

<p>20.11.18 星期二/Tue 2pm-4pm</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>每个人做 3 瓶泡菜带回家, 价值: \$60</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>21.11.18 星期三/Wed 2pm-4pm</p> <p>Fees: \$120 特价: \$80</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>Anna 私房年菜</u></p> <p>招牌药膳京都包菜鸡 客家炸南乳脆肉 避风塘虾碌</p>	<p><u>Anna's Secret recipes for New Year Cooking</u></p> <p>Herbal Cabbage Chicken Hakka Deep Fried Crispy Meat Panfried Prawns</p>
<p>23.11.18 星期五/Fri 2pm-4pm</p> <p>Fees: \$300 特价: \$125</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港经典云吞面</u></p> <p>蜜汁叉烧 云吞 水饺 秘制辣椒王 (拌酱) 腌青辣椒 秘制上汤</p>	<p><u>Hong Kong Classic Wonton Noodle</u></p> <p>Roast Honey "Char Siew" Wonton Dumpling Special Chilli King (sauce) Pickled Green Pepper Special Stock</p>
<p>29.11.18 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>1) 檳城 ROJAK 酱 2) 番茄辣椒酱 3) 植物燕窝 (白木耳) 4) 展翅高飞 (鸡翅膀) 5) 经典酿豆腐 A~ABCDE 汤 B~酿茄子 C~酿苦瓜 D~酿辣椒 E~酿豆腐 6) 姜叶饭</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>1) Penang ROJAK Sauce 2) Tomato Chilli Sauce 3) Plant Bird's Nest (White Fungus) 4) Soar to Great Heights (Chicken Wings) 5) Classic Yong Tau Foo A~ABCDE Soup B~Yong Eggplant C~Yong Bitter Gourd D~Yong Chilli E~Yong Tau Foo 6) Ginger Leaf Rice</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>30.11.18 星期五/Fri 2pm-4pm</p> <p>原价: \$80 特价: \$38 调理机会员: \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>喝出自愈力 (1)</u></p> <p>随便吃下肚的感冒药、止咳药、安眠药，都可能影响你一辈子的健康!</p> <p><u>让身体不生病的排毒配方:</u></p> <p>①免疫力: 高 C 柠檬梨汁 (化痰保护气管) ②眼睛保健: 惊奇千里眼果汁 ③记忆力: 健脑核桃青汁 ④消除腹部赘肉: 减重香蕉薏仁浆 ⑤水肿、S 曲线: 薏仁黑豆浆 (热) ⑥便秘: 香蕉黑芝麻浆 ⑦高血压: 神奇马铃薯 (防止老废物堆积, 强化肠胃、血液循环顺畅)</p>	<p><u>Drink Self-healing Power</u></p> <p>Taking any cold medicine, cough medicine, sleeping pills, may affect your health throughout your life!</p> <p><u>Non-sick formula for detoxification:</u></p> <p>①Immunity: High C Lemon Pear Juice (remove phlegm protection trachea) ②Protect Eyes: Wonder Thousand Eye Juice ③Memory: Strengthen Brain Walnut Green Juice ④Eliminate Abdominal Flab: Slim Banana Barley Milk ⑤Edema, S-curve: Barley Black Soy Milk (hot) ⑥Constipation: Banana Black Sesame Milk ⑦High Blood: Magic Potato (prevent the accumulation of old waste, strengthen stomach, smooth circulation of blood)</p>
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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)

瘦身 减重+律动

要瘦哪里，就瘦哪里



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。

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。

每天简单的运动15分钟：

- 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

潘老师示范：

黄瓜凤梨汁(强筋健骨，健步如飞)

三天瘦身黑豆浆(维持骨质健康和肌肉生长，加强钙吸收，预防骨质疏松，加快新陈代谢，燃烧脂肪)

讲师资历

Anna

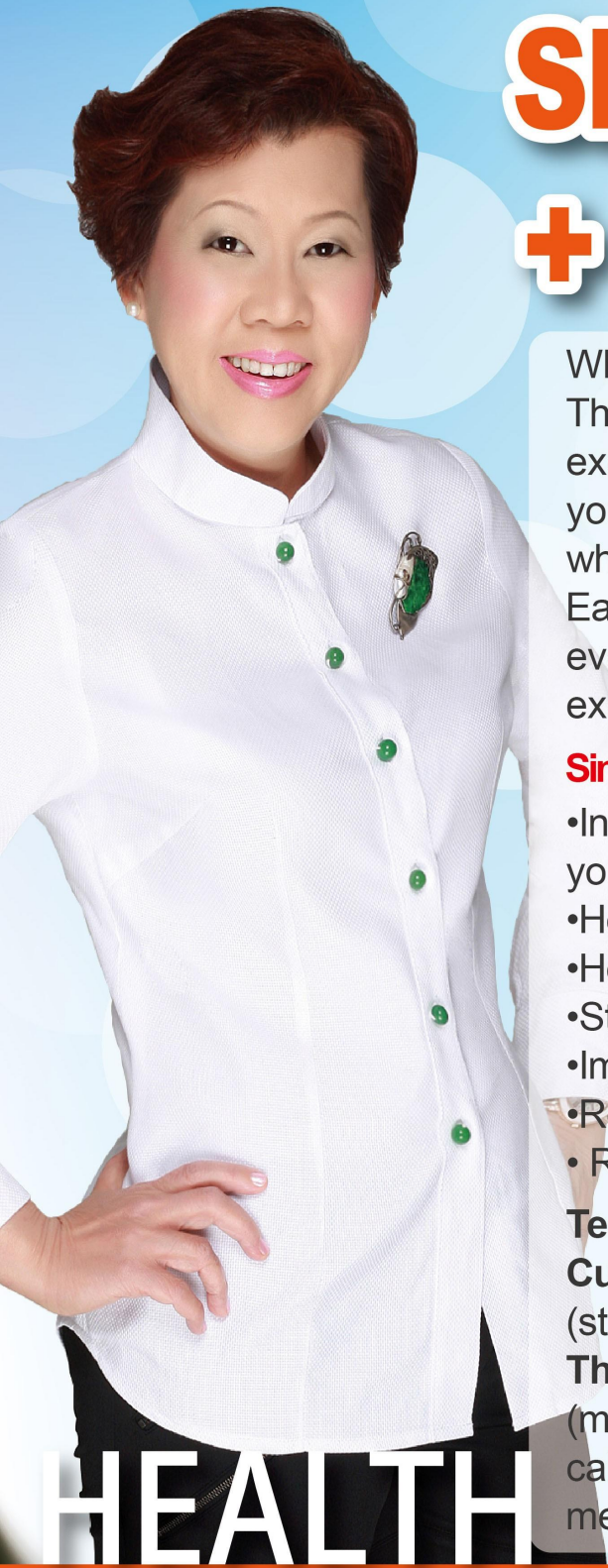
潘秀霞老师

潘秀霞老师，养生达人兼餐饮顾问，拥有超过四十年的授课经验。
现任：

- “潘秀霞烹饪剧场”院长 • 365防癌教育协会委员与特约自然疗法讲师 • 日本乳酸菌Flora公司养生料理烹饪老师
- 她活跃于新传媒电视 (Mediacorp), 电台 (FM Radio 972 & 958), 各大报章, 杂志及大型活动烹饪示范会与讲座。
- 著有多本畅销书

- 学费: \$10
- 上课时间: 17/11/18 星期六, 2pm-4pm
- 报名热线: 67470069/62943588/90605747
- 上课地址: 82 Lorong 23 Geylang #01-03 S 388409
- 名额有限, 仅限20位, 报名从速, 谢谢

Slim, Loss weight + Vibration



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.

Simple and easy exercises 15 minutes twice per day:

- 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

Teacher Anna will demonstrate:

Cucumber Pineapple Juice
(strong tendons and bones)

Three Days Slim Black Soy Milk

(maintain bone health and muscle growth, strengthen calcium absorption, prevent osteoporosis, promote metabolism, burn fat)

ABOUT ANNA PHUA

Anna

Anna Phua, a nutrition expert and food & beverage consultant, is the principal of Anna's Cooking Arts. With more than 40 years of culinary experience under her belt.

Anna currently holds the following positions:

- Anna's Cooking Arts Culinary School
- 365 Cancer Prevention Society Food Therapy Speaker/ Committee Member
- Cooking Instructor at Flora Sante' Pte Ltd

She actively appears on Mediacorp TV programs, various newspapers, and magazines.

She also participates in large-scale cooking workshops. Author of 8 best-selling books.

- Fees : \$10 • Time: **17/11/18 Sat, 2pm-4pm** *limited 20 Seats
- Tel : 67470069 / 62943588 / 90605747
- Address : 82 Lorong 23 Geylang #01-03 S 388409

头疗DIY按摩法

——蓉蓉老师（中国经络讲师）

头皮是人体最高的皮肤，控制全身皮肤的弹性，头皮的新陈代谢为14-21天

头皮一条皱，脸色六条皱——抬头纹、法令纹、眼袋纹、鱼尾纹、唇纹、耳纹。一次头疗相当于六次面部护理

健康的头皮才会有健康的毛囊，才会生长健康的头发

每个毛囊连接300根微细血管，而大脑所有的养分都由微细血管提供

头皮不健康→头疼、头晕、头皮痛、脱发、面部衰老

头疗的好处：

- 改善头部血液供应，疏通经络、防止衰老
- 缓解头疼，偏头痛、颈椎疼、脑供血不足
- 改善睡眠不好效果明显
- 调理肝火导致的眼干眼涩

头疗方法：

通过对头部的拨经，将植物精华导入渗透，令头部经络循环畅通，还原年轻态

上课日期：24/11/18 Sat

上课时间：2pm-4pm

学费：\$35

上课地址：Atrix Building, 82 Lor 23 Geylang #01-03 S 388409

报名热线：67470069/90605747