

<p>07.03.17 星期二/Tue 2pm</p> <p>学费: \$120 材料费 : \$30</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>潘老师秘制泡菜</u></p> <p>罗加花梅子芒光 橙皮番石榴黄梨 桔饼番茄泡菜</p> <p><u>每个人做 3 瓶泡菜带回家, 价值 : \$60</u></p>	<p><u>Anna's DIY Pickle Making</u></p> <p>Bunga Kefan (Rojah Flower) Sour Plum Bangkuang Orange Peel Guava Pineapple Dried Kumquat Tomato Pickle</p> <p><u>Each student can take 3 bottles of pickle back home, the value is \$60.</u></p>
<p>08.03.17 星期三/Wed 2pm</p> <p>学费 : \$95</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>Anna's 私房咖喱</u></p> <p>K.L 蒲种砂煲鱼头 砂煲咖喱海鲜(虾,鱿鱼,豆卜等) 配炸馒头 秘方咖喱配料</p>	<p><u>Anna Commercial Curry (Secret Recipe)</u></p> <p>K.L Pu Chong Clay pot Curry (serve Buns) Clay pot Curry Seafood (with Prawns/Cuttlefish/Tau Pok etc) Serve with Fried "Man Tou" Secret Curry Paste</p>
<p><u>Exhibition: 11/3/17~12/3/17 10am-9pm</u></p> <p><u>Body SOS Health Carnival 2017, Suntec Singapore @Hall 401-403, C11</u></p>		
<p>16.03.17 星期四/Thur 2pm</p> <p>学费 : \$85</p> <p>Mrs Lim</p>	<p><u>传统糕点</u></p> <p>潮州香煎“甜麻钱” (豆沙/莲蓉馅) 香味碗糕粿 芋茸菜粿 (馅料 : 豆干、蒜苗、虾米、绞肉)</p>	<p><u>Traditional Cake</u></p> <p>Teochew "Sweet Sesame Kueh" (Red Bean Paste/Lotus) Fragrant Wakoh Kueh Taro Crystal Vegetable Kueh (Dried Tofu, Garlic Bolt, Shrimp, Minced Meat)</p>

***上课地址 : Atrix Blg (opp Aljunied MRT) 82 Lorong 23
Geylang #01-03 Singapore 388409***

<p>22.03.17 星期三/Wed 2pm</p> <p>学费 : \$150</p> <p>Mrs Chee</p>	<p>徐太马来西亚咖喱餐厅椰浆饭套餐</p> <p>香脆炸鸡 特制檳城咖喱鸡 三峇蛋 特味三峇辣椒酱 椰浆饭</p>	<p>Mrs Chee's Malaysian Café Nasi</p> <p>Lemak – too good to miss!</p> <p>Crispy Fried Chicken Special Penang Curry Chicken Sambal Telok Special Sambal Chili Sauce Coconut Rice</p>
<p>25.03.17 星期六/Sat 2pm</p> <p>Offer : \$10</p> <p>潘秀霞老师 Anna Phua</p>	<p>律动疗法—全世界最轻松的养生运动</p> <p>!</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。并且可以哪里痛，动哪里，简单运动 15 分钟，获得整身轻松，缓解疼痛</p> <p>课上大家可以针对自身的健康状况，向潘老师咨询如何通过律动改善症状。为您量身打造适合您的运动方式及解决疼痛问题。</p> <p>每天简单的运动 15 分钟：</p> <ul style="list-style-type: none"> • 增加骨质密度，骨质年轻 15 岁 • 降低脂肪堆积 • 改善糖尿病 • 改善身体荷尔蒙 • 刺激青少年长高 • 改善心血管功能 • 改善帕金森氏症 • 改善腿脚无力易于跌倒问题、慢性病问题 <p>潘老师示范：</p> <p>红豆水（利尿消肿，稳定血压，改善疲劳，促进胃肠蠕动）</p> <p>黑豆水（帮助排便，降低胆固醇，预防心血管疾病，抗氧化，改善水肿）</p> <p>欢迎新老学生前来学习！</p>	<p>Vibration Therapy-The Easiest Exercise in The World!</p> <p>Why we need to exercise? Are we lazy to exercise? There is an effective method which don't need physical exertion and yet able to activate the 60 trillion cells in your body. It can eliminate the pain area, relax your whole body. Results may vary with different person Each student health condition will be accessed and evaluated by teacher Anna. Then will customise exercises that are beneficial to the student.</p> <p>Simple and easy exercises 15 minutes twice per day :</p> <ul style="list-style-type: none"> • Increase bone density and have your bone 15 years younger. • Helps reduce fat accumulation • Helps balance hormone • Stimulates teenagers' growth • Improves cardiovascular functions • Reduces risks of Parkinson's disease • Reduces falls and chronic <p>Teacher Anna will demonstrate:</p> <p>Red Bean Drink (reduce edema, lower blood pressure, reduce tired, helps for digestion)</p> <p>Black Bean Drink (helps for constipation. Lower cholesterol. Prevent cardiovascular disease. Anti-aging and improve edema)</p> <p>Welcome to all students come to learn!</p>

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:6747 0069 or 6294 3588 or 90605747

Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站 : www.annascookingarts.com.sg

<p>27.03.17 星期一/Mon 2pm 学费 : \$125 Chef Patrick</p>	<p><u>日式人气天妇罗全套</u> 粉浆调法 炸虾和各种蔬菜 蔬菜饼 冷/热荞麦面 (搭配天妇罗) 日式传统鸡肉蔬菜饭 天妇罗盖饭</p>	<p><u>Japanese Popular Tempura Set</u> Batter Making Fried Prawn and Various Vegetable Kakiage Cold/ hot Soba (with Tempura) Japanese Original Chicken Vegetable Rice Tendon</p>
<p>30.03.17 星期四/Thur 2pm 学费 : \$80 潘秀霞老师 Anna Phua</p>	<p><u>泰式牛肉面全套</u> 干/汤河粉 上汤煮法 辣椒酱</p>	<p><u>Thai Style Beef Noodle Set</u> Dried/ Soup Noodle Stock Soup Cooking Method Chilli Paste</p>

上课地址 : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

报名热线 : 67470069 / 62943588 / 90605747

Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm

Flora Sante' March Time Table

<p>06.03.17 星期一/Mon 2pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式三文治 (无麦麸, 早、午餐点心)</u></p> <p>蛋沙拉三文治 马铃薯沙拉三文治 天那鱼三文治 黄瓜三文治</p>	<p><u>Japanese Sandwiches (non-gluten, breakfast and lunch dessert)</u></p> <p>Egg Salad Sandwich Potato Salad Sandwich Tuna Sandwich Cucumber Sandwich</p>
<p>08.03.17 星期三/Wed 2pm</p> <p>Fees: \$18</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座 :</u></p> <p><u>什么是自主神经系统紊乱 ?</u></p>	<p><u>Seminar:</u></p> <p><u>What is the Autonomic Nervous System Disorder?</u></p>
<p>13.03.17 星期一/Mon 2pm</p> <p>Fees: \$18</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座 :</u></p> <p><u>如何克服自主神经系统评估的恐惧 ?</u></p>	<p><u>Seminar:</u></p> <p><u>How to overcome fear from Autonomic Nervous System Evaluation?</u></p>
<p>14.03.17 星期二/Tue 2pm</p> <p>原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>乳酸菌酵素泡菜 (增加肠胃有益菌, 帮助消化)</u></p> <p>四川泡菜 上海雪里红 (咸菜) 雪里红炒年糕 日式米糠腌菜 (腌黄瓜、茄子、白萝卜)</p>	<p><u>Probiotic Enzyme Pickles (increase the stomach bacteria, help digestion)</u></p> <p>Si Chuan Pickle Shang Hai Potherb Mustard (pickle) Potherb Mustard Fried Rice Cake Japanese Rice Bran Pickle (pickle cucumber, eggplant, white radish)</p>
<p>15.03.17 星期三/Wed 2pm</p> <p>原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>吃出免疫力早餐</u></p> <p>早餐第一杯补气补血茶 无奶嫩椰子优格 红宝石番石榴香蕉奶昔 (代餐) DIY 健康高纤燕麦坚果棒 (点心, 代餐)</p>	<p><u>Eat for Immunity Breakfast</u></p> <p>The First Morning Cup of Blood Regulating Tea Dairy Free Coconut Yogurt Ruby Guava Banana Milkshake (instead meal) DIY Healthy High Fiber Oat Nut Slice (dessert, instead meal)</p>

Flora Sante' March Time Table

<p>22.03.17 星期三/Wed 2pm Free</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座：</u></p> <p><u>什么是自主失调/功能障碍？</u></p>	<p><u>Seminar:</u></p> <p><u>What is the Autonomic Imbalance/Dysfunction?</u></p>
<p>25.03.17 星期六/Sat 11am Fees: \$18</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座：</u></p> <p><u>如何克服肠胃炎的常见病因？</u></p>	<p><u>Seminar:</u></p> <p><u>How to over the common causes of Gastroenteritis?</u></p>
<p>27.03.17 星期一/Mon 2pm Free</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座：</u></p> <p><u>克服疾病需要多长时间？</u></p>	<p><u>Seminar:</u></p> <p><u>How long does it take to get over Sickness & Diarrhea?</u></p>
<p>28.03.17 星期二/Tue 2pm 原价：\$80 特价：\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>老奶奶的调味魔法</u> <u>——日式酒酿（盐麴）养生菜</u></p> <p>DIY 盐麴 盐麴菇菌五目炊饭（全餐） 盐麴香煎鲑鱼排 盐麴番茄豆腐沙拉</p>	<p><u>Granny's Kitchen Secrets</u> <u>——Japanese Fermented Glutinous Rice (Salt Yeast) Health Food</u></p> <p>DIY Salt Yeast Salt Yeast Mushroom Gomoku Glutinous Rice (whole meal) Salt Yeast Fried Salmon Steak Salt Yeast Roasted Tomato Tofu Salad</p>
<p>30.03.17 星期四/Thur 2pm Fees: \$18</p> <p>松岡裕子 Matsuoka</p>	<p><u>讲座：</u></p> <p><u>什么是病毒性肠胃炎？</u></p>	<p><u>Seminar:</u></p> <p><u>What is Viral Gastroenteritis?</u></p>

Flora Sante' March Time Table

<p>31.03.17 星期五/Fri 2pm 原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>汤水疗法 (2) (排湿气、补气、养润脏腑)</u></p> <p>莲藕绿豆八爪鱼汤 (清热降火、补血、健脾补气) 薏米三豆汤 (清热祛湿、利水消肿、健脾) 决明子茶 (清肝火、除脂降血压、祛水消滞) 凉茶：竹蔗茅根马蹄水 (利尿祛湿、促进新陈代谢, 防感冒)</p>	<p><u>Soup Therapy (2) (exhaust moisture, nourishing)</u></p> <p>Lotus Mung Bean Octopus Soup (purge fire, enrich blood, strength spleen) Barley Three Bean Soup (clean damp, inducing diuresis to alleviate edema, strength spleen) Cassia Seed Tea (clear liver, lower blood pressure, remove water and eliminating stagnation) Herbal Tea: Bamboocane Couchgrass Root Chinese Water Chestnut Juice (diuresis dampness, promoting the process of metabolism, anti-cold)</p>
--	---	--

请预先报名，每班限 30 人！

***上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877
(lift is on the main road, opp Lucky's Plaza)***

报名热线 : 67470069 / 62943588 / 90605747 (10.30am~7.30pm)

Flora Sante' March Time Table

7 天绿色果昔排毒法 (1) (瘦 3kg)

7 Days Green Fruit Detoxification Method (1) (loss 3kg)

- 不用挨饿, 不需剧烈运动, 只需改善饮食内容及方法
- Never starve, over-exercise, achieve healthy weight with smarter eating.
- 减重、活力充沛、排毒净化
- Weight loss, energy, detox and purify
- 肌肤光泽美丽、拥有好气色
- The skin lustre beautiful
- 改善消化系统及胀气
- To improve the digestive system
- 减食法、断食法、复食法
- Eat less method, fasting method, recovery diet method.

时间/Class Date : 18/3/17, Sat, 12pm-5pm

上课地址/Class Location : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

学费 Class Fees : \$180

调理机会员半价 : \$90/ Juice blender Member Half Price : \$90

名额有限, 仅限 **20** 位, 报名从速! /Only **20** persons! Register now!

报名热线/ Registration Hotline : 67470069 / 62943588 / 90605747

Open hours: Mon~Fri: 10.30am~7.30pm, Sat: 10.30am~5.30pm