

# The Veg School Educational Programs 2019 (SG)

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

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

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

## **{Veg Nutrition Course}**

4月27、28日、5月4、5日 | 9, 10, 16, 17 Nov

<http://TheVegSchool.net/VNC2019SG.pdf>

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

4, 5, 6, 7 Jul | 10月3、4、5、6日

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

## **{Dietetic & Nutritional Science}**

8月17、18日 | 12, 13 Oct

<http://TheVegSchool.net/DNS2019SG.pdf>

## **{2D2N Veganic Cookathon}**

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

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

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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**

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

^Limited to 12pax only.

To register:

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

Call            [+60123790302](tel:+60123790302)

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# 《素食营养理论课程》

4月27、28、5月4、5日 10am-6pm

日期	简述
4月27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>
4月28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>
5月4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>
5月5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 Centre, MacPherson, Singapore.

讲师：黄其铤先生

报名：请将姓名、电话、电邮发送至 Whatsapp +6591175756 或 info@TheVegSchool.net

学费：SGD250

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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)  
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# [Vegetarian Nutrition Theory Course]

9,10,16,17 Nov 10am-6pm

Date	Classes Description
9 Nov	<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>
10 Nov	<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>
16 Nov	<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>
17 Nov	<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 Singapore'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, MacPherson, Singapore.

Speaker : Wong Kee Yew

Registration : Kindly forward your Fullname, Email, Mobile number to Whatsapp +6591175756  
or info@TheVegSchool.net

Fee : SGD250

### **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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## 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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## 《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）。

课程详细内容如下：

### 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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# 八大食物组合

日期/时间:

8月17、18日 9am-6pm

地点: Ananda Marga Yoga Centre, MacPherson, Singapore.

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: SGD250

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# Dietetic and Nutritional Science

## Dates/Time:

12, 13 Oct 9am-6pm

Venue: Sagaramudra Buddhist Society, 5 Lor 29 Geylang, Singapore 388060.

## 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: SGD250 | SGD200 (Sagaramudra member)

To register: [Whatsapp +6591175756](https://www.whatsapp.com/channel/00299a61175756) / Email [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net)

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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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