



Push Hands Training

4-Day of Intensive training in
New York's Hudson Valley

with 4th Generation Master

Alex Dong

July 6th to July 9th, 2018

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

Cost for the 4 day camp, \$620, includes:

3 nights lodging, shared rooms w/ shared bath

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

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

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

Monday 9:30 am

8 Meals: Friday dinner – Monday breakfast

Commuter rate---\$490

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

Commuter Rate---\$420

Saturday Special--Morning and afternoon, 2 classes
plus lunch---\$110.

Dong Tai Chi instructors get a 5% discount.

Single room maybe available for an additional fee

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

All levels welcome!

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

*20-50% charge for
cancellations*

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

July 6th to July 9th, 2018

Name _____

Phone _____

Email _____ Emergency _____

Contact _____

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

Diet preference _____

Notes _____