

Atrix Blg (opp Aljunied MRT)

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

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欢迎登陆我们的网站: www.annascookingarts.com.sg

<p>06.07.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$90</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>人气甜品</u></p> <p>香港澳门必点椰汁喳咋 (7种材料, 全营养、好味道) 新加坡五星级必吃榴莲 Tangat (100%猫山王榴莲制作, 浓郁, 吃了会上瘾) 榴莲焦糖布丁</p>	<p><u>Popular Dessert</u></p> <p>Hong Kong & Macao Famous Coconut Zha Zha (7 kinds of ingredients, full nutrition, good taste) Singapore Five-star Famous Durian Tangat (100% Musang King durian making, delicious) Durian Caramel Pudding</p>
<p>07.07.18 星期六/Sat 2pm-4pm</p> <p>Fees: \$80 Offer: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>彩虹活力早餐下午茶</u></p> <p>吃得很营养, 很美丽, 很甜蜜 日本最夯 Smoothie Bowl, 一碗五彩缤纷的水果、蔬菜、坚果、奇亚籽、椰丝妆点 红粉佳人 (草莓、芒果、蔓越莓、香蕉……) 雪泡黄梨 (奇异果、凤梨、香蕉、豆浆……) 酪梨雪泡 (酪梨、奇异果、苹果、燕麦奶……) 紫色力量 (蓝莓、桑葚、香蕉……) 家制原味谷麦</p>	<p><u>Rainbow Energy Breakfast & Hi Tea</u></p> <p>Very nutritious, beautiful and sweet The most popular Smoothie Bowl in Japan. A bowl of colorful fruits, vegetables, nuts, chia seeds, coconut to decorate. Red & Pink Beauty (strawberry, mango, cranberry, banana……) Snow Bubble Pineapple (kiwi, pineapple, banana, soy milk……) Avocado Snow Bubble (avocado, kiwi, apple, oat milk……) Purple Power (blueberry, mulberry, banana……) Home-made Plain Cereal</p>
<p>10.07.18 星期二/Tue 2pm-4pm</p> <p>Fees: \$120</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>海南咖喱饭 (1)</u></p> <p>海南咖喱鸡 海南什菜 海南猪扒 海南蕉叶粿</p> <p>*学习 (1) & (2) 两堂课, 学费: \$180</p>	<p><u>Hainanese Curry Rice (1)</u></p> <p>Hainanese Curry Chicken Hainanese Chap Chye Hainanese Pork Chop Hainanese Banana Kueh</p> <p>*Learn (1) & (2) together, course fee: \$180</p>
<p>12.07.18 星期四/Thur 2pm-4pm</p> <p>Fees: \$18</p> <p>嘉雯老师 Olivia</p>	<p><u>嘉雯老师拿手好菜</u></p> <p>花边薄饼 甲必丹鸡 茄子炒九层塔 小米粥 黑豆芝麻糊</p>	<p><u>Chef Jiawen's Signature Dishes</u></p> <p>Roti Jalal Curry Kapitan Fried Eggplant with Basil Millet Porridge Black Bean Sesame Paste</p>

<p>17.07.18 星期二/Tue 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>苹果猪脚醋 风味臭豆 青椒江鱼 梅菜粥 风味冰沙</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Apple Pig Trotters Vinegar Flavored Petai Green Pepper Ikan Bilis Preserved Vegetable Porridge Flavored Sorbet</p>
<p>25.07.18 星期三/Wed 2pm-4pm</p> <p>Fees: \$120</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>海南咖喱饭 (2)</u></p> <p>海南卤肉 三峇苏东 海南肉圆 海南咖喱菜</p> <p>*学习 (1) & (2) 两堂课, 学费: \$180</p>	<p><u>Hainanese Curry Rice (2)</u></p> <p>Hainanese Braised Meat – “Kon Bak” Sambal Sotong Hainanese Meat Ball Hainanese Curry Vegetables</p> <p>*Learn (1) & (2) together, course fee: \$180</p>

上课地址: Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409

报名热线: 67470069 / 62943588 / 90605747 (请预先报名, 每班限 30 人)

FLORA SANTE 特别活动 (7 月 2018 年)



所有活动都在以下地址进行

地址: Atrix Building, 82 Lor 23 Geylang, #05-01, Singapore 388409

联络号码: +65 6734 8711 / +65 8382 0653



Flora Sante' Singapore



松冈 裕子
养身和运动顾问
新加坡董事



潘秀霞
食疗顾问

1-to-1 对症食疗与运动咨询日

松冈裕子和潘秀霞老师设计针对个人的体质症状, 教导食疗方。

日期: 24th & 31st July 2018 (星期二)

时间: 10.30am – 5.30pm

预先预约!

名额有限, 每日只限 6 人。

讲座会

讲演: 松冈裕子/潘秀霞老师自然疗法师(Part 1)

日期: 03 July 2018 (星期二)

Time: 2.00pm – 3.00pm

松冈 裕子 和潘秀霞老师 Q&A 讲座

关于乳酸菌生产物如何改善自己的自愈力

日期: 24 July 2018 (星期二)

时间: 7.30pm – 9.00pm

运动健康讲习班

拉筋运动体操

日期: 10th July 2018 (下午) / 17th July 2018 (晚上)

时间: 2.00pm – 3.00pm / 7.30pm – 9.30pm

跳舞运动

日期: 20 July 2018 (星期五)

时间: 7.30pm – 8.30pm

特别嘉宾: Miharu Tachibana(网络红人/作者)

保持肠道健康不单吃酸奶就行吗?

她将会来新加坡分享日本人如何逆龄美肌抗老化, 以及如何通过 Biogenics 维持健康的肠道。

潘秀霞老师: 示范美肌抗老化果盾 (两种)

名额有限, 只限 25 个人。

日期: 27 July 2018 (星期五)

时间: 2.00pm – 4.00pm



Matsuoka san is a director of Flora Sante' Pte Ltd.

She is an example of health, as she is extremely strict in terms of her personal exercise and diet. Therefore, she wants to outreach her own experiences to promote good health towards all walks of life.



Saito Yoshiko
Japan Internet Health Celebrity

Matsuoka Yuko's sister will be coming over to Singapore.

She is a Japanese Internet Health Celebrity, with more than 5,000 followers.

She had personally written a Japanese Health Book with Prof. Hiroshi Sansawa on "Good Intestines Leads to Happiness".

以上所有活动是免费的!

座位有限, 请与我们报名。

与我们联系报名: +65 6734 8711 / +65 8382 0653

Flora Sante Pte Ltd

营业时间: 星期一至星期五, 10.00am – 6.00pm

FLORA SANTE SPECIAL HIGHLIGHTS (July 2018)



All Activities are Conducted in

Address: Atrix Building, 82 Lor 23 Geylang, #05-01, Singapore 388409

Contact: +65 6734 8711 / +65 8382 0653



Flora Sante' Singapore



Yuko Matsuoka
Health & Fitness Advisor
Singapore Director



Anna Phua
Food & Health Consultant

1-to-1 Customized Exercise & Diet Consultation

Matsuoka / Anna Teacher Exercise & Food Consultation.

1 Hour Session on Customized Dietary & Exercise for Special Health Needs.

Date: 24th & 31st July 2018 (Tuesday)

Time: 10.30am – 5.30pm

Strictly By Appointment Only

Hurry, Limited to 6 Registrations Only.

Seminars

Matsuoka Introduction with Anna Teacher (Part 1)

Date: 03 July 2018 (Tuesday)

Time: 2.00pm – 3.00pm

Matsuoka & Anna Teacher Q&A Seminars

Feel free to ask anything regarding healthy eating & Biogenics to attain better health.

Date: 24 July 2018 (Tuesday)

Time: 7.30pm – 9.00pm

Exercise Seminar & Workshops

Rubber Stretching Exercise

Date: 10th July 2018 (Afternoon) / 17th July 2018 (Evening)

Time: 2.00pm – 3.00pm / 7.30pm – 9.30pm

Dancing Exercise

Date: 20 July 2018 (Friday)

Time: 7.30pm – 8.30pm

SPECIAL: Miharu Tachibana Health Seminar

Do you think we can keep our intestines healthy just by eating yoghurt?

She will be in Singapore to explain more about the Japanese way of health and how we can maintain a healthy intestine to attain youthful skin & healthy aging through Biogenics.

Special guest: Anna Phua Teacher will be also demonstrating two types Beautiful Skin & Anti-aging Smoothie Juice.

Hurry, Limited to 25 Registrations Only.

Date: 27 July 2018 (Friday)

Time: 2.00pm – 4.00pm



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All Sessions Stated Above Are Free!

Limited Seats, Please Register With Us.

Feel free to contact us for Registration: +65 6734 8711 / +65 8382 0653

Flora Sante Pte Ltd

Business Hours: Monday – Friday, 10.00am – 6.00pm