlands of Vermont's Northeast Kingdom.

Retreat Packages

\$115 per day (after July 14 early-bird deadline)

Early-bird Rates

Student & Instructor Trainee

\$95/day*

Three-day retreat – *August 1-4*

Five-day retreat – *July 30-August 4* (mandatory instructor attendance)

\$90/day* for 9-day package (including 4-day Mountain retreat)

Nine-day retreat – *July 26-August 4*

* *Early Registration ends July 14*



Facilities include hot showers, separate rustic male and female sleeping spaces, and a practice room for workshops. Please bring a sleeping bag or bedding, pillow, extra blanket or mat for practice, towels, flashlight, warm socks, walking shoes and/or boots, and a bathing suit. A western-style breakfast and Korean-style lunch and dinner will be served with at least one vegetarian entrée.

Register online or download a mail-in form:
www.sundo.org > **retreats** > **registration**

Mail-in Registration Address
SunDo Mountain Taoist Center
45 South Main Street, Suite 090
West Hartford, CT 06107



Sun Dance Workshops

by Kyung Min Park

Sundo Senior Instructor and
Master of Pyungryusun-Sun Dance



SUN DO

Special Performance 7:30 PM

Saturday August 3, 2019

SunDo Retreat Center

Kitchell Hill Road, Barnet VT