

<p>09.01.19 星期三/Wed 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>新年年糕</u></p> <p>娘惹金瓜糕 (超好吃) 软 Q 芋头糕 香煎萝卜糕 香港碗仔萝卜糕</p> <p>PS: 一年只教一次</p>	<p><u>New Year Cake</u></p> <p>Nonya Pumpkin Kueh Soft Q Yam Cake Pan Fried Radish Cake H.K Bowl Radish Cake</p> <p>PS: Only teach once a year</p>
<p>16.01.19 星期三/Wed 2pm-4pm</p> <p>Fees: \$90</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式酵素秘制泡菜</u></p> <p>增加肠胃有益菌, 帮助消化, 能有效预防高血压、动脉硬化、胃溃疡、癌症; 可以瘦身、抗老、排毒、减缓疲劳、提升免疫力</p> <p>梨汁梅子泡菜(6 种蔬果腌制) <u>梨汁:</u> 有助于快速排出积存在体内的致癌物质</p> <p>日式酱油萝卜 (菜脯) 泡菜 <u>白萝卜:</u></p> <ol style="list-style-type: none"> 1. 增强免疫力 2. 促消化 3. 保护肠胃 4. 降血脂 <p>梅子木瓜凤梨泡菜 <u>凤梨:</u> 含酵素, 能帮助消化分解蛋白质, 吃 2-3 片凤梨就能缓解胃肠消化不良 <u>木瓜:</u> 含有多种糖类、维生素、木瓜蛋白酶等营养成分, 能使蛋白质与脂肪易于被人体消化、吸收, 木瓜酵素有助于分解并加速蛋白质吸收, 可缓解消化不良和胃炎症状, 具有强健脾胃的功效</p>	<p><u>Japanese Secret Enzyme Pickles</u></p> <p>Increase the stomach bacteria, help digestion, effectively prevent hypertension, arteriosclerosis, gastric ulcers, cancer; weight loss, anti-aging, detoxification, reduce fatigue and improve immunity</p> <p>Pickled Plum Pear Juice (6 types of vegetable and fruit mixed) <u>Pear Juice:</u> helps the rapid discharge of accumulated carcinogens in the body</p> <p>Pickled Shoyu dried Radish <u>Radish:</u></p> <ol style="list-style-type: none"> 1. Enhance immunity 2. Promote digestion 3. Protect the stomach 4. Reducing blood lipids <p>Sour Plum Papaya Pineapple <u>Pineapple:</u> contains enzymes that help digest and break down proteins. Eating 2-3 slices of pineapple can relieve gastrointestinal indigestion. <u>Papaya:</u> contains a variety of nutrients such as carbohydrates, vitamins, papain and so on, which can make protein and fat easy to be digested and absorbed by the human body. Papaya enzymes can help to break down and accelerate protein absorption and relieve symptoms of indigestion and gastritis. Have the effect of strengthening the spleen and stomach.</p>

Atrix Blg (opp Aljunied MRT)

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Email: coyaku@yahoo.com.sg

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

<p>19.01.19 星期六/Sat 2pm-4pm</p> <p>Fees: \$350 首十位: \$188</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港围村黄金盆菜</u></p> <ol style="list-style-type: none"> 1) 虾米炸鱼球 (年年有余) 2) 茄汁煎虾碌 (哈哈大笑) 3) 南乳焖扣肉 (步步高升) 4) 蚝豉焖冬菇 (好事年年) 5) 玫瑰油鸡件 (金鸡报喜) (外卖) 6) 虾籽扒海参 (喜气洋洋) 7) 鲜味鲍鱼脯 (金玉满堂) 8) 鱿鱼拼猪皮 (精神爽利) 9) 明炉烧鸭件 (富贵大吉) (外卖) 10) 田园蔬菜 (发财万利) (芥兰花/绍菜) <p>PS: 送玫瑰油鸡件&明炉烧鸭件食谱</p>	<p><u>Hong Kong Village Golden Bowl</u></p> <ol style="list-style-type: none"> 1) Deep Fry Dried Shrimp Fish Balls 2) Pan Fried King Prawn in Sweet & Sour Sauce 3) Stewed Pork Belly with Red Beancurd 4) Braised Mushroom with Dried Oyster 5) Rose Soya Sauce Chicken in Hong Kong Style (take-out) 6) Braised Sea Cucumber with Dried Shrimps Roe 7) Sliced Abalone 8) Crispy Sotong and Pig's Skin 9) Tasty Roasted Duck in Hong Kong Style (take-out) 10) Golden Village Vegetables (White Broccoli/ Chinese White Cabbage) <p>PS: Free 2 recipes (Rose Soya Sauce Chicken in Hong Kong Style & Tasty Roasted Duck in Hong Kong Style)</p>
<p>22.01.19 星期二/Tue 2pm-4pm</p> <p>Fees: \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日本最新气泡酵素水</u> <u>(酵素功能: 加快新陈代谢, 抗氧化)</u></p> <p>三种酵素减重法 综合果酵素 黄梨酵素 乌梅山楂酵素 (消脂, 减重)</p>	<p><u>Japan's latest brewing enzymes</u> <u>(Enzyme Function: Speed up metabolism and prevent oxidation)</u></p> <p>Three kinds of enzymes weight loss method Assorted fruit enzymes Pineapple Enzyme Ebony Hawthorn enzymes (Eliminate fat, reduce weight)</p>
<p>23.01.19 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>火凤凰 (鸡) 招牌豆腐王 家肥屋润 (焖花肉) 班兰、兰花茶 双喜沙冰 蜂蜜生姜茶</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Fire Phoenix (Chicken) Signature Bean Curd King Stewed Pork Pandan Orchid Tea Double Happiness Sand Ice Honey Ginger Tea</p>

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

报名热线: 90605747/98556862 (10:30am~6pm)

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您好，对不起，25/12~1/1 我们没有开店，如果您想报名课程或有其他事情，请联络老板 Jack 98556862，谢谢！

Hi students, sorry, we are closed 25/12~1/1. If you want to register courses or anything else, please call Jack at 98556862. Thank you!

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律动疗法

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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:

红豆水(利尿消肿,稳定血压,改善疲劳,促进胃肠蠕动)

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)

高钙杏仁奶(预防骨质疏松,增加好的胆固醇)

讲师资历

Anna

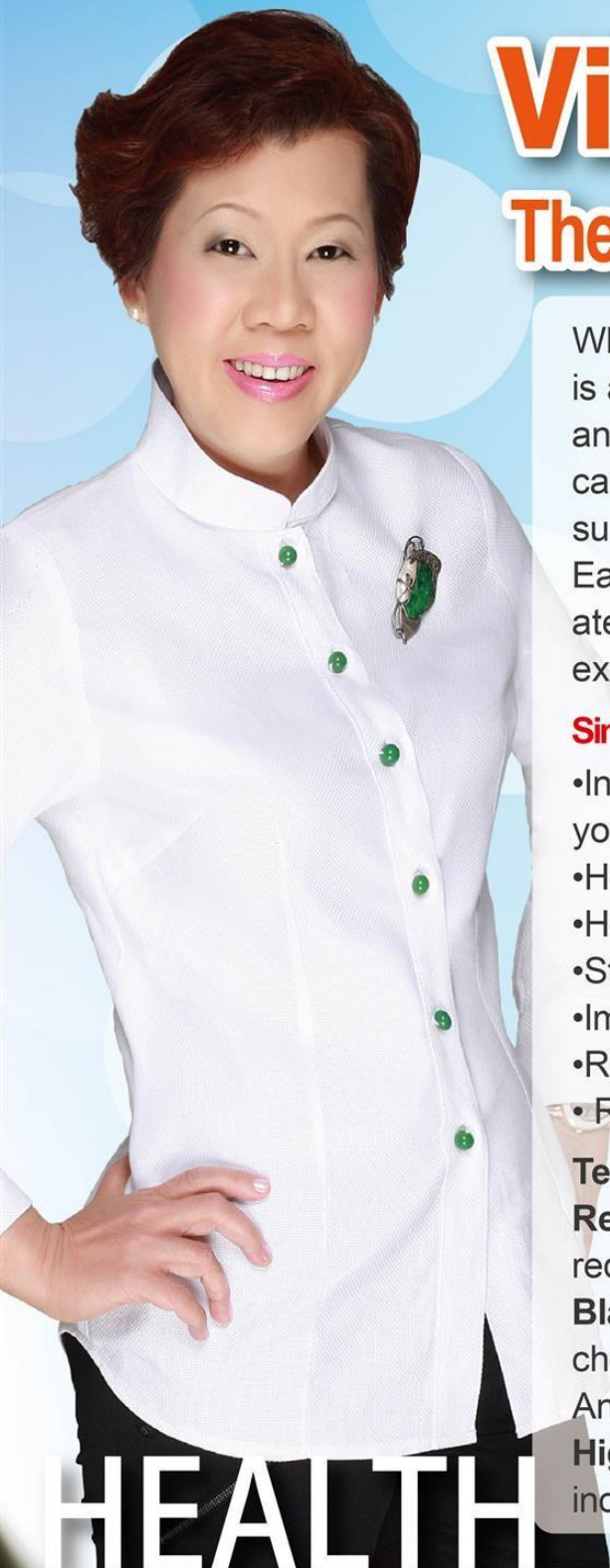
潘秀霞老师

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: 05/01/19 星期六, 2pm-4pm • 附注: 课后 可一对一个别教导
- 报名热线: 90605747/98556862 • 名额有限, 仅限20位, 报名从速, 谢谢
- 上课地址: 82 Lorong 23 Geylang #01-03 S 388409 (如要代理, 可专门培训)



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Simple and easy exercises 15 minutes twice per day:

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- 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:

Red Bean Drink (reduce edema, lower blood pressure, reduce tired, helps for digestion)

Black Bean Drink (helps for constipation. Lower cholesterol. Prevent cardiovascular disease.

Anti-aging and improve edema)

High Calcium Almond Milk (Prevent osteoporosis and increase good cholesterol)

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

ABOUT ANNA PHUA

Anna

- Fees : \$10 • Time: 05/01/19 Sat , 2pm-4pm • Tel : 90605747/98556862
- PS : After class, you can take one to one Individual teaching.
- Address : 82 Lorong 23 Geylang #01-03 S 388409 (can do internal training for distributor)

Aromatherapy

經絡與芳香療法



課程表

(2019年1月份) 導師：游子

- A. 臉部撥筋芳香療法 --10/1/19 (星期四) 1:30-3:30
- B. 淋巴排毒芳香療法 --11/1/19 (星期五) 1:30-3:30
- C. 胸腹撥筋芳香療法 --12/1/19 (星期六) 12-4pm
- D. 背部撥筋芳香療法 --14/1/19 (星期一) 12-4pm
- E. 头部排毒芳香療法 -15/01/19 (星期二) 1:30-3:30
- F. 常見病症芳香療法 -16/01/19 (星期三) 1:30-3:30
- G. 肩颈酸痛芳香療法 -17/01/19 (星期四) 1:30-3:30
- H. 腰背酸痛芳香療法 --18/01/19 (星期五) 1:30-3:30
- I. 芳香手工DIY-自制面膜-25/01/19 (星期五) 1:30-3:30
- K. 芳香手工DIY-润唇膏 --26/01/19 (星期六) 1:30-3:30

學費/\$58

諮詢電話☎： 97909884 (游子老師)
90605747