***Tai Chi Chuan***

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

with 4th Generation Grand Master

### ***Alex Dong***

# Oct. 3rd to 6th, 2024

Lifebridge Sanctuary, Rosendale New York

(about 90 miles north of New York City)

**Cost for the 4 day camp, $720 ($800 after Sept. 9), includes:**

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

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

**9 classes: 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**

*Classes will include forms, Push Hands and Qigong with more emphasis on energy and principles.*

**Commuter option: $580 ($640 after Sept. 9), includes:**

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

**Saturday only options:**

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

**$150 ($165 after Sept. 9) Slow Set, structure work and Qigong**

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

**$290 ($330 after Sept. 9) Slow, Fast, Hao, Energy work and Qigong**

**Add evening class and dinner–$70 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](mailto:mcheo@hvc.rr.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](mailto:alexdongtaiji@hotmail.com)

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***Please register me for Alex Dong’s Hudson Valley Intensive, Oct. 6-9, 2023***

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

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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