



While we cannot control the destiny of humankind and nations, we can choose to live in accord with the Way and Nature.

Event sponsored by



**FAR EAST
SUMMIT**

refined herbal medicinals

For thousands of years SunDo existed as a secret mountain practice for "returning the light" passed on from teacher to student through a long lineage of Taoist hermits.

Master Hyunmoon Kim is one of a handful of master teachers trained by the mountain hermits. He combines contemporary western psychology with ancient eastern wisdom to teach the principles of SunDo-Taoism.

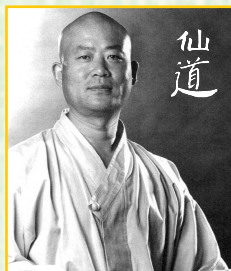
Within the last few decades, SunDo has grown from a small practice group to a world-wide organization, while remaining true to its mission of helping people awaken to higher states of consciousness through personal transformation.



SUN DO
Mountain Taoism
www.Sundo.org



DRAGON SPRING LIVING ART EVENT



**SunDo Mountain Taoist Retreat
with Master Hyunmoon Kim**
*Unifying Body-Mind-Spirit
Transformation through the Breath*

JANUARY 21-24, 2010

GLEN IVY COMMUNITY, CORONA, CA
(1.5 hours east of LAX, 30 mins from Ontario Airport)

***SunDo Teachings and Guidance on the Way
Introduction to the Practice with Master Kim***

During SunDo practice, rhythmic breathing meditation and posture sets enhance the vital flow of energy in the body. Negative energy blockages are cleared and the practitioner experiences transformation of physical, mental and emotional health. At advanced levels, SunDo leads to a powerful sense of self-realization and higher consciousness.

The retreat takes place at Glen Ivy Community, known for its restful environment, gourmet meals with vegetarian choices, and cozy location in the foothills adjacent to the Glen Ivy Hot Springs.

BEGINNERS WELCOME!



Glen Ivy Community

FULL RETREAT:

\$375

Thurs., 4 pm thru Sun, Noon
(double occupancy,
includes room & meals)

WORKSHOP ONLY:

\$75

Sat Jan 23, 9 am - 1 pm
(includes a teaching from Master
Kim, guided practice & lunch)

**RETREAT DETAILS, DIRECTIONS & RESERVATIONS:
www.LifegateInstitute.org • 1-888-441-0489, ext. 4**