



# Tai Chi Chuan

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

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

## Alex Dong

**Nov. 3<sup>rd</sup> to 5th, 2017**

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*

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

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

**pm**

**Sunday - 10:00 am and 2:00 pm**

*Classes will include a mixture of forms and Qigong*

**Commuter option: \$395, includes:**

**All classes, meals and facility charge (no lodging)**

**Saturday only options:**

**Morning and afternoon class with lunch**

**\$110 (1<sup>st</sup> and 2nd section of Slow Set)**

**Morning class with lunch**

**\$65 (1<sup>st</sup> section and fundamentals)**

*Price includes a facility charge from Lifebridge*

*Students must know the whole Slow Set to attend the whole weekend camp.*

**Register by Sept. 30**

**After Oct. 1, add 10%**

**10-20% charge for cancellations**

**No Refund after Oct. 25.**

**Send payment to Martha Cheo,**

**115 Springtown Rd., New Paltz, NY 12561**

**845-256-9316, [mcheo@hvc.rr.com](mailto:mcheo@hvc.rr.com)**

**(checks payable to Martha Cheo) OR PayPal (friends & family) to  
mcheo@hvc.rr.com**

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**Please register me for Alex Dong's Hudson Valley Intensive, November 3-5,  
2017**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_