



2010 **SunDo Summer Retreat**

SunDo Retreat Center in Barnet, VT
July 30 – August 8

A Retreat Led by
Taoist Master Hyunmoon Kim

The intention during a SunDo Retreat is to create an environment where meditation, SunDo practice and energy healing are the primary focus. Retreats enhance personal connections to self, encourage living close to nature, and offer new challenges at the SunDo Retreat Center.

Practitioners of all levels are welcome!

Retreat Options

Retreats are regularly priced at \$80 per day. If sending payment by July 16, you may deduct \$10 and pay \$70 per day.

Retreat begins at 4 PM on Friday July 30 and ends at 12 PM on Sunday August 8.

9-day Retreat July 30 – August 8 - 4-day mountain retreat runs from July 30 – Aug 3 at 12 noon

5-day Retreat August 3 – 8

3-day Retreat August 5 – 8

- ◆ 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.



A registration form is also available online at www.sundo.org.
Email questions@sundo.org or call 860.523.5260 for information



To register, please send payment to Sun Do Main Center, 45 South Main Street, Suite 90, West Hartford, CT 06107-2402