



Sun Do News

Winter 2024

Volume 40, Issue 4

Dear Sundian,

Pride comes before a fall
humbled now
I'm starting again
learning anew.

----Master Tora Strawderman

My Red Belt Promotion

By Donna Vorst

Two years ago, I was introduced to Sundo by Greg Vorst. I had a long history of doing and teaching yoga and dance, so I imagined the practice would feel somewhat familiar and be easy to pick up. Boy was I wrong! At first, it felt so slow and boring to me. And the flute song

was getting on my nerves. At one point, I even asked Greg if there was another song I could listen to. But I did it anyway because it was supposed to be good for me. I did it like I eat broccoli – just to get it done. Slowly, I started noticing I felt calmer more often during the day. And if I got thrown off balance, it was easier to regain my center. One day, I noticed the sky looked different – almost like the amount of colors I could see expanded and deepened. It was breathtaking.

And so I continued my practice through the no-belt series, eventually earning a white belt. Staying consistent with a practice had previously been such a challenge to me that I cried when I received my white belt. I felt so proud. This accomplishment, and the very obvious benefits, kept me going.

I began teaching Sundo to others at Embodied Recovery, where I work as a counselor. I love sharing it with new people. As I continued my practice, I got stronger, both mentally and physically. My teaching became more focused. My voice changed, getting deeper and more embodied. When I sit in the teacher's seat, I can feel the lineage of all the teachers that came before me, supporting me and even flowing through me at times.

When Master Kim came to California six months ago, and I met him and studied with him for the first time, something very special happened. I felt a depth of commitment to the practice I had not felt before. I also began to feel my energy free up. Practicing suddenly started to give me energy as I became more open and receptive. I didn't want to go a day without practicing again.

The new breathing structure in my yellow belt phase charged me up. So Greg and I constructed a plan to begin a 6 AM double practice every morning. Greg teaches and we invite others to join us. So far, two dedicated students (Chris and Mitch) have joined us, and we've created this little group that keeps getting stronger and stronger every day. This kind of accountability and community has

enabled me to keep a daily commitment, even when I feel like going back to sleep.

Practicing every morning for two hours has been completely life-changing. I feel more grounded, alive, and clear than I ever have. The practice has sparked other lifestyle changes, too. I lost 10 pounds. I go to bed earlier. Some bad habits have even fallen away without much effort. Something in me wants to continue to wake up and get more and more clear and radiantly healthy.

As I approach my red belt promotion, I feel grateful to have found this path, to be studying with Greg and with Master Kim and to begin getting to know more people from this wonderful community.

Donna Vorst practices at the Los Gatos Sundo Center in California

My Sundo Practice

By Jitka Horňáková

In the realm of personal development and well-being, everyone has a story about a moment or practice that profoundly impacted their life. For me, that key moment was Sundo--a lesser-known form of Korean Taoist yoga that emphasizes breathing, meditation, and postures. Over the past eight years, Sundo has become not just a practice routine, but a transformative practice that has improved my physical, mental, and emotional well-being.

This essay aims to share my personal experience with Sundo and illustrate its impact on my life.

My entry into Sundo was humble, beginning with a once-a-week practice that strangely made its way into my daily routine. Little did I expect that this sporadic involvement would soon evolve into a deeper commitment, shaping the course of my wounds with up to four practices a week. Each new level was a challenge, bringing with it curiosity about the progress it would bring to my life. Various breathing techniques, from the classic 4 inhale,

4 exhale, to the slow regular 8 inhale, 8 exhale, along with unique postures, gradually led my body to adapt and grow stronger with each practice. But it wasn't just about physical growth; the regularity of the practice nurtured a discipline and oasis of peace in me that I hadn't known before.



Fall retreat 2024 in Brno, Czech Republic

The quiet morning hours became my preferred space for Sundo, allowing me to immerse myself in a meditative state of mind fully focused on my breath and body. This time of day, when the world was still asleep around me, became sacred. The contrast between the days with Sundo and those without was palpable, the former offering a clarity and calm that better prepared me for what was to come.



My passion for travel and adventure, whether it's trail backpacking or vacationing with a loaded bike and sleeping somewhere in nature, often takes me away from an environment supportive of daily practice. Although nature is unpredictable, learning from Sundo still affects

me deeply. The practice continually teaches me to breathe properly and thus oxygenate my entire body, which helps with any exertion on active vacations, and even in my work, which is also more physically demanding.



Brno, Czech Republic

The Covid-19 global challenge has further emphasized the importance of Sundo in my life. With restrictions on many social activities, the solitude of Sundo offered not only a form of exercise, but a vital means of maintaining mental and physical health. It helped me cultivate a calm mind and harmonious outlook, invaluable in times of uncertainty and stress.

My resilience was further tested when a mild illness stopped my practice shortly after the last retreat. The absence of Sundo left a gap that was difficult to ignore. It was this pause that reinforced my idea of Sundo's important role in my well-being. Returning to it brought immediate relief and restored the physical and emotional balance I had been craving, dispelling any thoughts of finding an alternative.

By practicing Sundo regularly, I am cultivating my resilience against negative news, and it is

helping me overcome the occasional morning reluctance to get up when I would rather still be lying down. But the feeling associated with exercising, listening to the music, breathing, is so strong that I get up and go to practice because I know it will be a better day. It is a deep connection with myself that transcends the physical plane.

In retrospect, Sundo is much more than a series of exercises or a form of meditation. It is a guide, teacher, and companion that highlights every aspect of my life. Its teachings penetrate deeply, supporting a source of inner strength and peace that I draw from daily. The practice has taught me to appreciate the present moment, effectively manage stress, and cultivate happiness and well-being from within.

Sundo has undeniably become an important chapter in my life journey. While the Sundo journey may not be for everyone, its impact on me underscores the universal truth that a deep connection with our physical and spiritual selves can bring about profound changes in how we perceive and interact with the world. It is a testament to the fact that in the depth of ancient practices lies timeless wisdom that, when embraced, can illuminate the richness of life experience, making each day a canvas for personal growth and harmony.

Jitka Horňáková practices in Prague, Czech Republic



Fall Retreat 2024

Sundo Retreat Center, Barnet, VT



Lunchtime



Cutting wood



A moonlit night

Nineteenth European Retreat

Cold Mountain Conference Center
Bron, Romania



Fall Retreat 2024
Sundo Meditation Center
Yesan, Korea



Retreat Schedule 2025

New Year's Retreat

Led by Master Hyunmoon Kim
Barnet, Vermont, US
January 2-5
More info: www.sundo.org/retreat

Mid-West Retreat

Led by Master Hyunmoon Kim
Omaha, NE, US
January 30-February 2
Contact Joel Dunning
tcm.acupuncture@yahoo.com

20th European Retreat

Led by Master Hyunmoon Kim
Praha, Czech Republic
April 3-6
Contact Nicolas Lavaud
nicolas@sundo5.cz

Spring Retreat

Led by Sundo Teachers
Barnet, VT, US
May 23 (Fri)-26 (Mon)
More info: www.sundo.org/retreat

Summer Retreat

Led by Master Hyunmoon Kim
9-day July 25 (Fri)-August 3 (Sun)
5-day July 29 (Tue)-August 3 (Sun)
3-Day July 31 (Thur)-August 3 (Sun)
More info: www.sundo.org/retreat

Korea Trip 2025

Sundo Pilgrimage Trip to Korea
May 8-19
This trip includes Jeju Island, a land of myth; Haesun hermitage, Blue Mountain's spiritual homestead; Jiree Mountain, where Sundo hermits once resided; and daily a double Sundo practice
Arrive on Thursday the 8th and depart on Monday the 19th. Airport: Incheon International airport (ICN)
Fees: \$1900 includes domestic transportation, lodging & meals.

Promotions

Joong Ki Don Boup II

Leo Saraceno (Montpelier, VT)
Patrik Antonio Kokeš (Czech Republic)
Sandrine Tombois (France)

Keon Kon Don Boup

Adela Cremene (Romania)

Won Ki Don Boup I

Sebastian Ticusan (Romania)

Won Ki Don Boup II

Ferenc Korodi Popa (Romania)
Jaroslav Vyhnalik (Czech Republic)

Instructor Trainee

Thomas Jauzein (France)



Al, Patrick, Stanley, and Master Kim have breakfast at Sally & Bob, West Hartford, CT.



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.

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

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