The North America Push Hands Workshop with Master Alex Dong

June 5th to 8th 2015

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| **+ Workshop Options**  + Full Workshop-$600 Inclusive 9 classes  + Fri to Sun-$450 6 classes, two night lodging and meals  + Sat and Sun-$400 6 classes, with meals and one night lodging  + One Day-$200 3 classes, 2 meals  **Private rooms at $100 to $130 per night. These rooms has 4 bunk beds and a bathroom. For three nights used by 4 people will cost $75 to $88 more per person.** |  | **Training Includes:** Building strong structure  Develop better rooting  Internal Energy  Be strong by being relax  Drills and applications  Fajin Energy  Push with other Enthusiasts  Deeper understanding of Taiji principles  There will be socializing in the evenings and free Push Hands Bonfire Saturday BYOB Musical Instruments are welcome |

**Workshop Location-The Ashokan Center**

Ashokancenter.org 477 Beaverkill Rd. Olivebridge, NY 12461 Phone-845-657-8333For more Information: [NYDongTaiChi@gmail.com](mailto:NYDongTaiChi@gmail.com)For registration form, visit alexdongtaichi.com/workshops

Don't Miss this great opportunity!