



Forms and Push Hands

5-Days of Intensive training in
New York's Hudson Valley

with 4th Generation Master

Alex Dong

Oct. 11th to 15th, 2019

Lifebridge Sanctuary, Rosendale New York
(About 75 miles north of New York City)

Cost for the 5 day camp, \$820, includes:

4 nights lodging, shared rooms w/ shared bath

Bed linens , towels are provided.and soap but no Shampoo.

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

Saturday – Monday 9:30 am, 3:00 pm & 7:00 pm

Tuesday 9:30 am

11 Meals: Friday dinner – Tuesday breakfast

Commuter rate---\$620

Fri, Sat and Sun morning-Forms.

Sun afternoon-applications.

Sun evening to Tue. morning-Push Hands, applications and drills.

Weekend Option, \$480, includes:

2 nights lodging, Friday & Saturday

7 classes: Friday 3pm to Sunday 5pm

6 meals: Friday dinner to Sunday lunch

Commuter Rate---\$400

Saturday Special--Morning and afternoon, 2 classes
plus lunch---\$115.

Additional classes may be added to these options

Certified instructors get a \$40 discount on the full workshop.

Single room maybe available for an additional fee.

This year will be a
combination of
forms and Push
Hands focusing on
**Energy, Structure
and Subtleties.**

*Register by Sept. 15th
to guarantee a space
deposit is 50%
Late fee is 10%*

*Cancellation charge: Up to
50% after Sept-15th. Up to
100% from Oct. 10th.*

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

October 11th to 15th, 2019

Name _____

Phone _____

Email _____ Emergency _____

Contact _____

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

Diet preference _____

Notes _____