



4th Annual Korea Meditation Retreat 2012” – Gongju, South Korea
“止觀, śamatha-vipaśyanā”
10 Days - July 9-19,

We offer practice in Mindfulness Breathing meditation at the traditional Buddhist culture retreat center(www.budcc.com) with master Yu and other master teachers. This retreat that focuses on practice includes systematic mindfulness meditation that direct our attention to the true nature of reality and to the development of penetrating insight and wisdom. In meditation, we focus our awareness on the ever-changing present moment with the breath. Through the practice, we cultivate the capacity to perceive the truth in all experience. This practice helps develop wisdom and compassion, giving rise to greater peace and happiness.

At this Retreat, Master Yu, Jae-Sheen and other international Buddhist & Daoist master teachers will guide you how to transform your deepest driving desires and intentions into your destiny that leads us freedom. You will learn how to access your true potential, recognize the possibilities that are always unfolding around you not conceptually but experientially and you will be provided not what you want but you deeply need with effortless ease. This retreat will give you the tools and inspiration to move to the next phase of life in deep sense of integration and wholeness.

Through meditation and breathing movements in awareness with guided meditation, and interactive exercises, Master Yu & teachers will guide you a powerful daily practice based on ancient practice tradition. You will discover your primary archetypes, connect to your true-life purpose, and understand how to use the power of your five senses to sharpen your awareness and access your creative potential. In a relaxed group setting, you will learn how to create positive inner dialogue, cultivate clarity and peace of mind, and develop practices for higher states of consciousness.

This individual and group training also includes daily morning meditations, simple meals, lectures, indoor and outdoor training, and consultation. It is open to beginner and advanced students. It is recommended for people of all ages and backgrounds, beginners as well as experienced meditators, and anyone who is serious about their health and personal transformation. Through practice and individual guidance as an “applied Dao”, you will be able to reintegrate your life with rhythm of nature within. Also all that you will learn during these workshops can be applied in the everyday life in order for you to continue your own development and spiritual growth.

* Practice breathing movements in awareness, Meditation with principles of “applied Dao”.

* Participate in group work, receive individual guidance, daily assignment, individual guidance spontaneously given by Master Yu & teachers after each meditation time to integrate your experience and new awareness throughout the day.

- Access deeper layers of your unconscious
- Heal yourself by understanding and transcending your mind and its patterns
- Detoxify your being from suppressed thoughts and emotions
- Purify your body and energy from psychological and emotional wounds that keep your wounded ego alive.
- Release perpetuating patterns of pain and suffering from your body's cellular memory.
- *Break through self-imposed and collective conditionings and find your true inner power.
- Experience your innocence and inner being
- Learn how to be your own friend and master
- Transform stress, loneliness, insecurity, and depression into consciousness and inner joy.
- Improve your physical health and become more playful
- Discover what you need to do in order to live your full potential and life purpose.

This retreat will teach you how to unblock your energy yourself, simply and effectively, In this retreat program you will also have a deep opening & healing experience, you will learn also how to:

- Heal your pain, depression, chronic fatigue and even illness
- Release the blocks that sabotage your health and cloud your consciousness
- Discover what prevents you from surrendering to what is
- Transform your misfortune into blessing, creativity, and Joy
- Increase your courage and self-power
- Dis-identify from your ego-mind and strengthen your inner witness
- Connect to and trust your inner knowing

- Experience the silence and stillness of your inner Being
- Gain clarity on your life's purpose
- Become your own healer and heal yourself into consciousness.

About Master Yu



Master Yu, Jae-Sheon is known as one of the most innovative and dynamic practitioners of Sundao. A master healer, spiritual teacher trained in South Korea, and author of the book Sundao - "An invitation to mountain Daoist practice". After arriving in the United States in 1998, he opened practices in California and Arizona, USA. Currently the program the director of "International School of Sundao" and "Sundao USA", he organizes Sundao meditation & healing practice workshops, study tours, and retreats in Asia, Europe, Russia, and America. With his lively, enthusiastic teaching style, he illuminates the deeper principles and underlying wisdom of the ancient arts and philosophy. He has helped many people in their process of spiritual growth and transformation.

RETREAT COST:

*\$1,250 USD for triple occupancy, \$1,550 for double, and \$2000 for single (very limited availability).

*All rooms have private shower and toilets.

*Fee includes training, food (3 vegetarian meals per day, a total of 29meals), 10 nights of accommodations, and one or two intimate outdoor tour programs that include training.

*Tuition is payable by check, cash, or money order.

TRANSPORTATION to/from the retreat center will be arranged for our group (not included in the price (it will be an extra \$25-\$30). There will be 2 pick-up and drop-off points to choose from: Incheon Airport, and a to-be-announced hotel in Seoul that has an airport bus stop. Group members may choose which place to board the bus.

TRAVELING ON YOUR OWN - If you wish to travel to the retreat center on your own without the group (not recommended), you may depart from Gongju Bus Terminal (new building). Take Bus #7 and get off at the last stop. Or from Gongju, take the city bus headed toward Magoksa Temple, the retreat center is in 15 minutes walking distance.

HOTELS IN TRANSIT - If you plan to arrive early or stay later in Seoul, we will recommend a centrally-located hotel. This will be the hotel where participants can meet the bus to the retreat center, and where participants may stay extra days. (Hotel charges not included). More information will come shortly.

INFORMATION and REGISTRATION:

Address: 28150 North Alma School Road, #103-188 Scottsdale AZ 85262 USA. Email is sundohealing@yahoo.com. Tel: 480-626-0003. To reserve your space contact above to receive registration form & supplement materials or simply visit (you can download easily) <http://www.lyssaroyal.com/public.htm> & send 30% - 100% of workshop fee with completed registration form as the spaces fill quickly. Be sure to send us an email to let us know if you are sending your registration. **DEADLINE is May 1, 2012**. All payments must be made in full by that time. Thank you.

* For those who need Korean Visa, We will send you official invitation & copy of nonprofit certification of business to the place where you want (please be mindful there will be \$50 administration fee)

Bank Information (USA)

M & I Marshall & Ilsley bank
(swift code) MARLUS44.
USA Arizona Mesa Branch
1510 W Southern Ave Mesa, AZ 85202
Telephone 480-898-7150
Routing number 122104046
Account number 0034547403
Account holder name and address: Jae Yoo - 28150 North Alma School Road, #103-188 Scottsdale Arizona USA 85262. Telephone 1-480-626-0003

Bank Information (Outside of USA)

1. bank name : KB KookMin Bank
2. swift code : CZNBKRSEXXX
3. branch name : Metrocity telephone :82-51-612-9010
4. account number : 125068-11-001067
5. account holder name : Soojin Kim

Refund/cancellation Policy

Deposit

A fully refundable deposit of more than 30%~100% is required to reserve your place for this retreat. Final payment Final payment is due 30 days prior to the retreat to confirm your place. If final payments are not received when due, Sundao USA reserves to right cancel your reservation and accept new reservations for your space.

Refund/cancellation

A full refund will be given for any cancellation made 60 days or more in advance of the retreat. No refunds will be given for less than 30 days notice.

Changes / Retreat Cancellations

Sundao USA reserves the right to make modifications and/or changes in the retreat program and/or accommodations as is deemed necessary. We also reserve the right to cancel any retreat. In the unlikely event of a cancellation, you may opt to transfer to another Sundao USA retreat or receive a full refund of the money you have paid us. Sundao USA is not responsible for any consequential expenses or damages incurred as a result of any cancellation, including, but not limited to costs spent in preparation, non-refundable or penalty-carrying airline tickets, special clothing, visa and passport fees, lost income and any other related losses or expenses.