***Tai Chi Chuan***

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

with 4th Generation Grand Master

### ***Alex Dong***

# Nov. 6th to 9th, 2025

Lifebridge Sanctuary, Rosendale New York

(about 90 miles north of New York City)

**Cost for the 4 days 3 nights camp, $725 ($775 after Oct. 15th), includes:**

**3 nights lodging, shared rooms and bath**

*Bed linens, towels & enviromental friendly soap are provided, but not shampoo*

**9 classes(2hrs): Thursday 3:00 pm & 7:00 pm**

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

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

 **Sunday – 9:30 am**

*Thursday–Push Hands, Weapons and Qigong. Friday-Simplified, Advanced Fast, Hao forms and Push Hands. Saturday and Sunday-Slow Form, energy and structural work. Practice of the Advanced forms.*

**Commuter option: $585 ($625 after Oct. 15th), includes:**

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

**Saturday only options:**

**Morning and afternoon (2)class with lunch**

**$160 ($175 after Sept. 9) Slow Set, structure work and Qigong**

**Friday and Saturday (4)class with (2)lunches**

**$295 ($325 after Oct. 15th) Slow, Fast, Hao, Energy work and Qigong**

**Add evening class and dinner–$75 per**

*Price includes a facility charge from Lifebridge*

*Please inquire for other options.*

*Contact: alexdongtaiji@gmail.com*

###### Send payment to Alex Dong,

###### PO Box 750962

###### Forest Hills, NY 11375

###### Zelle to alexdongtaiji@gmail.com

###### Venmo to @AlexDongTaiji1

**wise.com**-Membership number P56561086 Or email is alexdongtaiji@hotmail.com

###### PayPal (friends & family) or add 3% US, 5% international to taijipay@gmail.com

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***Please register me for Alex Dong’s Hudson Valley Intensive, Nov. 6-9 2025***

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

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount of payment included with registration \_\_\_\_\_\_\_\_\_

Diet preference–Vegetarian\_\_\_No red meat\_\_\_No Dairy\_\_Others\_\_\_

We’ll try our best but may not be able to provide specific diets.

\_\_\_Yes, I need rides from and to the Rosendale bus station.

Date and Time of arrival\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flight info:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check-in is Thursday 1 to 2 pm. Check-out is Sunday by Noon.