

# The Fourth International SunDo–Daoist Conference

## *Natural Healing & Wellness from the Inside Out*

SunDo Retreat Center, Barnet VT, USA ~ Tuesday August 3 to Sunday August 8

International Institute for SunDo-Daoist Cultural Research

### **Holistic Healthcare & Conscious Intent**

*Presented by Don Robishaw, Independent Healthcare Researcher  
Tuesday, August 3<sup>rd</sup> at 7:15 pm*

To better self-manage chronic health issues, the Reinvention Action Plan (RAP) assists individuals in making lifestyle changes through intention-setting. The RAP-10 consists of ten Outcome Intentions that create a powerful mindset for achieving better health.

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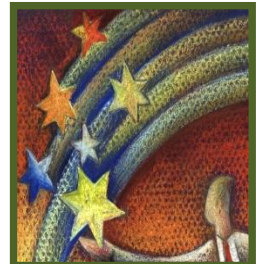


### **SunDo Storytelling for Wisdom & Inspiration**

*Presented by Christine Ucich, SunDo Marketing & Communications Coordinator  
Wednesday, August 4<sup>th</sup> at 2 pm*

Focusing on the hero as archetype, SunDo members will tell stories about overcoming challenges. These stories will not only communicate knowledge about the practice, they can also serve as testimonials to motivate beginners to become interested in SunDo.

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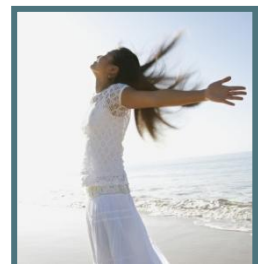


### **Natural Breathing**

*Presented by Taoist Master Hyunmoon Kim, SunDo Executive Director  
Wednesday, August 4<sup>th</sup> at 7:15 pm*

The core of SunDo practice is Tancheon Breathing, or lower abdominal breathing. By returning to the natural breath, we can understand and learn to do Tancheon Breathing without force, yet the result is increased energy, strength, flexibility and endurance.

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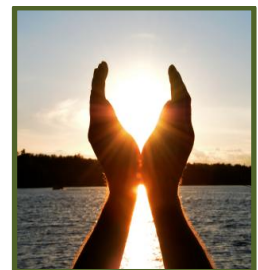


### **Our Body of Light & Whole Body Breathing**

*Presented by Wendy Larman, SunDo Associate Master  
Thursday, August 5<sup>th</sup> at 2 pm*

With theory and guidance about the breath and Qi as the foundation of SunDo practice, we will learn to expand our breathing to include more of the body, especially during SunDo postures, and to make a connection between breathing and our energy body.

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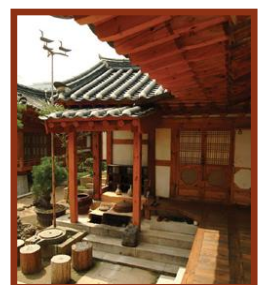


### **Hanok: The Korean Traditional House**

*Presented by Gracia Del Rosario, PhD, Namseoul University  
Thursday, August 5<sup>th</sup> at 7:15 pm*

Over time and in accord with nature, Koreans developed shelters which encouraged a very eco-friendly life style. Dr. Del Rosario will examine this relationship as well as the theory of architectural structure within traditional Korean buildings.

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## Shi-sheup Kim's Internal Alchemy (Nae-dan)

*Presented by Byung Kwan Park, School of Health Promotion, Hanseo University  
Thursday, August 5<sup>th</sup> at 8 pm*

As an exploration of Shi-sheup Kim's Internal Alchemy Theory, Mr. Park explains its influence on the history of Korean SunDo Mountain Taoist practice. He will also discuss Korean Zen culture and Shi-sheup Kim's three teachings on Confucian, Buddhism, and Zen.

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## Tibetan Sound Healing & Concert

*Presented by The Conduit Sound Mind · Sound Body Center  
Friday, August 6<sup>th</sup> at 2 pm*

Using Tibetan gongs and bowls, The Conduit's sound healing instruments can affect us at a cellular level by sending vibrations throughout the body. The concert, in addition to hands-on healing sessions, will promote meditation & relaxation with vibrational alchemy.

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## SunDo & Jungian Psychotherapy: Harmony through Self-Discovery

*Presented by Ron Catabia, SunDo Associate Master  
Friday, August 6<sup>th</sup> at 7:15 pm*

In Jungian psychotherapy, shadow work involves inquiry into the hidden parts of the personality. Acceptance of the shadow allows opposite attitudes to harmonize, similar to the stages of SunDo where Qi energy develops into a path leading to non-duality.

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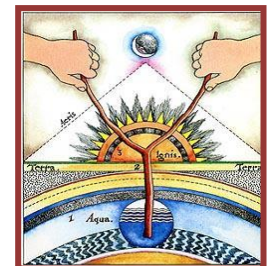


## Dowsing, Spoon Bending and Personal Wisdoms

*Presented by John Wayne Blessingame, American Society of Dowsers  
Saturday, August 7<sup>th</sup> at 2 pm*

A practice wherein an individual divines the location of water, dowsing has been practiced for thousands of years. Mr. Blessingame will introduce us to the art of dowsing, and also spoonbending, to explore the effects of human consciousness on our environment.

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For more information, please contact the SunDo Main Center  
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MOUNTAIN TAOISM