

April 2014 CLASS SCHEDULE (Tel: 67470069, 62943588)
请提前三天报名感兴趣的课程 *Please book 3 days before your preferred classes!**

<p>07/04/14 Mon/星期一 2pm-4pm 7pm-9pm \$10 Mr.Jason Anna Phua 名额有限</p>	<p>首创全球律动先驱--Mr. Jason 来自台湾律动之父律动机的研发者，拥有世界发明专利 <ul style="list-style-type: none"> • 预防医学新科技 • 轻松享受律动乐趣 • 快速提升身体享受曲线 • 好体态，每次 15 分钟，打造由外而内的健康人生 潘老师教您调配越喝越苗条蔬果汁 (2 种) (1) 早上第一杯清肠平坦小腹蔬果汁 (2) 营养及让精神充沛综合梅子奶昔 <ul style="list-style-type: none"> • 瘦身豆浆 </p>	<p>The First Global Vibration Therapy with Mr Jason- from Taiwan wend class patented exercise machine with benefits supported by published research and development. 15 minutes/day Anna Teacher (1) Colon Cleansing Breakfast Smoothie (2) Energizer Plum Shake <ul style="list-style-type: none"> • Slimming Soya-Bean Milk </p>
<p>12/04/14 Sat/星期六 3-5pm 1 workshop \$50 4 workshops \$160 (save \$40)!</p> <p>Valerie Teo</p>	<p>GFH's 食品便当系列课程: 4 个健康目标供您选择! 2 套便当 6 个食谱,每个课程 2 个小时。 <input type="checkbox"/>你知道什么是实现每个健康目标的关键营养物质么? ✨这些营养物质是什么食物? <input type="checkbox"/>怎样最好的结合利用食物更好的吸收? 学了这些课程即使你没有变成制作自己的午餐便当的高手。你也会学习到如何选择最好的食物来达到健康饮食的目标。 1 课程\$50 4 课程\$160 (节省\$40)!</p> <p>12/04/14 星期六 3-5pm ✨亮发润肤美人便当 靓丽的皮肤和头发、抗癌</p> <p>26/04/14 日星期六 3-5pm ✨塑身美体便当 提升代谢、利尿消水肿</p> <p>10/05/14 日星期六 3-5pm ✨轻松睡美人便当 减压+睡眠成功</p> <p>24/05/14 星期六 3-5pm ✨清爽排毒便当 改善便秘，净化肠胃</p>	<p>GFH's signature Smart Food Combi Bento Series workshops 4 health-goals themed workshops for you to choose! 2 bento sets, 6 recipes, 2 hours of FUN per workshop. <input type="checkbox"/>Do you know what are the key nutrients you need to achieve each health goal? ✨What are the scientifically proven Top Foods for those nutrients? <input type="checkbox"/>How to prepare and combine those foods for maximum absorption? These workshops are great even if you're not into making your own lunch boxes. You'll learn how to choose the best foods for your health goal when you eat out <input type="checkbox"/> 1 workshop \$50 4 workshops \$160 (save \$40)!</p> <p>12 April Sat ✨ BEAUTIFUL YOU for gorgeous skin and hair</p> <p>26 April Sat ✨SHAPE UP for metabo-reboot</p> <p>10 May Sat ✨WELL BEING for stress relief + sleep success</p> <p>24 May Sat ✨DETOX for ultimate inner cleanse</p>

<p>14/04/14 Mon/星期一 2pm-4pm 7pm-9pm Anna Phua \$ 75</p>	<p>日式活力养生午餐 排毒海苔酱作法 (可配饭,涂面包,饼干) 甜菜根浓汤 (让脸色红润) 蕃薯玄米饭 全麦精力坚果蒸糕 (用豆浆,蕃薯,燕麦,综合坚果...等等制作) 调理机会员\$35</p>	<p>Japanese Healthy Set Lunch Nori Paste DIY (ideal complement of rice, bread and biscuits) Beet Root Chowder (for rosy complexion) Sweet Potato Brown Rice Steamed Wholemeal Energy Nuts Cake (made with soya bean milk, sweet potato, oats, mixed nuts)</p>
<p>15/04/14 Tue/星期二 2pm-4pm 7pm-9pm Anna Phua \$65</p>	<p>潘老师经典娘惹粿 爆浆翁礼翁礼 Q弹的香兰汁 弹牙番薯蛋 软Q蒸木薯糕 粿各瑞 (椰糖椰丝粒)</p>	<p>Anna's Classic Nonya Kueh Series Explosicum'Oden Oden' Q Pandan Juice Oden Oden Sweet Potato Oden Oden Soft Q Steamed Tapioca Kueh Kueh Ko Swee</p>
<p>17/04/14 Thurs/星期四 2pm-4pm 7pm-9pm Anna Phua \$80</p>	<p>健康养生餐 台南碗粿 黑芝麻冰砂 港式芒果冰砂 超好吃 QQ 燕麦糕 (血压,体重往下走) P.S:调理机学费:\$35</p>	<p>Taiwan & Hong Kong Healthy Delights Taiwan Wa Kueh Ice Blended Black Sesame Smoothie H.K Mango Smoothie Delicious QQ Oat Cake (lose weight, decrease blood pressure) P.S:Students with purchase of Juice Blender, class fee: \$35</p>
<p>19/04/14 Sat/星期六 2pm-4pm Anna Phua \$100 首十位报 名\$80</p>	<p>商业咖椰班 海南焦糖咖椰 娘惹香兰咖椰 泰式香兰咖椰 香港'法兰西'面包(夹心:香蕉,草莓) 配枫糖浆 牛油香脆咖椰面包 烤杏仁咖椰"家把打"面包 蒸方块面包沾热咖椰</p>	<p>Popular Kaya Business Class Hainanese Caramel Kaya Nonya Pandan Kaya Thai Style Kaya H.K French Toast (egg & butter ; Banana / Strawberry Filling) with Maple Syrup Grilled Crispy Bread with Kaya and Butter Thai Grilled Ciabatta Bread Almond Kaya Thai Steamed Bread with Thai Kaya</p>
<p>22/04/14 Tue/星期二 2pm-4pm 7pm-9pm Jenny teacher \$80</p>	<p>Jenny 老师经典养生餐 简单超 Q 好吃有健康 • 轻松做--山药吐司 • 养生美味--西式鲜菇汤 营养价值 1、健脾益胃、助消化 2、滋肾益精 3、益肺止咳 4、降低血糖 5、延年益寿 6、抗肝昏迷</p>	<p>Jenny Teacher's Classic Healthy Cooking Simple Super Q Good Health Simple Healthy Yummy Wild Taro Toast Creamy Healthy Vegan Mushroom Soup Health Benefits 1. Better Digestion 2. Nourishes Kidneys 3. Reduces Cough 4. Lowers Blood Sugar 5. Promotes Longevity 6. Strengthens Liver</p>

<p>28/04/14 Mon/星期一 2pm-4pm 7pm-9pm</p> <p>Anna Phua</p> <p>\$80</p> <p>调理机会员 \$40</p>	<p><u>日本最 In 排毒法 (新)</u></p> <ul style="list-style-type: none"> • 排毒蔬菜汤 • 抗氧化蔬果汁 • 保肝蔬果汁 • 怎样清洗蔬果菜、肉类方法 <p>排毒功效: 帮助排出身体有毒物质, 包括添加物、残留农药、重金属等具有抗氧化作用、改善异位性皮肤炎、血液循环、肠道菌相、骨质疏松症、抑制失智症发展</p>	<p><u>Latest Japan Detoxification Series (New)</u></p> <ul style="list-style-type: none"> • Detoxification Vegetable Soup • Antioxidant Vegetable Fruit Smoothie • Protect Liver Vegetable Fruit Smoothie • How to wash fruits & vegetables & meat correctly <p>Detoxification Efficacy: Helps excrete toxic substances, including additives, residues of pesticides, heavy metals, etc antioxidant effect, improves skin, blood circulation, intestinal bacteria, osteoporosis, inhibits the development of Alzheimer's disease</p>
<p>29/04/14 Tue/星期二 2pm-4pm 7pm-9pm</p> <p>\$80</p> <p>Anna Phua</p> <p>调理机会员 \$40</p>	<p><u>健康是磨出来的 (1)</u></p> <p>DIY 研磨芝麻粉、杏仁粉、青仁黑豆粉、薏仁粉、糙米粉、五谷粉、莲子粉</p> <p>DIY 如何配搭养生糊的黄金比例</p> <ul style="list-style-type: none"> • 降低胆固醇, 预防高血脂, 脑中风 养生糊 • 美白, 祛斑, 抗老化养生糊 • 高钙养生糊 • 减肥代餐糊 	<p><u>Delicious Nut Pastes For Great Health [1]</u></p> <p>DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed.</p> <p>DIY Nut Paste Making Techniques</p> <ul style="list-style-type: none"> - lower risks of high cholesterol, high fat content in blood vessels and rheumatism - achieve clearer and youthful skin - stronger bones - meal replacement for body-slimming <p>Students with purchase of Juice Blender, class fees: \$40</p>

Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!!!