



### **Retreat Stay**

9-day, 5-day or 3-day Packages with  
Tenting Sites & Rustic Lodging Available

#### **3-day Retreats start at \$345**

or \$285 if paid two weeks in advance.  
Deadline for early registration is July 15!

Visit the website to register online  
or download/print a registration form:

**[www.sundointernational.com](http://www.sundointernational.com)**

For more information call: 802.357.2057

# SUN DO

## Summer Retreat 2022

**July 29 to August 7**

SunDo Retreat Center  
Barnet, Vermont

### **Daily Sun Do practices, workshops, and more!**

Retreats offer a wide variety of  
integrated holistic health  
workshops with instruction in  
Taoist practice, breathing  
meditation, energy healing,  
exercise & relaxation techniques.



**SUN DO**