***Push Hands Training***

# 4-Day Camp Intensive in New York’s Hudson Valley

with 4th Generation Master

### ***Alex Dong***

# June 30th to July 3rd, 2017

Lifebridge Sanctuary, Rosendale New York

(About 75 miles north of New York City)

**Cost for the 4 day camp, $620, includes:**

**3 nights lodging, semi-private rooms w/ shared bath**

Use Push Hands to improve your Taiji

energy, structure and

depth.

**All levels welcome!**

*Bed linens provided but bring your own towel*

**9 classes:**

 **Friday 3:00 pm & 7:00 pm**

**Saturday – Sunday 9:30 am, 3:00 pm, 7:00 pm**

**Monday 9:30 am**

**8 Meals: Friday dinner – Monday breakfast**

*Classes will include a mixture of circles, drills, energy*

*And structure work, as well as free Push Hands*

Many New drills this year

**Weekend Option, $490, includes:**

***Register by June 1st to guarantee a space deposit is 50%***

***After June 1st add 10%***

***20-50% charge for cancellations***

**2 nights lodging, Friday & Saturday**

**7 classes: Friday 3pm to Sunday 5pm**

**6 meals: Friday dinner to Sunday lunch**

**Dong Tai Chi instructors get a 5% discount.**

**Single room maybe available for an additional fee**

Send payment to Alex Dong PO Box 750962 Forest Hills, NY 11375 USA

***Thank you!***

***Please register me for Alex Dong’s Hudson Valley Intensive, June 30th to July 3rd, 2017***

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount Included $\_\_\_\_\_\_ Full WS\_\_\_\_ Weekend\_\_\_\_ Others\_\_\_\_\_\_\_

Diet preference\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Notes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_