



# ***Push Hands Training***

4-Day Camp Intensive in New York's  
Hudson Valley

with 4<sup>th</sup> Generation Master

***Alex Dong***

July 6th to July 9th, 2018  
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**

*Bed linens provided but bring your own towel*

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

**Saturday - Sunday 10:00 am, 3:30 pm & 7:00pm**

**Monday 9:30 am**

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

Use Push Hands to  
improve your Taiji energy,  
structure and  
depth.

**All levels welcome!**

*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:**

**2 nights lodging, Friday & Saturday**

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

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

Saturday Special-Morning and afternoon  
classes

plus lunch, \$110.

***Register by June 1st  
to guarantee a space  
deposit is 50%  
After June. 1, add 10%***

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

**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 US

***Thank you!***

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**Please register me for Alex Dong's Hudson Valley Intensive**

**July 6<sup>th</sup> to July 9th, 2018**

Name \_\_\_\_\_

Phone \_\_\_\_\_

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

Contact \_\_\_\_\_

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

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

Notes \_\_\_\_\_