



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

For more information call: 860-523-5260

SUN DO

Spring Retreat 2020

Memorial Day Weekend

Friday to Monday, May 22-25

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