

Atrix Bldg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747
coyaku@yahoo.com.sg 欢迎登陆我们的网站：www.annascookingarts.com.sg

<p>05/09/15 星期六/Sat 特价: \$300 首十位: \$250 Jenny Chew 老师 Anna 潘秀霞老师</p>	<p><u>1 天断食排毒营(10.30am-5pm)</u> 您想排出身体毒素, 获得一身轻松吗? 快来跟 Jenny 老师和潘老师一同享受一天断食排毒吧!</p>	<p><u>1 Day Fasting Detox Camp(10.30am-5pm)</u> Do you want to have good detox to achieve a healthy and relax body? Join us at the detox's camp with two teachers Jenny Chew and Anna Phua</p>
<p>08/09/15 星期二/Tue 2pm/7pm Fees. \$60 调理机会员 特价: \$30 潘秀霞老师 Anna Phua</p>	<p><u>最新: 超赞的蔬果汁减肥法</u> 潘老师分享怎么营养地‘喝瘦’自己: [5 天蔬果汁喝法—早晨 1 杯就搞定!] 1.排毒蔬果汁 — 清除体内的‘负担’ 2.消水肿蔬果汁—排出体内的‘积水’状况 3.分散‘坏’脂肪蔬果汁 — 缩小体内脂肪细胞累积 4.修补消化系统蔬果汁 — 恢复最佳消化功能 5.修复提升新层代谢蔬果汁—培养健康的苗条体质</p>	<p><u>Latest. Effective Healthy Slimming with Fruit & Vegetable Juicing</u> Anna shares how you can slim yourself effectively with drinking the right juice at the right time. [The 5 Day 1 Breakfast Juice a Day Method] 1.Detox – clear the toxins that clog up your digestive system 2. Eliminate Water Retention – expel excess water from the body 3.Blast Fat – increase fat metabolism and combat stubborn cellulite 4. Repair Your Digestive System – restore optimum digestive abilities of your body 5.Strengthen Metabolism – cultivate a body that is weight-gain-resistant</p>
<p>09/09/15 星期三/Wed 2pm Fees.\$150 首十位: \$120 潘秀霞老师 Anna Phua</p>	<p><u>潘老师泰式经典私房菜(New)</u> 泰式辣椒螃蟹/配面包 DIY 烹煮海鲜辣椒酱 泰国鸡 (金鸡报喜) 秘制酱料 **只教 1 次, 不要错过!!!</p>	<p><u>Anna's Secret Thai-style Dishes(New)</u> Thai-style Chilli Crab/Serve with bread DIY Thai Seafood Sambal Sauce Thai chicken Special Secret sauce **Exclusive One-time demonstration only. Not to be missed !!</p>

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<p>10/09/15 星期四/Thu 2pm Fees. \$80 调理机会员 特价: \$40 潘秀霞老师 Anna Phua</p>	<p>日本最新紫菜包饭三文治(新) 薏仁糙米饭+坚果美乃滋+素鲭鱼 珍珠米+五种谷类+水果美乃滋+蔬菜寿司 番茄海鲜浓汤 (排毒, 瘦身, 降血糖)</p>	<p>Japan's latest Seaweed Sushi Sandwiches(New)</p> <ul style="list-style-type: none"> • Barley Brown Rice+Nuts Mayonnaise+Vegetarian Tuna • Pearl Millet+Five Grains+Fruit Mayonnaise + Vegetable Sushi • Tomato Seafood Soup(detox,slimming, lower blood sugar)
<p>12/09/15 星期六/Sat 2pm Fees. \$70 Jenny 老师</p>	<p>芽菜—健康的精灵 (如何种植和使用芽菜来增进健康与活力)</p> <ul style="list-style-type: none"> • 芽菜的营养与培植 (苜蓿芽, 绿豆芽, 花椰菜芽) • DIY 千岛酱 • DIY 水果酱 	<p>Sprouts—Health Elves (How to cultivate and make use of sprouts to improve one's health and vitality)</p> <ul style="list-style-type: none"> • Introduction to Nutritional value of Sprouts and their cultivation methods (Alfafa, Green Bean, Broccoli Sprouts) • DIY Thousand Island Sauce • DIY Fruits Sauce
<p>14/09/15 星期一/Mon 7pm Fees.\$ 80 Chef Sharma</p>	<p>印度酥脆千层派 DIY 千层皮 无肉素馅 羊肉马铃薯馅 黑椒鸡肉馅</p>	<p>Crispy Mamak Indian Curry Puff</p> <ol style="list-style-type: none"> 1. Making Of Puff Pastry 2. Vegetarian Filling 3. Mutton and Potato Filling 4. Pepper Chicken Filling
<p>15/09/15 星期二/Tue 2pm/7pm Fees. \$80 调理机会员 特价: \$38 潘秀霞老师 Anna Phua</p>	<p>养生早、午、晚餐(New)</p> <ul style="list-style-type: none"> • DIY 杏鲍菇无奶白酱 • 白酱烤通心粉 • DIY 金枣果酱 • 黄金驱寒茶(清肝毒, 瘦小腹) • 超强消脂果汁 	<p>Healthy Breakfast,Lunch,Dinner (New)</p> <p>DIY King Oyster Mushroom White Sauce(non-dairy) Baked Macaroni with White Sauce DIY Golden Dates Fruit Sauce Golden Tea for Getting Rid of Cold (liver detoxification, sliming) Effective Fruit Juice for Reducing Fat</p>

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<p>18/09/15 星期五/Fri 7pm 特价: \$15 王香莉老师 台湾,简介如下</p>	<p>养生讲座—台湾生机饮食料理专家!</p> <ul style="list-style-type: none"> • 世界最轻松的运动方式—哪里痛, 动哪里 (1) • DIY养生料理 (1) <p>••名额限40人,报名从速!</p>	<p>Health Talk-- Taiwan Natural Diet Expert</p> <p>The Easiest Exercise Method in the world —Exercise Where You Feel The Pain (1)</p> <p>DIY Health Diet (1)</p>
<p>19/09/15 星期六/Sat 2pm 特价: \$15 王香莉老师 台湾,简介如下</p>	<p>养生讲座—台湾生机饮食料理专家!</p> <ul style="list-style-type: none"> • 世界最轻松的运动方式—哪里痛, 动哪里 (2) • DIY养生料理 (2) <p>••名额限40人,报名从速!</p>	<p>Health Talk-- Taiwan Natural Diet Expert</p> <p>The Easiest Exercise Method in the world —Exercise Where You Feel The Pain (2)</p> <p>DIY Health Diet (2)</p>
<p>20/09/15 星期日/Sun 10am-1pm 简志龙医生 王香莉老师 台湾,简介如下 Fees. \$10 健康 No.1 订户: 特价: \$5</p>	<p>律动疗法—全世界最轻松的养生运动!</p> <p>你需要运动吗? 你懒得运动吗? 有一种轻松的方式, 既不需要消耗力气, 又可以使全身60兆细胞都活动起来。这样的运动方式你好奇并想要了解吗?</p> <p>律动专家亲临现场, 带你了解不一样的运动方式</p> <p>讲座举办: 健康No.1 报名电话: 8288 4968</p>	<p>Vibration Therapy—The Easiest Exercise in The World !</p> <p>Do you need to exercise? Are you lazy to exercise? There is an exercise method which don't need physical exertion and yet is able to activate the 60 trillion cells in your body. Would you want to learn it? Vibration therapy expert will show you the special method at the talk to be organized by Health No.1 Registration Phone No. . 8288 4968</p>
<p>20/09/15 星期日/Sun 2.30pm-4.30pm 特价: \$10 简志龙医生 王香莉老师 台湾,简介如下</p>	<p>关于律动的现场问答</p> <p>与律动专家面对面, 根据个人身体状况, 进行针对性运动指导。为您量身打造适合你的运动方式及解决健康问题</p> <p>••名额限40人,报名从速!</p>	<p>On-site Q & A Vibration Therapy</p> <p>During the class, students will be given the chance to have a face to face consultation with the Vibration Therapy expert.</p> <p>Each individual's health condition and special needs will be accessed and evaluated before a customised/tailor- made exercise method is proposed to the student.</p>

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<p>22/09/15 星期二/Tue 2pm Fees.\$75 牟荣秋老师</p>	<p><u>牟老师北方点心</u></p> <ul style="list-style-type: none"> • 酸菜粉条炖肉 • 蒸馒头 • 凉拌燕麦凉皮 	<p><u>Northern Tim-Sum by Chef Mu</u></p> <ul style="list-style-type: none"> • Fermented Cabbage Noodles Stew Meat • Steamed Mantou • Cold Oat Liang Pi
<p>23/09/15 星期三/Wed 2pm 特价: \$38 彬师傅</p>	<p><u>彬师傅拿手好菜</u></p> <p>黄酒鸡 红烧排骨王 黑椒薄荷鱼片 虾仁薄荷蛋 芋头十谷米</p>	<p><u>Special Dishes by Chef Bin</u></p> <p>Yellow Wine Kampong Chicken Stew King Spareribs Black Pepper Mint Fish Fillet Small Prawn Mint Egg Yam Whole Grain</p>
<p>25/09/15 星期五/Fri 2pm Fees.\$110 Chef Patrick</p>	<p><u>DIY 寿司 !!!</u></p> <p><u>超简单创意压式箱子寿司</u></p> <ul style="list-style-type: none"> • 鲑鱼芝士 • 鲔鱼牛油果沙拉 • 鳗鱼玉子, DIY 蛋卷 <p>包括寿司饭做法 包括日本制造的压式箱子器材</p>	<p><u>Hands On Sushi -Making!!!</u></p> <p><u>Simple and Creative Oshizushi (Pressed Sushi)</u></p> <ul style="list-style-type: none"> • Salmon cheese • Tuna Avocado Salad • Egg Roll <p>Include sushi rice making method Include the box used during the class (made in Japan)</p>
<p>28/09/15 星期一/Mon 2pm/7pm Fees. \$80 调理机会员 特价: \$40 潘秀霞老师 Anna</p>	<p><u>香港商业养生甜品</u></p> <p>(抗老化,让您皮肤有光泽,亮丽)</p> <ul style="list-style-type: none"> • 杏仁糊 • 合桃糊 • 花生糊 • 芝麻糊 	<p><u>Popular H.K Healthy Dessert</u></p> <p>(Anti-Aging & Skin-Brightening)</p> <ul style="list-style-type: none"> • Almond Paste • Walnut Paste • Peanut Paste • Black Sesame Paste
<p>29/09/15 星期二/Tue 2pm 特价: \$18 嘉文老师</p>	<p><u>嘉雯老师拿手好菜</u></p> <p>吉兰丹特色炒饭 冬瓜丝蒸丸子 叉烧蛋糕 陈皮香鸡 银耳菊花羹</p>	<p><u>Good Dishes by Chef Jia Wen</u></p> <p>Nasi Kerabu Goreng Kelantan Steamed Shredded Melon Ball Char Siew Cake Orange Peel Fragrant Chicken White Fungus Chrysanthemum Soup</p>

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<p>30/09/15 星期三/Wed 2pm/7pm Fees. \$50 特价: \$18 潘秀霞老师 Anna Phua</p>	<p>养生水疗法 喝水排毒最佳时间 水要怎样喝才能减肥 餐前喝水 6 大好处 怎样清洗蔬果, 肉类 重金属农药的残留 1.黑糖姜茶 (淡斑、去皱纹) 2.牛蒡茶 (排毒、降三高、抗老化) 3.红豆茯苓莲子甜点 (高钙、补血、利尿消水肿) 4.冷热柠檬汁减肥法 (可带家里水来化验)</p>	<p>Delicious Beverage & Water Therapy The Best Time To Drink Water For Detox How to drink Water To Lose Weight Six Benefits of drink before meals Correct way to wash fruits, vegetables and meat Pesticide residues of heavy metals Black Sugar Ginger Tea (Pale spot, anti-wrinkle) Burdock Tea Red bean Fu ling Lotus Seeds dessert, Hot / Cold lemon juices for slimming (Can Bring Drinking Water for testing)</p>
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10 月课程 (October)

<p>03/10/15 星期六/Sat 2pm Fees. \$80 调理机会员 特价: \$38 潘秀霞老师 Anna Phua</p>	<p>活力早餐(New) 黑糖糙米浆(防癌) 香蕉坚果五谷奶昔(能量,全营养,高纤) 甜菜根葡萄汁(补血,补钙,保肝) 法式素蛋吐司 DIY 素蛋</p>	<p>Vitality Breakfast (New) Black Sugar Brown Rice Drink(prevent cancer) Banana Nuts Five Grain Smoothie(energy, whole nutrition, high fiber) Vegetarian Egg French Toast DIY Vegetarian Egg</p>
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提前三天报名者享有\$5 折扣 (特价除外) Enjoy\$5 discount for early booking (not for discounted fees) Book your course early . As our phone line can be busy, please email or SMS to book the course

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律動大師簡志龍醫生

現任：

台灣台中榮總埔里分院醫療部主任，家庭醫學科主任，附設護理之家主任。

專長：

肥胖醫學、代謝症候群、糖尿病、高血壓、骨質疏鬆、老年醫學、藥物醫學、社區醫療、長期照護。

學經歷：

- 國立陽明大學醫學系
- 美國哈佛大學公衛碩士
- 英國亞伯丁大學博士班
- 台灣大學高階管理碩士
- 中華民國家庭醫學科專科醫師
- 瑞士諾華醫學部長
- 美國肥胖醫學會醫師
- 曾獲行政院衛生署衛生獎章
- 台灣大學 / 暨南大學 / 台中榮總 / 中華電信公司減重班指導老師

所有醫生都希望為病人找到一種不需吃藥、不需手術或打針、沒有副作用，也不需要辛苦勞累，就可以幫助人們增進或恢復健康的萬靈丹。但世界上可能沒有這種不勞而獲的好事，然而這十年來，我發現一種接近上述夢想的「神奇儀器」。似乎是「只要站上去，甚至躺著坐著，都可以輕鬆有效的預防疾病與增進健康，而且效果廣泛，從減肥、增高、變強壯，到預防骨質疏鬆、心臟病、糖尿病都有效果；多數人包括老人、年輕人、孩童、運動員，甚至各種無法運動的病人，如腦中風、帕金森氏症、脊髓損傷等都能輕鬆使用。

台灣生機飲食專家—王香莉老師(Sunny)

現任：有幾園生物科技科技公司協理

專長：生機養生飲食料理專家

生機飲食界十數年的經驗，利用無毒天然健康食材製作全方面營養的超級食物。

生機健康飲食結合全世界最輕鬆有效的律動運動，打造由內而外的健康人生。



Crispy Mamak Indian Curry Puff

1. Making Of Puff Dough
2. Vegetarian Filling Curry Puff
3. Mutton Fat and Potato Filling
4. Pepper Chicken Filling

BY CHEF SHARMA