

**August 2014 CLASS SCHEDULE (Tel: 67470069, 62943588)**

请提前三天报名感兴趣的课程 \*\*\*Please book 3 days before your preferred classes!

**IMPORTANT NOTICE:**

Dear friends, to save the earth, this will be our **last time** mailing our monthly class schedule.

You are welcome to check our monthly schedule on our website

[www.annascookingarts.com.sg](http://www.annascookingarts.com.sg) Should you like us to send you a hard copy of the schedule, please call or text us at 9060-5747.

Thank you for your understanding and support!

**重要消息**

亲爱的学友，为了环保，今次是我们**最后一次**发送课程表给您。

欢迎您到我们的网站 [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg) 接受 9 月份的课程表。如果您想要我们继续寄个您课程表请打电话或传简讯【9060-5747】重新登记。

感谢您多年来的了解和支持！

<p>06/08/14 Wed/星期三 2pm-4pm 7pm-9pm \$60 Anna Phua 调理机会 员:\$40</p>	<p><b><u>日本最 In 排毒法 (新)</u></b></p> <ul style="list-style-type: none"> <li>• 排毒蔬菜汤</li> <li>• 抗氧化蔬果汁</li> <li>• 保肝蔬果汁</li> <li>• 怎样清洗蔬果菜、肉类方法。</li> </ul> <p>排毒功效： 帮助排出身体有毒物质，包括添加物、残留农药、重金属等具有抗氧化作用、改善异位性皮炎、血液循环、肠道菌相、骨质疏松症、抑制失智症发展</p>	<p><b><u>Latest Japan Detoxification Series (New)</u></b></p> <ul style="list-style-type: none"> <li>• Detoxification Vegetable Soup</li> <li>• Antioxidant Vegetable Fruit Smoothie</li> <li>• Protect Liver Vegetable Fruit Smoothie</li> <li>• How to wash fruits &amp; vegetables &amp; meat correctly</li> </ul> <p>Detoxification Efficacy: Helps excrete toxic substances, including additives, residues of pesticides, heavy metals, etc antioxidant effect, improves skin, blood circulation, intestinal bacteria, osteoporosis, inhibits the development of Alzheimer's disease</p>
<p>07/08/14 Thur/星期四 2pm-4pm 7pm-9pm 原价\$80 调理机会 员:\$40 Anna Phua</p>	<p><b><u>最新：超赞的蔬果汁减肥法</u></b></p> <p>潘老师分享怎么营养的“喝瘦”自己：<b>【5天蔬果汁喝法----早晨一杯就搞定！】</b></p> <ol style="list-style-type: none"> <li>1. 排毒蔬果汁-清除体内的“负担”。</li> <li>2. 消水肿蔬果汁-排出体内的“积水”状况。</li> <li>3. 分散“坏”脂肪蔬果汁-缩小体内脂肪细胞积累。</li> <li>4. 修补消化系统蔬果汁-恢复最佳消化功能。</li> <li>5. 修复提升新层代谢蔬果汁-培养健康的苗条体质。</li> </ol>	<p><b><u>Healthy Slimming- Fruit &amp; Vegetable Juicing</u></b></p> <p>Anna shares how you can juice yourself slim with the key of drinking the right juice at the right time:</p> <p>[The 5 Day 1 Breakfast Juice Method]</p> <ol style="list-style-type: none"> <li>1. Detox - clear the toxins that clog up your digestive system</li> <li>2. Solve Water Retention - expel excess water weight</li> <li>3. Blast Fat - increase fat metabolism and reduce stubborn cellulite</li> <li>4. Recover Digestive System - restore optimum digestive abilities of your body</li> <li>5. Strengthen Metabolism - cultivate a body that is weight-gain-resistant</li> </ol>

13/08/14 Wed/星期三 2pm-4pm \$55  Mdm Chee	<b>经典下午茶</b> 1.古法黑糖马拉糕（松，软，Q） 2.软滑冷豆花 3.娘惹粿各瑞	<b><u>Popular Classic High Tea</u></b> Traditional Brown Sugar “ Ma La Ko” Cold Tofu Pudding Nonya Kueh Ko Swee
14/08/14 Thur/星期四  2pm-4pm 特价:\$60 Mrs Lim	<b>商业拉西叻吗</b> 香兰椰浆饭 秘制辣椒酱 炸香脆江鱼仔 三峇江鱼仔 炸香脆鸡翅膀（教调脆浆粉）  (潘老师推荐一定要学)	<b><u>Commercial Nasi Lemak</u></b> Pandan Nasi Lemak Chilli Sauce Crispy Ikan Bilis Sambal Ikan Bilis Deep Fried Crispy Chicken  ( Highly recommended by Anna)
18/08/14 Mon/星期一  2pm-4pm 7pm-9pm 原价每堂\$50 首 20 位优惠 特价\$10  <b>Educator</b> <b>Mr. Jason</b> from Taiwan	<b>首创全球律动先驱—Mr.Jason:</b> 来自台湾律动之父的研发者，拥有世界发明专利 • 预防示范科技 • 轻松享受律动乐趣 • 快速提升身体享受曲线 • 好体态，每次 15 分钟，打造由外而内的健康人生（瘦身，除酸痛，助排便，好睡眠） 潘老师教您调配月合约苗条蔬果汁 1.早上第一杯清肠平坦小腹蔬果汁 2.营养及让精神充沛综合梅子奶昔 3.超好喝瘦身芝麻豆浆	<b><u>The First Global Vibration Therapy</u></b> with Mr Jason-from Taiwan wend class patented exercise machine with benefits supported by published research and development and doctors 15 minutes/ twice per day  Anna’s Teacher (1) Colon Cleansing Breakfast Smoothie (2) Energizer Plum Shake • Slimming Soya-Bean Milk
20/08/14 Wed/星期三 2pm-4pm 7pm-9pm 学费\$95 沈稀师父	<b>老火汤创始人，汤王沈稀师父传授煲汤的秘诀</b> 老黄瓜排骨汤（清热排毒） 白果猪肚汤（补气养颜） 迷你佛跳墙（滋阴补肾强身） 如学此课程与 27/08/14 课程原价\$215 两课同上特价\$170（节省\$45）	<b><u>Traditional King’s Soup</u></b> <b>Old cucumber Pork Rib soup( reduces heatiness and detox)</b> <b>Ginko Nut Pig Stomach Soup (energy and beauty)</b> <b>Mini pot Buddha jumps over (strength kidneys)</b> <b>Learn 20/8 and 27/8 usual price \$215</b> <b>Promotion price S\$170</b>
22/08/14 Fri/星期五 2pm-4pm \$85 Chef Anna	<b>冰镇料理</b> • 潮州猪脚冻 • 香港熏蹄白卤汁猪脚冻 • 药膳鸡腿冻 • 辣椒酱	<b><u>Teochew’s and HK cold dishes</u></b> Teochew Chill Pig’s Trotter Jelly) HK Chilli Pig’s Trotter (round shape) Herbal Chilli Chicken Chilli Sauce

25/08/14 Mon/星期一 2pm-4pm 7pm-9pm Anna Phua \$80 调理机会 员:\$40	<b>养生课：健康养生餐（午餐）</b> • 芝麻酱凉面  • 自制花生味豆腐  • 自制芝麻酱  • 山药地瓜浓汤	<b><u>Delicious Healthy Lunch Meal Course</u></b> Sesame Sauce Cold Noodle  Home-made Peanut Paste Tofu  Home-made Sesame Paste  Mountain Yam Sweet Potato Chowder
27/08/14 Wed/星期三 2pm-4pm 7pm-9pm 学费\$120	<b>老火汤创始人，汤王沈稀师父传授煲汤的秘诀</b> 莲藕排骨汤（补肝肾，清肺热，止鼻血，便血） 苹果雪梨排骨汤（清热养颜美容） 香港盆菜（高蛋白，强身补气）	<b><u>Slow Soup Cooking Method Founder – Chef Shen Xi Workshop</u></b> Lotus Root Pork Rib Soup [nourishes liver, clears kidney ‘heatiness’, relieves blood from nose and faeces] Apple & Pear Pork Rib Soup [clears heatiness and beautifies skin] Hong Kong Prosperity Stew [high protein and strengthens body]
29/08/14 Fri/星期五 2pm-4pm \$65 Mrs Lim	<b>经典下午茶</b> 古早味艾叶粿（可做甜/咸） 水晶珍珠粿（莲蓉馅） 紫番薯花粿(馅豆沙)	<b><u>Classic Afternoon High Tea</u></b> Traditional Yomogi Leaf Kueh (sweet /savory filling) Crystal Pearl Kueh (lotus paste filling) Purple sweet potato flower shaped kueh (red bean filling)

**Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!!!**

好消息/Good News!

**We have moved. Welcome to our new home!**

**Atrix at Aljunied MRT**

82 Lorong 23 Geylang #01-03 Singapore 388409

**How to get there?**

**MRT:**Aljunied

**Bus:** 40、62、63、80、100、125、158

**National Day’s Alkaline Star Water Promotion**

**Star Water 5 plate Alkaline Water .Usual price **\$2188****

**Trade in old water filter or machine **(-\$490)****

**Promotional Price: **\$1698** (while stock last)**

**Price inclusive of GST and Installation**

**For more information or demonstration, please call Anna’s Cooking Arts**

Anna’s Cooking Arts [Facebook Page] + [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

coyaku@yahoo.com.sg

82 Atrix Lor 23 Geylang #01-03 Singapore 388409

## **Class by Valerie**

**23 August Saturday 3pm**

### **DELICIOUS DETOX: 5 DAYS MAKE AHEAD SOUP MEALS**

**Eat, drink, and detox!**

**Nourish your body to enhance your metabolism with simple and satisfying soup meals you can prepare in advance. Fantastic single servings for the whole family too.**

- **Superfood Soup Base**
- **Thai Delicious Detox Soup Meal**
- **Japanese Miso Delicious Detox Soup Meal**
- **Italian Garlic Tomato Delicious Detox Soup Meal**
- **Indian Curry Delicious Detox Soup Meal**

**SGD 59**

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**30 August Saturday 3pm**

### **GOOD FOOD HEALS:**

#### **EVERYDAY MEALS AND DESSERTS FOR SPECIAL NEEDS KIDS, SKIN AND GUT AILMENTS**

- **Basic Fish Stock [high in Gelatin and minerals that restore gut wall/intestinal lining]**
- **5 Day Make Ahead Vegetable Soup Base**
- **Wholesome Breakfast Smoothie**
- **Homemade Sour Gummies**
- **High Probiotic Sauerkraut [high in enzymes that restore gut flora/good bacteria in the gut; potent immunity booster]**

**SGD 59**

**Register early by calling (65)67470069, 62943588 SMS 90605747 or email: coyaku@yahoo.com.sg**