

# SunDo Retreats

## Seasonal Retreats

SunDo holds three retreats a year at the SunDo Retreat Center in Vermont and a one winter retreat which is held at White memorial Center in Litchfield, Con-



necticut. These retreats include SunDo practice, acupressure or calligraphy classes, holistic health workshops, evening discussions and group activities. Morning practices are held at 4:50 am and 10:30 am. Silence is maintained each morning from wake-up time until the end of breakfast. Lunch and dinner feature Eastern-style cuisine, while breakfast is served Western-style. Meals are very nutritious and a vegetarian entree is always available.

## Mountain Retreats

Mountain Retreats are held at the SunDo Retreat Center in Vermont. Mountain Retreats are usually limited to a smaller number of people who want to experience a more intensive retreat. Although

participants practice hard during these retreats, they learn how to preserve their energy by maintaining a silent, monastic type of environment. Early morning practice begins at 3 a.m. and includes a double SunDo practice. In addition, there are other activities such as sitting and walking meditation, 1000 big bows, and bear walking. Sweat lodges are also included. Bedtime is at 8 p.m.

*"In the SunDo practice, you experience all the different moods and circumstances of your whole life - the turmoil and joys and disappointments and triumphs - but in a very protected environment under the care and compassion of experienced teachers and the SunDo community; in a safe healing place like the Retreat Center."*

~ Hyunmoon Kim, Taoist Master

## What to Bring to a Retreat

Sleeping bag, bedding and pillow

Extra blanket or mat for practice

Towels

Flashlight

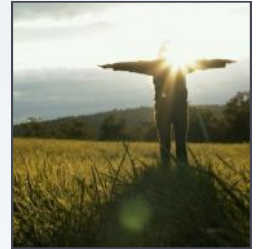
Hiking shoes and/or boots

Bathing suit for swimming in a near-by brook

Bring extra warm clothes, as the temperature in Northern Vermont can sometimes be chilly.

# The Retreat Center

The SunDo Retreat Center is located in Barnet, VT on 72 acres of land. The peaceful rural setting provides an ideal atmosphere



to practice the healing art of SunDo surrounded by the hills and woodlands of Northern Vermont. During retreats, people can participate in some of the Center's activities such as gardening, general maintenance work, sweat lodges, or swimming in the near-by brook. Accommodations are rustic with simple shelters that encourage outdoor living. Tenting sites are also available. The Retreat Center is without electricity and our well water is actively conserved whenever possible.

## SunDo Retreat Center

1347 Kitchel Hill Road

St. Johnsbury, VT 05819

Phone: (802) 748-3667

Website: [www.sundo.org](http://www.sundo.org)

Contact: Virginia Platt, Retreat Center Coordinator

Email: [virginiap@charter.net](mailto:virginiap@charter.net)



## Travel Arrangements

When traveling to the SunDo Retreat Center, several travel options are possible. The Burlington, Vermont airport is about 1.5 hours from the Retreat Center and offers rental car service. The other closest international airports are Bradley Airport in Connecticut and Logan Airport in Boston. Both are about 3.5 hours from the Retreat Center. And, the Manchester, New Hampshire Airport has a bus that travels to Hanover, NH.

Rental cars can sometimes be secured by you near an airport, or a SunDo member in that city may be able to provide transportation. A pick-up fee of \$50-75 can be arranged with us in advance.

Several Bus Lines provide transportation to White River Junction which is 1 hour away from the Retreat Center. When arranging transportation, please be aware that there are no rental car agencies in White River. Please check bus schedules for Greyhound and Dartmouth Coach.

**Please notify us of your arrival time and transportation arrangements in advance. Please see SunDo Retreat Center contact information on the previous page,**



## Driving Directions

### From the south

Take I-91 North to Exit 18 (Barnet).

At the end of the exit, turn right.

Take the first left and continue on to Barnet Village.

At the end of the road (there is a small general store on right), turn left onto Rt. 5 North.

Continue on Rt.5 N for 4.6 miles. Turn left onto Kitchel Hill Road.  
(Robinson's Sawmill is on the corner)

Continue 1.3 miles on Kitchel Hill Rd to Center.

Look for the SunDo mailbox on the left side of road.



### From the north, east and west

Take Rt.5 South from St. Johnsbury through Passumpsic Village.

Take first right one mile south of the Village onto Kitchel Hill Road.  
(Robinson's Sawmill is on the corner)

Continue 1.3 miles on Kitchel Hill Rd to Center.

Look for the SunDo mailbox on the left side of road.

## Retreat Rates

### Seasonal Retreat

Early Fee —\$70/day (paid 2 weeks in advance)  
Standard fee — \$80/day

### Mountain Retreat

Standard fee only—\$70/day

## Arrival & Departure Times

All retreats begin at 4 pm on the first day and end at 12 noon on the last day of the retreat. Arrive early for 4 pm SunDo practice or an orientation to the Retreat Center.

## Retreat Registration Form

Sign up for:	Early Fee	Standard
<input type="checkbox"/> Spring Retreat	_____	_____
<input type="checkbox"/> Summer Retreat	_____	_____
<input type="checkbox"/> Fall Retreat	_____	_____
<input type="checkbox"/> Winter Retreat	_____	_____
<input type="checkbox"/> December Mountain Retreat	N/A	_____
<input type="checkbox"/> February Mountain Retreat	N/A	_____

Total: (Daily fee X number of days): \_\_\_\_\_

For number of days, please see [www.sundo.org](http://www.sundo.org) > Retreat Calendar.  
\* All Seasonal Retreats require at least two days participation.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

Late fee: extra \$10 per day  
Cancellation fee: \$25.00

### Daily Rates

### Seasonal Retreats

Standard Rate — \$80/day  
Early Rate — \$70/day  
(paid 2 weeks in advance)

### Mountain Retreats

Standard Rate Only —  
\$70/day

### Payment Method

- Check  
 Cash

### Send to:

SunDo Main Center  
45 South Main Street, Suite 90  
West Hartford, CT 06107  
(860) 523-5260

### Checks payable to "SunDo"

