

# The Veg School Educational Programs 2019 (MY)

## **{5D4N Organic Rejuvenation Retreat}**

8-12Feb | 31Jul-4Aug | 25-29 Oct

<http://TheVegSchool.net/tours/OrganicDetox2019.pdf>

## **{4-Day Veg Nutrition Course}**

16,17,23,24 Mar | 6月8、9、15、16日

<http://TheVegSchool.net/VNC2019MY.pdf>

## **{Advanced Nutrition and Healing}**

4,5,6,7 Jul | 10月3、4、5、6日

<http://TheVegSchool.net/ANH2019MY.pdf>

## **{2-Day Dietetic and Nutritional Science}**

21,22 Sep | 11月2、3日

<http://TheVegSchool.net/DNS2019MY.pdf>

## **{2-Day Gastronomic Science}**

25,26 May

<http://TheVegSchool.net/GS2019MY.pdf>

## **{2D1N Veganic Cookathon}**

23-24 Feb | 1-2 Jun | 19-20 Oct

<http://TheVegSchool.net/tours/Cookathon2019.pdf>

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
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# Organic Rejuvenation Retreats

Conducted by Wong Kee Yew @ The Veg School

Our daily lives are experiencing inevitable stress, highly processed food, chemically farmed food and rampant pollutants in our urban settings. There is an increasing need to routinely cleanse our body to regain internal orderliness and vitality, to manage our daily challenges more confidently.

At Organic Rejuvenation Retreats, we will go through cleansing regime where:

- i. We will be flushed with generous amount of ORGANIC juices extracted from freshly harvested vegetables from the farm,
- ii. nourished with life force pulsing elements,
- iii. protected in a humbly organic environment and
- iv. grounded with relaxation activities to harmonize the physical body and to purify the agitated mind.

To bring about behavioral changes to the body, there will also be sharing sessions on

- . life-force management,
- . detoxification principles and
- . balanced diet philosophies, to reinforce the understanding of universal picture of wellness.



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Organic Rejuvenation Retreat is no ordinary wellness retreat, as it is a comprehensive body and mind overhaul workshop, where exercises, detoxification, life force enhancement, mind purification and wellness education are integrated to ensure effective and genuine revamping of wellness.

Do join us in one of the upcoming retreats:

**\*8-12 Feb 2019**

***Titi Eco Farm Resort*** @ Jelebu, Negeri Sembilan, Malaysia.

5D4N Investment :

MYR3100 / SGD1050 per pax on twin/triple-share basis

*(including all meals, juices, accommodation, KL-Titi-KL land transports)*

^Limited to 12pax only.

**\*31 Jul-4 Aug 2019**

***Titi Eco Farm Resort*** @ Jelebu, Negeri Sembilan, Malaysia.

5D4N Investment :

MYR3100 / SGD1050 per pax on twin/triple-share basis

*(including all meals, juices, accommodation, KL-Titi-KL land transports)*

^Limited to 12pax only.

**\*25-29 Oct 2019**

***Titi Eco Farm Resort*** @ Jelebu, Negeri Sembilan, Malaysia.

5D4N Investment :

MYR3100 / SGD1050 per pax on twin/triple-share basis

*(including all meals, juices, accommodation, KL-Titi-KL land transports)*

^Limited to 12pax only.

To register:

Email        [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net)

Whatsapp    [+6591175756](https://wa.me/6591175756)

Call            [+60123790302](tel:+60123790302)

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# [Vegetarian Nutrition Theory Course]

16,17,23,24 Mar 10am-7pm

Date	Classes Description
16 Mar	<p style="text-align: center;"><b>Level 1: The Basics of Healthy Diet</b></p> <p>This comprehensive course details all that you need to know on how to balance a nutritious plant-based diet, what are the do's and don'ts, as well as survival skills to ensure an enjoyable journey into vegetarian lifestyle.</p>
17 Mar	<p style="text-align: center;"><b>Level 2: Organic Living</b></p> <p>This will bring you to the next level from healthy vegetarian, by understanding the benefits of organic food, learn how to identify organic food, and how to harness the power organic food to achieve a life full of vitality.</p>
23 Mar	<p style="text-align: center;"><b>Level 3: Detoxification &amp; Biogenic Living</b></p> <p>This is compact workshop comprising two complementing modules: Purification and Rejuvenation. In this workshop you will learn the safe and effective way to expulse toxins from the body and bring back life force to our body via raw diet.</p>
24 Mar	<p style="text-align: center;"><b>Level 4: Vegetarian Healing</b></p> <p>This is an advanced course, illustrating the core principles and techniques of healing via vegetarian diet. There will be in-depth and scientific analyses of different stages of vegetarian diet in relation to healing efficacy.</p>

This is Malaysia's first comprehensive vegan nutrition and wellness education course.

At The Veg School, we teach you how to adopt a healthy and balanced vegetarian diet, with step-by-step guidance and personal follow-ups.

After you have attended enrichment courses at The Veg School, you will have a solid foundation on vegetarian nutrition and be able to customize a specific diet suitable for your own background.

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)  
Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



Venue : Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

Speaker : Wong Kee Yew

Registration : Kindly forward your Fullname, Email, Mobile number to Whatsapp +6591175756  
or SMS +6012 3790 302 or [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

Fee : RM750

### **Speaker's profile**

The Veg School (TVS) is set up by Mr Wong Kee Yew, who is the director and principal speaker of the course. Kee Yew has a bachelor degree in Biotech (Hons.) from Australia and has worked in life science research sector for 10 years.

He became a vegetarian in 2002 and volunteered in various charity organization such as Vegetarian Society and Kampung Senang. Since 2003, he has been providing public vegetarian educations via seminars, workshops and organic tours for various organizations such as Civil Service College, ABB, Onaka, Awareness Place and many Buddhist temples.

Besides TVS, Kee Yew also run an organic education company Cielo Sereno. Kee Yew's full CV is available at <http://tinyurl.com/WongCV>

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# 《素食营养理论课程》

6月8、9、15、16日 10am-7pm

日期	简述
6月8日	<p><b>第一级：健康饮食基础 (两讲)</b></p> <p>这项包罗广泛知识的基础课程将描述如何从植物摄取均衡的营养，概括健康素食方法的要领与误区。课程中也传授素食入门必备的善巧技术与心态，以便初学者能愉悦地、渐进地将素食实践于日常生活中。</p>
6月9日	<p><b>第二级：有机人生 (一讲)</b></p> <p>“有机人生”将让您对健康素食有更深入的理解。内容涵盖了解有机食品的益处，如何辨认有机食品，认识现代食品危机，以及如何透过正确有机饮食法，让生活充满活力。</p>
6月15日	<p><b>第三级：排毒与活力饮食 (一讲)</b></p> <p>这是个紧凑的课程,主要由两个互补的主题组成—净化与活力复原。课程将教导学生如何运用安全与有效的方法把体内的毒素排出体外，以及通过生食让我们的身体重新寻回生命力。</p>
6月16日	<p><b>第四级：素食养生 (两讲)</b></p> <p>这项高级课程将阐述以素食作为基础的养生原则与技术。再从科学的角度，深入分析不同阶段的素食养生法如何促进身心灵整体健康。</p>

地点：Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

讲师：黄其铖先生

报名：请将姓名、电话、电邮发送至 Whatsapp +6591175756 或 SMS +6012 3790302 或 [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

学费：RM750

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素食学院(TheVegSchool.net) 是新马唯一采取系统化、渐进授课新式来提供公众健康饮食教育的机构。其课程概括广泛的素食健康知识与养生哲理、实用的生活化技巧传授和简易烹饪窍门等素食者受用的一切健康科学资讯。素食学校独特之处在于其循循善诱、身体力行的方式来熏陶素食新生以正确观念体会健康素食，秉持公益、护生、环保的理念来改善个人、公众与环境的健康。

## 讲师简介

黄其铤先生是一名生物工艺学士(Bach of Biotechnology)。毕业于澳洲弗林德斯大学(Flinders University of Adelaide)；从事生物医学研究十年。过去曾在国立癌症中心研究胃癌；后期在基因组研究院任研究助理,专研干细胞。黄先生因此对医药保健颇有认知；尤其对预防医学保健特别关注。近年来，黄先生为了推广保健意识，曾担任新加坡素食协会委员；也积极给多个慈善福利团体办健康讲座、健康烹饪班和有机旅游；多次参与本地电台、电视健康饮食节目和访问。更多关于黄先生的资料：<http://tinyurl.com/WongCV>

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)  
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## The Veg School's Advanced Nutrition and Healing Course

Date: 4,5,6,7 Jul

Time: 10am – 4pm

Venue: Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong, Kuala Lumpur, Malaysia.

Fee: MYR1050 / SGD350

This is an elaborated teaching extended from The Veg School's "Vegetarian Nutrition Course".

Structured in 2 consecutive series, this Advanced Nutrition and Healing Course, emphasizes on the core principles of systematic nutrition management, interference elimination, the universal view of dietetic healing and the holistic relationship between nutrition, energy flow, orderly coordination and self diagnosis.

The content of the course is illustrated as follows:

### Series 1 / 2hrs x 4 sessions: Life Force Management

In basic nutrition classes, nutrition is taught such a way that nutrients play roles as the building blocks of the biomass and players in the biochemistry of our body. "Life force management" offers an in-depth perspective on how nutrients flow indicates the flows and forms of energy and how these energies could be harnessed systematically and partnered with other forms of energies to sustain wellness.

Diseases oriented examples will be illustrated to help the understanding of how proper management of life force via nutrition and non-nutrition methods, play pivotal and fundamental roles in healing.

After this module, students will be able to:

- . build and conserve life force for themselves, pathing the foundation for their personal healing and general wellbeing, through a myriad of life force foods and techniques
- . analyze and assess common diseases in the perspective of life force requirement
- . formulate safe and prudent, dietetic and non-dietetic prescriptions for healing via the principles of life force enhancement

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## Series 2 / 2hrs x 4 sessions: Detoxification Mastery

While detoxification is becoming a fad nowadays, many do not understand the true essence of detoxification. Without the in depth learning of detoxification principles, one will be easily confused or even misguided into unsafe and inefficient ways of detoxification. This can be a significant concern to many under-informed public, given the wide variety of over-hyped detoxification regimes and products offered in the modern wellness industry.

“Detoxification Mastery” will be taught as an extension to the Detoxification Module in TVS’ Vegetarian Nutrition Course, to further elaborate the philosophies and principles of detoxification, in relation to life force management. In this course, detoxification, will be illustrated with examples of common diseases, to go hand in hand with life force management to enhance healing and wellness maintenance.

After this module, students will be able to:

- . perform detoxification safely and confidently on their own using different detox techniques
- . design and customize detox regimes specific to different bodily conditions, lifestyles, backgrounds and some mild diseases
- . formulate safe and prudent, dietetic and non-dietetic prescriptions for healing via the combination detoxification and life force management

Registration:

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Course developed and conducted by

Mr Wong Kee Yew

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## 《高级营养与养生》

日期：10月3、4、5、6日

时间：10am – 4pm

地点：Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong, Kuala Lumpur, Malaysia.

学费：MYR1050 / SGD350

此课程乃素食营养学课程的延续。

高级营养与养生的教学分为两个阶段；分别着重在系统性的营养管理、排毒课题、食疗宏观概论、和全方位养生的四大门槛（营养、生命力、阴阳平衡与诊断）。

课程仔细内容如下：

### 第一阶段（2小时 x 4讲）：《生命力管理》

先前的基础课程提及营养乃是身体的基本建造单位原料，也是生理代谢的基本分子。

《生命力管理》的教学，深入剖析营养如何主导多元能量的分配以及如何善巧地运用不同的能量途径来强身健体。

课堂上也会引用常见病例来解释如何透过营养与生活方式来管理生命力，以表达生命力在养生中的关键角色。

完成此阶段的学习，同学们将懂得：

- 。通过生命力饮食法来提升和节约生命力，自我保健、疗养。
- 。分析常见疾病与其相应的生命力管理方法。
- 。设计安全可靠的生命力餐饮与生活方式，以达至固本培元的目的。

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## 第二阶段（2小时 x 4讲）：《排毒专研》

排毒的课题脍炙人口，然而真正理解排毒的不多。排毒前，如果没有仔细理解排毒的原则，恐怕容易被混淆、误导，以至妥协排毒的安全和效果。

《排毒专研》贯穿生命力管理的哲理，详尽展开排毒技术上各个细节，包括：排毒前后的生命力饮食掌控、排毒程序设计、康复反应护理等。

课堂上也会引用常见病例来解释如何将排毒与生命力管理，两者配合，以建造扶正祛邪的养生平台。

完成此阶段的学习，同学们将懂得：

。自己进行排毒来恢复生命力。

。分析常见疾病与其相应的排毒方法。

。按不同的体质、健康背景设计安全可靠的排毒程序，安排妥当的排毒反应护理，对峙常见轻微疾病。

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课程由黄其銚老师指导

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# Dietetic and Nutritional Science

Dates/Time:

21, 22 Sep 10am-7pm

Venue: Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

Course Description:

The dietetic and nutritional science workshop aims to help you to scientifically understand the 8 food groups. Learn to consume them in a healthy manner and understand their healing properties as well as the pitfalls to avoid and the principles of a balanced diet.

The 8 Food Groups are namely,

- (1) Water
- (2) Proteins
- (3) Carbohydrates
- (4) Fats
- (5) Vitamins
- (6) Minerals
- (7) Fibre
- (8) Phytonutrients

Fee: RM480

To register: Call 012 3790302 / Email [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net)

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
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Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



# 八大食物组合

日期/时间:

11月2、3日 10am-7pm

地点: Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

课程简介:

《八大食物组合》沿着现代科学观点剖析八大食物组合的特征与功能；阐明相关营养素的正确运用、安全管理与常见迷思，来达致营养平衡和疗愈目的。

八大食物组合内容：

- (1) 水
- (2) 蛋白质
- (3) 碳水化合物
- (4) 脂肪
- (5) 维他命
- (6) 矿物质
- (7) 纤维
- (8) 植物营养素

学费: RM480

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# Gastronomic Science

## Dates/Time:

25,26 May 10am-5pm

Venue: Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

## Course Description:

Gastronomic Science is theory course designed to compensate the insufficiency of conventional practical cooking workshops, helping students the understand the principles and philosophy behind the design of gastronomically enticing dishes. Some minimal food prep experiments will be done in class for students to facilitate easier appreciation and comparison of foods prepared in different ways. (please note that this is not a cooking class)

In this theory class, students will be taught

. the fundamental qualities of tasty foods

(& how to predict whether a food will taste yummy by looking at the ingredient list, before you even taste it!)

. the hallmarks of healthy food and comfort food

(& how to convert healthy food into comfort food, and comfort food into healthy food)

. food combinations that heal/kill, the health and taste!

(& how to make predict food compatibility)

. creation of healthy and tasty gourmet foods (encompassing all 5 senses, 6 tastes, cultural background and emotional ties)

Fee: RM500

To register: Call 012 3790302 / Email kee\_yew@TheVegSchool.net

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# 饮食科学

日期/时间:

未定

地点: Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

课程简介:

此理论课程是为着互补平常烹饪工作坊的不足而设计的。关键是帮助学员深切的了解美味餐饮的主轴原则和哲理。课程当中会有少许的实验示范给学员，展现食物料理的花样和衬托出不同料理的差异。（请注意：这个课程不是烹饪班）

课程纲目:

. 美食的基本条件

(学习如何按食材成份来预计食物的美味程度)

. 健康饮食和舒适食物的印记

(学习如何在健康食物和舒适食物之间交替)

. 养生食物与残害食物配搭

(学习如何鉴别良性与恶性食物配搭)

. 创造健康美食

(贯穿五官、六味、文化与情感来创造独特菜肴)

学费: RM500

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# Veganic Cookathon @ Kepyok

Dates:

23-24 Feb | 1-2 Jun | 19-20 Oct

Menu:

## Day 1

### **\*Tea\***

Vegan Green Tea Latte  
Sesame Balls  
Berry Nice Gelato

### **\*Dinner\***

Buddha Soup  
Vegan Bhutanese Chilli Cheese  
Tri-colour Buckwheat  
Burdock Pickle  
Salad of Hope  
Yasai Yaki  
Lemongrass Tempeh  
Spicy Tofu

## Day 2

### **\*Breakfast\***

Minty Chutney  
Wholemeal Idli  
Cocoa Walnut Milk

### **\*Lunch\***

Glutinous Millet Bowl

Minimum 8pax to commence | Fee RM550 (2D1N) ; SGD325 (2D2N, International Student)  
Venue website: <http://KepyokMalaysia.tumblr.com>

Registration/Inquiry: [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net) | Whatsapp [+6591175756](https://www.whatsapp.com/business/profile/6591175756) | SMS +60123790302

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**For more information about The Veg School and Vegetarianism:**

Official Website: <http://TheVegSchool.net>

Mobile Site: <http://m.TheVegSchool.net>

Facebook: <http://facebook.com/TheVegSchool>

Holistic Wellness Blog by TVS Founder: <http://tinyurl.com/KYblog>

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