



# ***Push Hands Training***

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

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

***Alex Dong***

June 30th to July 3rd, 2017

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

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

**3 nights lodging, semi-private rooms w/ shared bath**

*Bed linens provided but bring your own towel*

**9 classes:**

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

**Saturday - Sunday 9:30 am, 3:00 pm, 7:00 pm**

**Monday 9:30 am**

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

**All levels welcome!**

**8 Meals: Friday dinner - Monday breakfast**

*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**

***Register by June 1<sup>st</sup> to  
guarantee a space  
deposit is 50%***

***After June 1st add 10%***

**Dong Tai Chi instructors get a 5% discount.**

***20-50% charge for  
cancellations***

**Single room maybe available for an additional fee**

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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, June 30th to July 3rd, 2017**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_ Emergency \_\_\_\_\_

Contact \_\_\_\_\_

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

Diet preference \_\_\_\_\_

Notes \_\_\_\_\_