

# SunDo Retreat Mail-in Registration

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

Practice Level \* \_\_\_\_\_

\_\_\_\_\_

Your Instructor \_\_\_\_\_

## Standard Rates

### Seasonal Retreats

**Spring** \$115/day for 3-day

**Summer** \$115/day for 3-day, 5-day or 9-day

**Fall** \$115/day for 3-days

**Winter** \$115/day for 3 -days

### Winter Intensive Retreat Rates

\$80 Non-member or guest level

\$70 Current Member & instructor trainee level

\$60 Instructor level

\$50 Senior Instructor & Teacher level

## Early-bird Rates (for those registered for seasonal retreats at least two weeks prior to retreat start date)

**Students ...** Current members, instructor trainees, non-member or guest

\$95/day for 3-day and 5-day retreat

\$90/day for 9-day retreat with \$5/day discount

### Instructors

\$80/day Instructor level

\$70/day Senior Instructor

\$60/day Teacher level

## Cost & Information

To complete the information below, visit [sundo.org](http://sundo.org) or [sundointernational.com](http://sundointernational.com) for retreat schedule or dates if needed.

Number of Days \_\_\_\_\_ **Total Cost** (# of days X rate): Early-bird \_\_\_\_\_ Standard \_\_\_\_\_

Location \_\_\_\_\_ Arrival Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

**Payment Method** Cash \_\_\_\_\_ Check \_\_\_\_\_

Checks payable to SunDo. Mail this form and payment to:

SunDo, C/O Treasurer Roy Bushman, 5059 Grandview Place, Cincinnati, Ohio 45212

\* List current belt color or practice level. To apply for a belt promotion or instructor promotion, please visit the websites for requirements and applications form under the Membership section. Forms and fees are due 3 weeks prior to retreat start date.

