



Tai Chi Chuan

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

with 4th Generation Master

Alex Dong

Oct. 26th to 28th, 2018

Lifebridge Sanctuary, Rosendale New York
(about 90 miles north of New York City)

Cost for the 3 day camp, \$475, includes:

2 nights lodging, shared rooms and bath

Bed linens, towels & liquid soap are provided, but not shampoo

6 classes: Friday 3:00 pm & 7:00 pm

Saturday - 10:00 am, 3:00 pm & 7:00 pm

Sunday – 10:00 am

Classes will include a mixture of forms and Qigong

Commuter option: \$385, includes:

All classes, meals and facility charge (no lodging)

Saturday only options:

Morning and afternoon class with lunch

\$110 (1st and 2nd section of Slow Set)

Morning class with lunch

\$75 (1st section and fundamentals)

Price includes a facility charge from Lifebridge

*Register by Sept. 30
After OCT. 1, add 10%*

*20% charge for
cancellations*

*Registration close and
No Refund after Oct. 20.*

Send payment to Alex Dong,

PO Box 750962 Forest Hills, NY 11375

alexdongtaiji@gmail.com

(checks payable to Alex Dong) OR PayPal (friends & family) to

alexdongtaiji@hotmail.com

Please register me for Alex Dong's Hudson Valley Intensive, Oct. 26-28, 2018

Name _____

Phone _____

Address _____

City _____

State _____ Zip _____

Email _____

Diet preference and allergies _____