The North America Push Hands Workshop

With Master Alex Dong

June 5th to June 8th 2015

This workshop will be held in the Ashokan Center in Upstate New York. Nestled in the beautiful Catskill Mountains and neighboring the nearby Ashokan reservoir, The Ashokan Center is the perfect place for events or gatherings. With its beautiful 374 pristine acres and state of the art facilities. Food is provided by the center. Experience Ashokan’s spacious dining hall with Executive Chef Jill Freiberg’s menu of “fresh and local” Hudson Valley farm products.

For directions and other amenities, please visit ashokancenter.org.

Linens and blankets can be provided by the center for $27 or you are welcome to bring your own.

First class starts on June 5th at 3:30pm. Evening classes 7:30pm to 9:30pm. Afternoon class 3pm to 5pm. The final class on Monday morning is from 9am to 10:30am. We have to check out of the center at 11am.

There is Trailways Bus from NY Port Authority Bus Terminal to New Paltz NY. We will provide Transportation from New Paltz to Ashokan is you arrive before 2pm on Friday and leave after the workshop is over. Or, 3 to 4 people can share a rental with pick up and drop off at the airport.

For questions, please contact Jeff at [NYDongTaiChi@gmail.com](mailto:NYDongTaiChi@gmail.com)

Registration form

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Please list all medical conditions that we need to be aware of, which might interfere with your PHs

\_\_\_Full Camp $600 Inclusive \_\_\_Fri to Sun $450 Fri 3:30pm to Sunday lunch

\_\_\_Sat & Sun $400 6 meals and one night lodging \_\_\_One day $200 includes lunch and dinner

\_\_\_Yes, I need Linen \_\_\_No thanks

\_\_\_Vegetarian Food. Food Allergies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Full payment is due by May 1st 2015. 10% late fee after May 1st. Please send payment to:

Alex Dong 6911 Yellowstone Blvd. Apt. B27 Forest Hills NY 11375

Or transfer with Paypal to [alexdongtaiji@hotmail.com](mailto:alexdongtaiji@hotmail.com) with fee pay by sender or send it as a gift to avoid fees.