



Sun Do News

Spring 2020 Edition

Volume 36, Issue 2

Recollections of Nebraska SunDo Retreat

By Teresa Lenzen

Our second Nebraska SunDo Retreat was held Thursday, January 30 until Sunday, February 2 at the beautiful Creighton University Retreat Center, one hour from Omaha in a peaceful wooded area of Iowa. A motto of this center is "Come away and rest for awhile." Indeed, it is a restful place, though for our new SunDo retreat participants, getting up at 4:30 for 5:15 double SunDo practice maybe didn't fit their definition of resting. Fortunately, our new practitioners were supported and sustained by the more experienced Sundians, and soon we were all breathing in unison.

Our retreat was led by Tora Strawderman, Associate Master in SunDo, who flew in from North Carolina. It is always a pleasure and surprise to be with Tora. We were inspired by her down-to-earth yet energetic ways. She is someone who shows us how long-term SunDo practice impacts a person. There is an ageless quality along with a surprising amount of strength and flexibility in Tora.

Our retreat was organized and managed by Joel and Teresa Dunning, the owners of the Urban Hermitage, our SunDo Center in Omaha, Nebraska. Both of them are SunDo Instructors

Dear Members,

Genesis says God gave
birth to a Man with Breath
Soon
Man forgot where he came from
So came to have a shallow Breath
Later
Sundo shared the sacredness of
Breath
But
We lost the gate to the God
One day
Pandemic message awakened us
to show
Man does terminate life via lung.

----Master Hyunmoon Kim

and long-term SunDo practitioners. They provide a supportive environment for both new and long-term practitioners to grow and learn. In addition to three SunDo practices each morning, we had some interesting classes and workshops.



Teresa Lenzen and Kim Hedegaard—all Nebraska retreat photos by Joel & Teresa Dunning

Tora taught a SunDo Clinic, assisted by Joel and senior students, about the SunDo Internal Organ exercises. These are always good to review; and for some participants it was their first time experiencing these movements.

Kristie Horn, a dedicated Omaha SunDo student, guided us in exploring the work described in the book *Unwinding the Belly: Healing with Gentle Touch*, by Allison Post and Stephen Cavaliere. Kristie guided us in learning how to use gentle touch to connect with own bellies, while lying down in a relaxed posture. We then practiced different types of touch, including a favorite, “cat paws,” to help release tension or holding patterns.

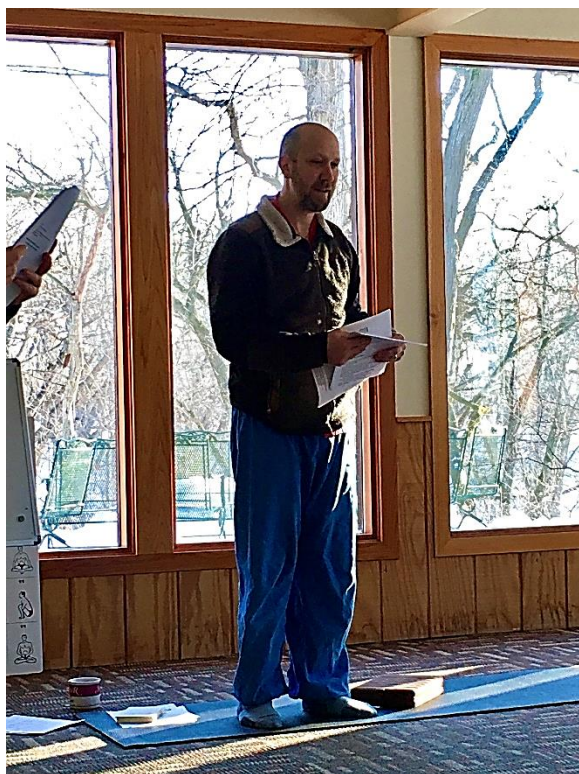
We had a SunDo Massage workshop, led by Teresa Dunning, SunDo Instructor and licensed massage therapist. For those of us who have experienced SunDo Massage before, it was a good chance to practice our skills as well as receive a healing treatment. For those new to this practice, it was a chance to work with a partner to learn a way to bring relaxation and ease to the body. This was a great practice for end of day, leaving us relaxed and ready for sleep.



Teresa Dunning

On Saturday, we had a very interesting workshop called Longevity and the Nourishment of Life, by Joel Dunning. Some of the points we discussed included, “*Why you can live a long life without disease when you practice KoukSunDo,*” which comes from a Chung San advertisement. Joel shared some ideas related to nourishment and aging, including learning how to improve our daily life to best support our practice, health, energy, and decrease the effects of disease and aging.

Saturday afternoon we had a workshop entitled Expressive Arts as a Healing Force, presented by Natalie Hogge, a psychotherapist who uses expressive arts in her healing work. She defined Expressive Arts Therapy as “a form of therapy that utilizes multiple mediums to explore and communicate outside the boundaries of ‘talk’ alone”. Natalie shared her creative wisdom and playfulness with us. Natalie brought many different creative arts and crafts supplies, and we were invited to choose what spoke to us, and then play and create in a free-flowing way, to express whatever wanted to be expressed in us.



Joel Dunning

On the evening of the 2nd day, we had a Healing Bowls Sound Bath, by Sound Healer Michelle Kellar, a dedicated Omaha SunDo student. This was an amazing experience. We made warm and comfortable places to lie down in a circle around her setup of Tibetan bowls and sound instruments. We covered up with blankets, covered our eyes with aromatherapy cloths, breathed into our bellies, and were then transported by the peaceful, beautiful, and amazing vibrations of these sacred sound instruments.

On Sunday, we had a final double SunDo practice and a final workshop on Simplicity and Letting Go, by Dana Grisham, another dedicated Omaha SunDo student. Dana provided a safe space for us to explore this topic, with reflecting and sharing some of our own struggles and successes. Ongoing SunDo practice helps us get more refined about our priorities and what we focus our energy on. This workshop was a good chance to use group support to encourage and support each other with decluttering and making more room for what is most important in our lives.

It was of course a little sad to say our goodbyes at the end of retreat. But we were nourished by our weekend together and encouraged that hopefully we will all see each other again soon at our local SunDo center or at summer retreat in Vermont. Our local retreats inspire us and show us the value of connecting with our greater SunDo group and having time for more intensive practice.

We are grateful for those who traveled long distances to be with us: Tora Strawderman and Kim Hedegaard from Minnesota. Finally, we are all grateful to our teachers who preserved the SunDo practice in the mountains for so many generations. We thank Chung San for bringing this practice to the public again. We thank Master Kim for bringing SunDo to the US, giving us a chance to learn this precious system and guiding our ongoing development. And thank you to Joel and Teresa Dunning for their ongoing support and nourishment of our Nebraska SunDo community.

Teresa Lenzen practices in Omaha



Nebraska retreat group photo

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Hyun Hee Kim

Christine Ucich

Senior Instructors

David Delbrook

Al Passacantando

Pauline White

Ginger Hobbs

Betsy Barstow

Hank Babcock

Brian Quirk

Stephen Holmes

Roy Bushman

Kim Hedegaard

Rich Kramer

Instructors

Diane Matta

Jerry Geier

Kwong Lip Pang

Don Zickefoose

Lucy Young

Teresa Lenzen

Barbara McCandless

Joel Dunning

Heidemarie Holmes

Theresa Dunning

Stanley Szczabrowsk

Florin Serbanescu

Instructor Trainees

Patrick Studley

Mihaela Talpau

Rebecca Newhouse

Marciana Ranceanu

Our Peer-to-Peer Fundraising Drive Was a Success!

Thanks to all of you, we exceeded our goal and raised \$3500! Stay tuned for the next fundraising effort.

The plumber has completed the work of installing the water and sewer connections inside the new building. An electrician has started on the interior electrical work, which will also be completed later this spring.

Next will be insulation and wall and floor coverings.

Donations can be sent to the Sun Do Main Center at 45 So. Main Street, Suite 90, W. Hartford, CT 06107, or donate online at <http://www.sundointernational.com/generosity.html>.

Two Sides

By Christine Ucich

Look, and it cannot be seen.

Two dragons in the sky.
One white, one black.
Chasing a pearl on fire.

Two sides of the mind.
One bright, one dark.
Which one are you chasing?



Detail of a painting on the ceiling of a building in the courtyard at Changdeokgung Palace in Jongno-gu, Seoul, South Korea. It is one of the "Five Grand Palaces" built by the kings of the Joseon Dynasty built 1405-1412, then reconstructed in 1609 after a Japanese invasion—Photo by Christine Ucich



Nebraska retreat site

A Letter to Joel and Teresa

Dear Joel and Teresa,

Thank you so very much for putting together the SunDo retreat at the Creighton Center. As you know, I started attending SunDo practice on Saturday mornings about two years ago and had heard a lot of enthusiastic talk from others in the class about SunDo retreats in other states. I never considered attending. Too far, too expensive, *and bottom line, too much of a challenge to my social phobia*. When the local retreat came up, I admit I was still pretty dubious, but put the question in my mind and sat with it there for weeks. During those weeks, the gentle encouragement from Joel broadened into encouragement from others in the class and finally, and I decided to go. *I would drive my own car, and if I had to bail out, I could*. As it turned out, it was a fabulous experience. If I had an inkling of what impact SunDo could have on people's lives and my life before, the retreat brought the possibilities and treasures into a much larger and penetrating view. I'm glad I was able to participate in this activity at the edge of my comfort zone. I don't think I would have ever gone to a retreat if it hadn't been so accessible. Joining in a SunDo retreat in a far-away place now seems a real possibility for me....what a gift! So, my thanks again for organizing this event.

With warmest regards,
Joan Schrader

Master Kim's Retreat in Paris

Early this year Master Kim led a retreat in Paris with Nicolas Tacchi and Philippe Lewkowicz. Here are two photos from that retreat.



Master Kim with Nicolas Tacchi and Philippe Lewkowicz



Paris group shot

Dear Sun Do members, families, and friends,

I couldn't end this newsletter without acknowledging all that we are going through right now. I am grateful that we have our Sun Do practice to help us stay healthy in mind, body, and spirit. Even though we can't be physically together right now, let's keep each other in our hearts and look forward to when we can meet again.

We at the Montpellier Center are practicing together via Zoom—not the same, but it's a way to stay connected.

Sending love and healthy energy your way,
Betsy

The Morning Practice

By Mechelle Keller

We leave the warmth of our cabins,
breathing in the first of the crisp,
winter air.
Still dark, we walk silently to practice,
the sounds of the night present:
the hooting owl, the rustle of leaves.

We arrive and bow as we enter,
honoring our practice space.
The room is warm, smelling of sacred
wood.
Silent, but for the quiet sounds
of coats and boots coming off.

We sit silently,
waiting for our teacher to begin.
Our thoughts are our own.
We begin and bow to our teachers,
past and present.

We stretch and warm up, then lie
back.
The chanting of masters begins
as we focus only on the breath.
The practice begins,
each of us working at our own level.

Eyes closed, focused on each position,
sometimes our breath together;
sometimes not.
The only sounds are the chant
and the low, melodic hum of the
teacher
instructing new students, melding with
the chant.

We breathe to the belly, feeling the
spiral of life.
We bring in new air, pushing out old.
We feel our bodies in our postures,
observe our strengths and nurture our
weaknesses.
We grow stronger with each practice.

The sun is slowly rising through the
woods.
The orange warmth of its glow belies
the cold outside.
The redheaded woodpeckers begin
their work.
We feel the bounty of nature: the
snow crisp on the ground,
moss on the trees, a new day ahead.

The practice concludes and we bow
again,
thankful for our teachers' dedication
to us.
Silent still, we commune for breakfast
together.
We SunDo friends, new and old,
making the way together.

Retreat Schedule

Spring Retreat 2020

May 22-25
Barnet, VT

Summer Retreat 2020

9-day retreat: July 31-August 9
5-day retreat: August 4-9
3-day retreat: August 6-9
Barnet, VT

Fall Retreat 2020

October 9-12

All retreats are subject to the lifting of the stay-at-home order and a reasonable expectation of staying safe in groups.

Korea Trip 2021 (12 Days)

April 22-May 4
Trip cost: \$1500.00 + international and domestic (to and from Jeju Island) airfare
Promotion fee for black belt, associate master, and master to be announced.



Master Kim has brunch with the Montpelier members after leading a practice in February

The Sun Do News welcomes stories, articles poems, photos, and announcements. Please send your contribution to Betsy Forrest as an email attachment, if possible, at bforrest777@gmail.com.

Website:

www.sundo.org

Visit the Sun Do website for information on Sun Do history, retreat dates and registration, and much more.

You may also e-mail questions to us through the website.

Find us on Facebook:

<https://www.facebook.com/Sundo.Healing/>

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Betsy Forrest