

# SUN DO

MOUNTAIN TAOISM

## Energy Healing Open House



**Wednesday September 22, 2010**  
**SunDo Mountain Taoist Center • 3 to 9 pm**

Experience various energy healing modalities ~ Listen to presentations on health and wellness  
Talk with instructors and practitioners ~ Pick up schedules or coupons for upcoming classes  
Ask questions ~ Visit our practice space ~ Have some fun! ~ Refreshments will be served

- **3-5:30 pm - Community Acupuncture Treatments \$30 (or bring a friend for the price of one)**
- **5:30-6 pm - Acupuncture & Health, talk by Dr. Chul Han, L. AC. DIPL. AC.**
- **6-6:30 pm - Yoga for Back Care, demo by Madeleine Hexter, certified yoga instructor**
- **6:30-7:30 pm - SunDo Taoist Yoga & Breathing Meditaion, class led by SunDo instructors**
- **7:30-8 pm - Energy Healing & The Breath, talk by Christine Ucich, SunDo instructor**
- **8-9 pm - Sound Healing Therapy, hands-on sessions and group meditation with Tibetan bowls**

**860.523.5260 • [www.sundo.org/events](http://www.sundo.org/events) • [questions@sundo.org](mailto:questions@sundo.org)**