



LE CLUB DE TAI CHI

TAI CHI CLUB

12, 13 & 14 Sept. 2008 Alex Workshop at Centred'arts Orford
 3165, chemin du Parc, Oxford, Québec, J1X 7A2

Fee: Canadian \$ & US\$ are the same rate, US\$ check payable to Alex Dong

- ◆ C\$365 complete camp (including: 2 nights, 6 meals & 6 workshops)
- ◆ C\$294 without Friday nor Sat. Breakfast (including: 1 night, 4 meals & 5 workshops)
- ◆ C\$45 for 1 class; C\$90 for 2 classes; C\$130 for 3 classes

12th Friday

class	16h00	Check in
	18h00	Dinner
1	19h30 – 21h30	Tai Chi Chuan Workshop
	21h30	Party time, bring your wine and beer

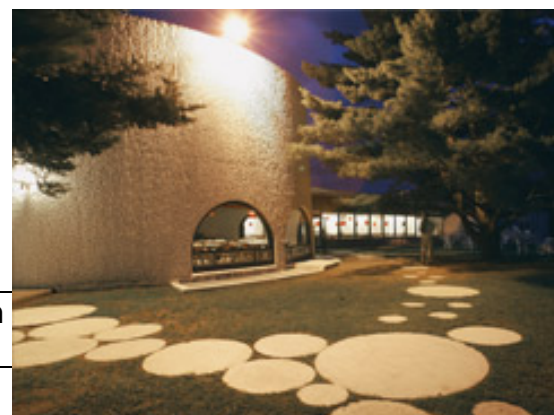
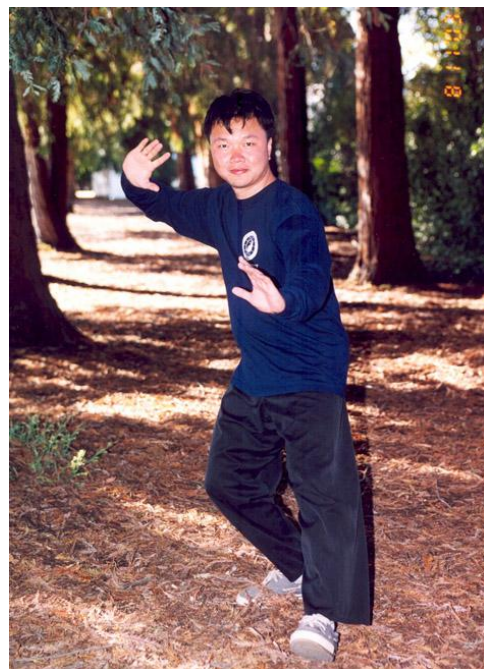
13th Saturday

	8h00	Breakfast
2	10h00 – 12:h00	Tai Chi Chuan Workshop
	12h00	Lunch
3	15h00 – 17h00	Tai Chi Chuan Workshop
	18h00	Dinner
4	19h30 – 21h30	Tai Ch Chuan Workshop
	21h30	Party time, bring your wine and beer

14th Sunday

	8h00	Breakfast
Pack your belongings and check out rooms before Tai Chi class		
5	10h00 – 12:h00	Tai Chi Chuan Workshop
	12h00	Lunch
6	13h30 – 15h30	Tai Chi Chuan Workshop
	15h30	Activity ended

2 breakfasts	fruit juice, cereals, yogurt, fresh fruits, plate of eggs with accompagnements, pastries, toasts, Organic coffee
2 lunches	Salad and soup, main dish with accompagnements, bread and butter, salad bar dessert, tea or organic coffee
2 dinners	Salad, main dish with accompagnements, bread and butter, salad bar dessert, tea or organic coffee



Grace Chui 514-726-8198



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Centre d'arts Orford
3165, chemin du Parc, Orford, Quebec, J1X 7A2
Phone: (819) 843-3981
www.arts-orford.org



« Located just over an hour's drive from Montreal, in a unique setting at the entrance to Mont-Orford provincial park, the Orford Arts Centre is more than an internationally renowned Academy of Music, it is a cultural destination and a unique setting. Each summer, the Orford Festival presents on site indoor and outdoor concerts. Auberge, restaurant, bar-terrasse and concert facilities are open year round. »

Hall for Tai Chi : Pavillon J.-A. De Sève

Sept. 12-14 Friday to Sunday 2008

Dinner Room at pavillon J.-A. De Sève

Date	Hour	Menu / and details
Saturday & Sunday	8h00	2 complete breakfast: fruit juice, cereals, yogurt, fresh fruits, plate of eggs with accompagnements, pastries, toasts, Organic coffee
Saturday & Sunday	12h00	2 lunch: Salad and soup, main dish with accompagnements, bread and butter, salad bar dessert, tea or organic coffee
Friday & Saturday	18h00	2 dinner: Salad, main dish with accompagnements, bread and butter, salad bar dessert, tea or organic coffee



Lodging : regular room in résidence E

Room Type	Room check-in	Room check out time	Hall Check out time
Single or twin	Friday after 16h00	Sunday at 11h00	Sunday at 15h30

Otherwise specified, meals and accommodations as specified above will be billed on a master account. All other charges (bar, activities, communication...) will be invoiced on an individual basis to each participant.

General information about accommodation

All rooms are non-smoking. As it mainly offers a unique setting for collective life, rooms do not have telephone or television. All room keys must be returned to our front desk on day of departure, otherwise a 10\$ fee for each missing key will be at your charge.



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12, 13, 14 Sept. 2008 Alex Workshop in Centre d'arts Orford, Quebec

This camp will mainly focus on the Yang Style Long Form Slow Set. Push Hands and the Hao Style will also be taught. Students who have not learned the Hao styles are welcome as long as they know the Slow Set. The Saturday 10 am class will be open to new students, focusing on Slow Set fundamentals (cost is C\$45).

Date: Friday to Sunday 12, 13 & 14 Sept. 2008

Location: Centre d'arts Orford

3165, chemin du Parc, Oxford, Québec, J1X 7A2

Fee : C\$365 complete camp or \$45 each class

including:

- ◆ Stay 2 nights, 3 days: Friday, Saturday and Sunday;
- ◆ Showers & bath, linens provided
- ◆ Meals: 2 breakfasts, 2 lunches and 2 dinners;
- ◆ Room: double occupancy, 2 single beds in each room;
- ◆ Single occupancy additional charge \$35 per night;
- ◆ six (6) Tai Chi classes by Master Alex Dong;
- ◆ Tai Chi Activity Hall;
- ◆ Services and taxes (GST & PST) for the Center



Register now and pay later:

Deposit: \$50 before 1st August 2008, balance by check before 31st August 2008

Additional \$20 for late payment after 1st Sept. 2008.

Payable: Tai Chi Club, mail to 516 "B", Blvd. Lacombe, Le Gardeur, Quebec, J5Z 1P6

Application Form

Name:		
Address:	City:	Postal Code:
Email address:	Fax:	
Telephone (Work)	(Home)	
Referred by:		