

<p>03.08.18 星期五/Fri 2pm-4pm& 7pm-9pm</p> <p>Fees: \$80 Offer: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>一周两天轻断食 (三个月内减去 9kg)</u></p> <p>第一天: 早餐: 补充体力蔬果汁 (抗老化, 保护眼睛, 使肌肤保持年轻, 帮助新陈代谢) 午餐: 杏仁酱拌彩蔬 (肠道清道夫) 晚餐: 萝卜野菇味增汤 (改善便秘、腹泻, 预防高血压、癌症罹患率)</p> <p>赠送: 1 瓶保护心脏血管及促进新陈代谢瘦身 Dr MCT 油, 价值\$13.90 仅限 20 人</p>	<p><u>Light Fasting Two Days One Week</u> (helps weight loss 9 kg within three months)</p> <p>First day: Breakfast: Replenish strength to vegetable Juice (anti-aging, protects eyes, keep skin young, helps metabolism) Lunch: Almond Sauce Color Vegetable (clean intestines) Dinner: Radish Mushroom Miso Soup (prevent constipation and diarrhoea, prevent high blood pressure, reduce cancer rate.)</p> <p>Free gift: One Dr MCT oil with a value of 13.90. It can protect heart vessels and promote metabolism. Only 20 seats!</p>
<p>07.08.18 星期二/Tue 2pm-4pm</p> <p>Fees: \$150 Offer: \$95</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>回味经典菜</u></p> <p>娘惹酱蒸鱼头 港式自家制峇拉煎炒芥兰 自家制峇拉煎 (内有干贝、银鱼仔、虾米) 橄榄菜虾仁炒饭</p>	<p><u>Memories Classic Dishes</u></p> <p>Nonya Sauce Steamed Fish Head Hong Kong Home-made Balachan fried "Kai Lan" Home-made Balachan (with dried scallop, silver fish, shrimp) Olive Vegetables Fried Rice with Prawn</p>
<p>15.08.18 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>娘惹一绝 糖醋丸子 (猪肉丸) 班兰饭 串烧沙爹 乌米腰豆糊 白雪公主 (沙冰) 冬瓜绿豆饮</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Ayam Pongteh Sweet and Sour Meat Ball (Pork Ball) Pandan Rice Yaki Tori Satay Black Rice Cashew Nut Paste Snow White (Smoothie) Winter Melon Green Bean Drink</p>

<p>17.08.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$150 Offer: \$95</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>创新香港名菜肴</u></p> <p>日本梅子咕嚕肉 冲绳岛黑糖豉油鸡 炖蒸日本包菜 (内有干贝、虾米、火腿、蚝豉、冬菇) (入口即化)</p>	<p><u>Creative & Popular Hong Kong Dishes</u></p> <p>Japanese Preserved Plum Gularou Okinawa Brown Sugar Soy Sauce Chicken Stewed and Steamed Japanese Cabbage (with dried scallop, shrimp, ham, fermented oyster, mushroom)</p>
<p>23.08.18 星期四/Thur 2pm-4pm</p> <p>Fees: \$80 Offer: \$10</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>律动疗法—全世界最轻松的养生运动!</u></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>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>赠送: 1 瓶保护心脏血管及促进新陈代谢瘦身 Dr MCT 油, 价值\$13.90 仅限 20 人</p>	<p><u>Vibration Therapy-The Easiest Exercise in The World!</u></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.</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>Free gift: One Dr MCT oil with a value of 13.90. It can protect heart vessels and promote metabolism. Only 20 seats!</p>

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

<p>25.08.18 星期六/Sat 2pm-4pm</p> <p>Fees: \$80 Offer: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p>活到 100 岁不痴呆</p> <p>讲题: 什么食材可降低脑中风, 让脑部运作更顺畅/灵活, 增强记忆力?</p> <p>示范: 活脑糙米浆 蓝莓旺梨汁 补脑精力蔬果汁</p> <p>赠送: 1 瓶保护心脏血管及促进新陈代谢瘦身 Dr MCT 油, 价值\$13.90 仅限 20 人</p>	<p>Live to 100 years old, not dementia</p> <p>Topic: What ingredients can reduce stroke, brain functioning more smoothly / flexible, enhance memory?</p> <p>Demo: Healthy Brain Brown Rice Blueberry Kumquat Juice Supplement Brain Energy Vegetable Juice.</p> <p>Free gift: One Dr MCT oil with a value of 13.90. It can protect heart vessels and promote metabolism. Only 20 seats!</p>
<p>28.08.18 星期二/Tue 2pm-4pm</p> <p>Fees: \$18</p> <p>嘉雯老师 Olivia</p>	<p>嘉雯老师拿手好菜</p> <p>DIY 新鲜沙丁鱼 沙丁鱼米粉 养生纤维粥 咖喱干茄子 红黄果汁</p>	<p>Chef Jiawen's Signature Dishes</p> <p>DIY Fresh Sardine Fish Sardine Fish Mee Hoon Healthy Fiber Porridge Curry Dried Eggplant Red & Yellow Juice</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)

游藝坊

子宫卵巢护理课程

游子老师

肚脐-神阙穴，内在子宫卵巢。位于腹部正中央凹陷处，是新生儿脐带脱落后，所遗留下来的一个生命根蒂组织，属于中医经络系统中任脉的一个重要穴位神阙穴。神阙穴是全身 361 个穴位中唯一看得见、摸得着的穴位。

脐疗，可养一身之阳气。神阙穴邻近胃、肝胆、胰、肠以及子宫卵巢，通过对腹部手法护理，还可以治疗宫寒腹痛、腹泻、急慢性胃痛、胃下垂、顽固性呃逆、功能性消化不良、结肠炎、脱肛等病症及消除烦人的小肚膈。

腹部脐疗

- ✓ 促进肠蠕动，消除便秘
- ✓ 祛宫寒.助睡眠
- ✓ 告别烦人的小肚膈...
- ✓ 利于减肥
- ✓ 揉腹防疾病

游子老师

- ★ 十二经络正统理疗师
- ★ ACTA 高级评估与培训师
- ★ 专业化妆造型师
- ★ 中国书画家协会 理事
- ★ SOHA 首昊学院经络养生培训师
- ★ INTERNATIONAL MANAGEMENT
- ★ SCHOOL PTE LTD 首席导师
- ★ 自然饮食疗法咨询师
- ★ 中医学士学位 进修中
- ★ 中国明星书画院 院士
- ★ 世界书画家协会 外联部副主任

课程内容:

- √ 11am-1pm 理论
- √ 1pm-2pm Lunch Breaking
- √ 2pm-3:30 实践



日期: 18/08/2018 星期六

学费: \$150 (学过头部经络的学生学费 \$120)

报名热线: 67470069/62943588/90605747

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