

<p>06.12.17 星期三/Wed 2pm-4pm & 7pm-9pm</p> <p>★ Fees : \$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>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>
<p>07.12.17 星期四/Thur 2pm-4pm</p> <p>offer : \$99</p> <p>潘秀霞老师 Anna Phua</p>	<p>老福建经典面食</p> <p>老福建虾面（干/汤）</p> <p>三峇辣椒炒法</p>	<p>Hokkien Famous Noodle Cooking</p> <p>Hokkien Prawn Mee (Dried/Soup)</p> <p>Sambal Chilli Making Method</p>

<p>13.12.17 星期三/Wed 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>年年有“鱼” (鱼) 大地回春 (薄饼花生卷) 横财就手 (猪手) 喜气洋洋 (洋葱小鱼) 万事如意 (杏仁奶)</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Year by Year Enough (Fish) Spring Returns to the Earth (Poh Pian Peanut Roll) Fortune Pig Trotter Full of Joy (Onion Fish) The Best of All Things (Almond Milk)</p>
<p>26.12.17 星期二/Tue 2pm-4pm</p> <p>offer : \$99</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>新加坡街边小吃</u></p> <p>传统叻沙 腐皮虾卷</p>	<p><u>Singapore Street Snacks</u></p> <p>Traditional Laksa Fried Prawns Bean Curd Sheets</p>
<p>30.12.17 星期六/Sat 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>印度罗加全科</u></p> <p>炸虾饼 炸豆腐 马铃薯饼 丁倍、 马铃薯 鱿鱼 椰丝芝麻饼 芝麻、地瓜罗加酱</p>	<p><u>Indian Rojak Set</u></p> <p>Prawn Fritters Fried Taukwa Potato Croquettes Tempe Goreng Potato Cuttlefish Coconut Sesame Seed Roll Sesame, Sweet Potato Rojak Sauce</p>

请预先报名，名额有限！每班仅限 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

Flora Sante' December Time Table

<p>09.12.17 星期六/Sat 11am-1pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</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 <u>DIY 如何配搭养生糊的黄金比例</u></p> <ol style="list-style-type: none"> 1. 降低胆固醇, 预防高血脂, 脑中 风养生糊 2. 美白, 祛斑, 抗老化养生糊 3. 高钙养生糊 4. 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. <u>DIY Nut Paste Making Technique</u></p> <ul style="list-style-type: none"> - lower high cholesterol, high fat and stroke paste - whitening and beautiful skin paste - stronger bones calcium pastes - body-slimming paste
<p>12.12.17 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>开启健康密码,喝出强大免疫力</u></p> <p>姜黄坚果奶 (帮助好睡眠) 碱性蔬果汁 (提神、排毒) 木瓜果昔 (唤回青春) 活力早餐: 橄榄酱 DIY 佐无麸质法国长棍面包 (好吃、降三高)</p>	<p><u>A Healthy Secret code- Diet for Strong Immunity</u></p> <p>Turmeric Nut Milk (helps sleeping) Alkaline Vegetable Juice (energetic, detox) Papaya Juice (renews youth) Vitality Breakfast: Olive paste DIY non- gluten French Baguettes (delicious, lower three highs)</p>
<p>14.12.17 星期四/Thur 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式轻食美人餐 (新)</u> <u>(减重、排毒清肠、降三高)</u></p> <p>自制芝麻酱拌茼蒿菜 五行炆根茎菜砂煲 (清肠排毒、美颜) 香 Q 银鱼百合日本糙米饭</p>	<p><u>Japanese Light Food Beauty Meal (New)</u> <u>(Lose weight, bowel detoxification, lower three high)</u></p> <p>Homemade Sesame Sauce Mixed Chrysanthemum Five Elements Root Vegetables Pot Fragrant Q Silverfish Lily Japanese Brown Rice</p>
<p>21.12.17 星期四/Thur 2pm-4pm Fees : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>这样煮小孩才爱吃</u> <u>(潘秀霞老师&杨志龙新书)</u></p> <p><u>烹饪示范品尝会 :</u> 煎三文鱼配芒果莎莎酱 超好吃豆腐沙拉拌味增肉酱 (可以配凉饭、面、粥、面包等) 自制鸡蛋豆腐配肉碎 天那鱼马铃薯饼</p>	<p><u>Healthy Meals for Kids</u> <u>(Anna Phua & Ben Yeo New Book)</u></p> <p><u>Cooking demo tasting:</u> Pan-fried Salmon with Mango Salsa Super Delicious Bean Curd Salad with Miso Minced Pork (with cold rice, noodles, porridge, bread etc) Homemade Egg Bean Curd with Minced Pork Tuna Croquettes</p>

Flora Sante' December Time Table

<p>27.12.17 星期三/Wed 2pm-4pm Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p>健康是磨出来的 (新) (2)</p> <p>酵素发芽米坚果奶 (超营养、降三高、助好眠) 柏子仁纤体奶 (平坦腹部突起) 亚麻籽坚果燕麦糕 (清肠瘦身) 黑糖黑/白木耳露 (抗老化、清肺、补钙、预防血管硬化)</p>	<p>Delicious Nut Pastes for Great Health (2)</p> <p>Enzymes Germinated Rice Nuts Milk (super nutrition, lower three high, help sleep) Chinese Arborvitae Slimming Milk (flat belly) Flaxseed Nuts Oat Steam Cake (bowel and slimming) Brown Sugar Black & White Fungus Pulp (clean lung, calcium, anti-aging, prevention of vascular sclerosis)</p>
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上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877
(lift is on the main road, opp Lucky's Plaza)

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