

**The 5th International Sundo Daoist Conference
Fall 2011
To Trace the Roots of Sundo Daoism**

When: November 12, 2011 (Saturday) at 10:00 am

Where: Hanseo University International Assembly Hall

360 Dawgok-ri, Haemi-myeon, Seosan City

Chungcheongnam-do, Korea (**Free Admission**)

Date/Time: 10:00AM, Saturday, November, 12, 2011

10:00 AM: Part 1 Cultural Performance

- Peace & Harmony – by Park, Sung Hyuk, IISCR
- The Wave of Life – by Dr. Lee, Hyun Soo; Park, Kyung Min & Kim, Mae Hwa, IISCR

10:20AM: Part 2 Opening Ceremony

- Moderator : Park, Byung Kwan & Jung, Mi Ja, Member of IISCR
- Opening Remarks : Venerable Suk Sang Gui, Julun Daoist Temple, Malaysia
- Welcoming Address : Ham, Ki-Sun, PhD. President of Hanseo University
- Congratulatory Address : Honorary Prof. Shin, Hyung Shik, Ph.D,
Ewha Women's University
- Congratulatory Address : Kim, Hyunuk, Ph.D. The National Unification
Advisory Council
- Speech of Encouragement : Honorary Prof. Yoon, Yee-Heum, Ph.D. Seoul
National University
- Greeting Address : Kim, Hyunmoon, Ph.D. Director of IISCR
- Keynote Speech : Shinseon Culture in Korea
David Mason, Visiting Professor at Kyung Hee University

12:00 Lunch Break. Descend after lunch.

13:00 PM: Part 3 Presentations

Moderator : Lee, Yeop, Ph.D. Cheongju University

First Presentation : Choi Chi Won's Gaya Boinboup, Ahn, Dong Jun, Ph.D. Gyeongsang National University

Discussion : Jang, Il Kyu, Ph.D. Kookmin University

Second Presentation : A Korean Daoist Thinker, Jeon, Byeong Hoon's Thought

Discussion : Lee, Younseung, Ph.D. Seoul National University

Third Presentation : Towards a New Cosmology, Ecology, and Theology,
Kim, Heup Young, Ph.D. Kangnam University

Discussion : Kim, Kwan Young. Ph.D, Joongbu University

Fifth Presentation : Developing the 12 Movement based on Sundo Principle
Kim, Hyunmoon, PhD. & Lee, Hyun Soo, PhD.

Fifth Presentation : Sundo – A Multicultural Look at Absorption & Dissociation
Differences

Joan Hageman, Ph.D. North Central University, USA

Discussion : Gracia Del Rosario, Ph.D. Namseoul University

Sixth Presentation : Shinseon Trail in Naepo Region, Roger Shepherd, Honorary
Ambassador of Korea National Tourism

4:00 PM Part 4 Comprehensive Discussion

Moderator : Kim, Seong-Hwan, Ph.D. Kunsan National University

Closing of Final Remarks : Jung, Jaeseo, Ph.D. Ewha Women's University

What is Sundo?

Sundo is an ancient Korean traditional culture which nurtures all the aspects of Korean living. Embedded in the culture is an aspect of mind and body discipline which consists of qi exercises, tancheon breathing, and meditation – a form of practice that creates the communion of body-mind.

Sundo is a self-healing art which is comprised of breathing postures that are pictographs (body mudra) of life's different teachings creating a natural environment that guide the practitioner in embracing the way of life (Tao). In this practice, the mind and body experience harmony with nature and the universe as a whole. This process is described in Verse 2 of the Tao Te Ching, "Things arise and she lets them come; things disappear and she lets them go." Performing Sundo postures brings the individual towards intuitive wisdom (jukwan) - non-conceptual reality.

How can Sundo help our daily life? *Breath* and the act of breathing is life enhancing. Sundo is a balancing agent that can enable an individual cope with his/her life as well as reap the benefits of awareness, vitality, and calmness. Ultimately, this self-healing practice is a way to achieve the essence of one's spirituality.

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