

<p>12.10.17 星期四/Thur 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>马来经典名菜</u></p> <p>炸豆腐配花生酱 三峇鱿鱼(浸泡鱿鱼 DIY) 古早味传统仁当鸡</p>	<p><u>Malay Classic Cooking</u></p> <p>Tofu Goreng serve with Peanut Paste Sambal Cuttlefish (how to marinate your cuttlefish DIY) Traditional Rendang Chicken</p>
<p>19.10.17 星期四/Thur 2pm-4pm</p> <p>Fees : \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>南洋咖喱鸡 冬炎苏东 养心饮 菠菜粥 茶香烤鸡</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Nan Yang Curry Chicken Tom Yam Sotong Health Heart Drink Spinach Porridge Roasted Chicken with Tea</p>
<p>20.10.17 星期五/Fri 2pm-4pm</p> <p>Fee : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业薄饼</u></p> <p>福建 / 娘惹式薄饼 白色 / 蛋薄饼皮制作 娘惹"粿派地" / 特制辣椒酱 脆苏粒炸法</p>	<p><u>Commercial Poh Piah</u></p> <p>Hokkien / Nonya Style Poh Piah White / Egg Poh Piah Skin Making Nonya Kueh Pie Ti Special Chilli Sauce Crispy Fitters-Making Technique</p>

<p>21.10.17 星期六/Sat 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p>商业甜品</p> <p>商业秘制红枣龙眼白果白木耳 白木耳：含丰富蛋白质和 17 种以上的氨基酸及植物胶，能让细胞快速修复，白木耳含多醣体，可增强免疫力，抑制癌细胞生长，可加速肠内毒素排出，并有止泻作用</p> <p>古法焦糖莲子羹 莲子：滋补五脏，使气血通畅，预防癌症，有降血压的作用；清心安神、健脾益胃，养颜美肤、消除肝火</p>	<p>Commercial Desserts</p> <p>Commercial Secret Red Dates Longan Gingko White Fungus White fungus: rich in protein and more than 17 kinds of amino acids and plant gum, allowing the cells to quickly repair. White fungus containing polysaccharides, can enhance immunity, inhibit the growth of cancer cells, can accelerate intestinal endotoxin education, and antidiarrheal effect.</p> <p>Old School Carame Lotus Seed Soup Lotus: nourish the five internal organs, the patency of blood, prevent cancer, blood pressure lowering effect; soothe the nerves, tonify spleen and stomach, skin, eliminate anger</p>
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请预先报名，每班限 30 人！

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~7pm Sat 10.30am~5pm

以上课程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 so that teacher has enough time to prepare the ingredients.

As our phone line can be busy, please email or SMS to book the course

Call 6747 0069 or 6294 3588 SMS or What's app 90605747

coyaku@yahoo.com.sg (please indicate your handphone no.) Thank you.

Flora Sante' October Time Table

<p>10.10.17 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康三通 (早晨第一杯黄金水)</u> 气通,肠通,血脉通</p> <p>好处: 减重,肌肤有弹性,精神好,有活力</p> <p>净血果汁 排宿便蔬果汁 日式四色蔬菜汤 (帮助减肥,祛风,降低血糖,血压,皮肤发炎,便秘) 气通蜂蜜米浆</p>	<p><u>Triple Detox Series</u> Good Energy flow + Digestion + Blood Circulation</p> <p>Benefits: helps weight loss, supple skin, good mental concentration, more energy</p> <p>Blood Detox Juice Cleansing Vegetable Fruit Juice Japanese 4-colour Vegetable Soup Honey Brown Rice Beverage</p>
<p>13.10.17 星期五/Fri 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>养生早午晚餐</u></p> <p>生菜凤梨汁 (排宿便, 平小腹) 养生黄金米粉汤 高钙松子腰果黑糖豆浆 DIY 杏仁花生豆腐</p>	<p><u>Healthy Meals-Breakfast, Lunch& Dinner</u></p> <p>Lettuce Pineapple Juice (helps for digestion and slimming) Healthy Golden Mee Hoon Soup High Calcium Pine Nuts Cashew Nuts Brown Sugar Soy Bean Milk DIY Almond Peanut Tofu</p>
<p>24.10.17 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>活力养生产品</u></p> <p>莲子芝麻糊 小米金瓜粟米糊 燕麦芋头糊 红豆山药露</p>	<p><u>Energy Healthy Dessert</u></p> <p>Lotus Seed Sesame Paste Pumpkin Sweet Corn Millet Paste Oatmeal Yam Paste Red Bean Mountain Yam Paste</p>
<p>27.10.17 星期五/Fri 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>韩国瘦身料理 (新)</u></p> <p>高汤厚煎蛋卷 番薯白果发芽米饭 (内有坚果、芝麻) 水泡菜 (五色蔬菜) 肉桂姜茶 (促进血液循环, 暖和手脚冰冷)</p>	<p><u>Korean Slimming Cuisine (New)</u></p> <p>Stock Fried Egg Rolls Sweet Potato Ginkgo Germinated Brown Rice (include nuts, sesame) Water Pickled Vegetables (five colors vegetables) Cinnamon Ginger Tea (promote blood circulation, warm hands and feet)</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~7pm)

Flora Sante' October Time Table

不生病的关键秘密——肠道健康法

The Secret to Not Falling Sick ——Intestine Health Therapy

潘秀霞老师/Anna Phua

√ 为什么会生病？ / Why do you fall sick?

√ 开启长寿的开关，源于肠内的健康/ Open the switch of longevity, due to intestine health

√ 乳酸菌的六大作用/ Six key benefits of probiotics

√ 当肚子里的乳酸菌变少时，身体会怎么样？ /What happens when you gut has low amounts of probiotics?

√ 免疫力的三大功效/ What are the 3 effects of a strong immune system?

√ 健康的饮食生活习惯有哪些？ /What are the healthy eating habits to support strong immune system?

√ 养生六字诀是什么？ / What are the 6 magic words to holistic health?

示范：清肠排毒高纤蔬果汁、清肠谷浆、高科技 LAB-FG Flora Alpha 饮料
Demo: Intestine Detoxification High Fiber Vegetable Fruit Juice, Cleansing Grain Pulp, High Technology LAB-FG Flora Alpha Drink.

名额仅限 **30** 人，报名从速！ / Limited to 30 seats only, register now!

上课时间/Date : 28/10/17 Sat 2pm-4pm

学费/Fees : \$10

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

报名热线/Tel : 67470069 / 62943588 / 90605747

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