

Kee Yew's Vegetarian Wellness Classes Schedule 2011*:

updated 30th December '10

For 2012 schedule, please visit

<http://cielosereno.net/Vegetarian%20Wellness%20Classes%202012.pdf>

Month	Date / Time	Course / Event	Venue/Co-organiser ^/ Investment /Remarks
Jan	15 Jan 2011 (Sat) 3.00pm~8.00pm	Biogenic Cuisine Workshop (English)	Onaka (SGD128)
Feb	13 th Feb 2011 (Sun) 3pm~4pm	Detox and Health (English)	Tampines Library Auditorium / Great Eastern Insurance (SGD5)
	20 th , 27 th Feb 2011 (Sun) 3pm~5pm	Simple Vegetarian Cooking (English)	Awareness Place (SGD30 for 2 classes)
Mar	19 Mar 2011 (Sun) 8am~6.30pm	1 Day Local Organic Tour (Mandarin)	Awareness Place/ Cielo Sereno (SGD65)
	27 th Mar 2011 (Sun) 2.30pm~4.30pm	Detox and Health (Mandarin)	Sagamudra Buddhist Society <i>Entrance fee to be advised</i>
Apr	17 th Apr 2011 (Sun) 3pm~4pm	Nutrition for Early Childhood (English)	Tampines Library Auditorium / Great Eastern Insurance (SGD5)
	22 nd Apr 2011 (Fri, P.H.) 8.30am~5.30pm	Simple Detox Workshop (English)	Awareness Place (SGD80)
May	29 th May 2011 (Sun) 3pm~5pm	Vegetarian Wellness Course (English) – Lesson 1	Awareness Place (SGD250 for 9 lessons)
Jun	12 th , 19 th Jun 2011 (Sun) 3pm~5pm	Vegetarian Wellness Course (English) – Lesson 2,3	Awareness Place (SGD250 for 9 lessons)
	26 th Jun 2011 (Sun) 3.30pm~4.30pm	Optimal Diet for a Humble Living (English)	Central Library Imagination Room / Great Eastern Insurance (SGD5)
July	3 rd , 10 th , 17 th , 24 th , 31 st Jul 2011 (Sun) 3pm~5pm	Vegetarian Wellness Course (English) – Lesson 4,5,6,8,9	Awareness Place (SGD250 for 9 lessons)
	23 rd Jul 2011 (Sat) 8am~6.30pm	1 Day Local Organic Tour (English) cum VWC Lesson7	Awareness Place/ Cielo Sereno (SGD65)

Aug	21 st Aug 2011 (Sun) 3.30pm~4.30pm	Managing Your Health Assets (English)	Central Library Imagination Room / Great Eastern Insurance (SGD5)
	30 th Aug 2011 (Tue, P.H.) 8.30am~5.30pm	Simple Detox Workshop (Mandarin)	Awareness Place (SGD80)
Sep	4 th Sep 2011 (Sun) 9am~5pm --Provisional--	Launch of The Veg School – “Setting The Pace” Workshop (Mandarin)	Venue T.B.A / The Veg School
Oct	2 nd Oct 2011 (Sun) 9am~5pm --Provisional--	“Setting The Pace” Workshop (English)	Venue T.B.A / The Veg School
	9 th Oct 2011 (Sun) 3.30pm~4.30pm	Nutritionals For Preventive Medicine (English)	Central Library Possibility Room / Great Eastern Insurance (SGD5)
	26~30 th Oct 2011 --Provisional--	Chiang Mai Organic Tour	Cielo Sereno (price to be advice)
Nov	13 th , 20 th , 27 th Nov 2011 (Sun) 3pm~5pm	The Basics of Healthy Diet (Mandarin) – Lesson 1-3	Awareness Place (SGD60 for 4 lessons)
Dec	4 th Dec 2011 (Sun) 3pm~5pm	The Basics of Healthy Diet (Mandarin) – Lesson 4	Awareness Place (SGD60 for 4 lessons)
	10 th Dec 2011 (Sat) 11.30am~12.30pm	Diet for a Hectic Lifestyle (English)	Tampines Library Auditorium / Great Eastern Insurance (SGD5)
	11 th , 18 th Dec 2011 (Sun) 3pm~5pm	Simple Vegetarian Cooking (Mandarin) – Lesson 1&2	Awareness Place (SGD30 for 2 classes)
	All year round	Personal Vegetarian Coaching Service	Please enquire ☺ E. kee_yew@yahoo.com Hp. 911 75756
	All year round	Healthy Vegetarian Outlet Setup Consultation Service	Please enquire ☺ E. kee_yew@yahoo.com Hp. 911 75756

*All classes/events/charges subject to change without prior notice. Kindly call/email to double confirm/reserve seats.

^All registration and payment via co-organizers

Partners:

Awareness Place [The well-being Centre] | Bras Basah

<http://www.awarenessplace.com/>
#03-39 Bras Basah Complex,
Singapore 180231.
Tel/Fax: 6336 5067
Email: apmc@awarenessplace.com

Cielo Sereno

<http://www.CieloSereno.net/>
Email: CieloSerenoMail@gmail.com

Onaka

<http://www.onakagroup.com/>
8A Biomedical Grove #01-17/18,
Immunos @ The Biopolis,
Singapore 138648.
Tel: 6464 2007 Fax: 6464 2030
Email: info@onakagroup.com

Sagaramudra Buddhist Society 海印学佛会

No 5 Lorong 29 Geylang S(388060)
Tel: 6746-7582 Fax: 6842-6656
<http://www.sagaramudra.org.sg>

Visit Kee Yew's Blog for more Holistic Wellness Info:
<http://learning-holistic-wellness.blogspot.com/>

Other healthy diet resources/support:

<http://VegeHub.org>

<http://meetup.com/Organic-Living>

<http://tinyurl.com/SimpleVeg>