

The Veg School Educational Programs 2024

2024 年素食学校教学行事历

5D4N Organic Rejuvenation Retreat

13-17 Feb | 5-9 Jul | 12-21 Oct

4-Day 【Veg Nutrition Course】 (Online+30days Replay) : 2,3,9,10 Mar

4 天 《素食营养学》 (线上+30 天回放) : 7 月 20、21、27、28 日

4-Day 【Advanced Nutrition and Healing】 (Online+30days Replay) : 1,2, 8,9 Jun

4 天 《高级营养与疗愈》 (线上+30 天回放) : 11 月 9、10、16、17 日

4-Day 【Dietetic and Nutritional Science】 (Online+30days Replay) : 15-18 Jun

4 天 《八大食物组合》 (线上+30 天回放) : 9 月 28、29 日、10 月 5、6 日

3-Day 【Nutrition for Digestive Health】 (Online+30days Replay) : 29-31 Mar

3 天 《肠胃健康与营养》 (线上+30 天回放) : 8 月 9-11 日

3-Day 【Nutrition & Support for Cancer Wellness】 (Online+30days Replay) : 10-12 May

3 天 《癌症健康护理与营养》 (线上+30 天回放) : 9 月 7-9 日

4-Hr 【The Secrets of Children Health】 (Online+7days Replay) : 1 Feb 10am-4pm

4 学时 《小孩健康的奥秘》 (线上+7 天回放) : 8 月 31 日上午 10 时-下午 4 时

4-Hr 【Food Allergies: Causes & Remedies】 (Online+7days Replay) : 17 Mar 10am-4pm

4 学时 《食物敏感症: 原由与疗愈》 (线上+7 天回放) : 11 月 24 日上午 10 时-下午 4 时

Website : 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.



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.

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4-Day **Veg Nutrition Course** (Online+30days Replay) : 2,3,9,10 Mar

9am-6pm (Lunch Break 12-2pm)

Date	Classes Description
Day1	<p style="text-align: center;">Level 1: The Basics of Healthy Diet</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>
Day2	<p style="text-align: center;">Level 2: Organic Living</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>
Day3	<p style="text-align: center;">Level 3: Detoxification & Biogenic Living</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>
Day4	<p style="text-align: center;">Level 4: Vegetarian Healing</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/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.

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Venue : Zoom Online Platform

Speaker : Wong Kee Yew

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

Fee : SGD300 | MYR990

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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4 天《素食营养学》（线上+30 天回放）：7 月 20、21、27、28 日

9am-6pm（午休 12-2pm）

日期	简述
第一天	<p>第一级：健康饮食基础（两讲）</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>
第二天	<p>第二级：有机人生（一讲）</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>
第三天	<p>第三级：排毒与活力饮食（一讲）</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>
第四天	<p>第四级：素食养生（两讲）</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>

素食学校(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 with 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。

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地点: Zoom 线上平台

讲师: 黄其铤先生

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

学费: SGD300 | MYR990

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>

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4-Day **Advanced Nutrition and Healing** (Online+30days Replay) : 1,2, 8,9 Jun

Time: 10am – 5pm (lunch break 12-2pm)

Venue: Zoom Online Platform

Fee: MYR1200 / 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 / 2.5hrs 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

Series 2 / 2.5hrs x 4 sessions: Detoxification Mastery

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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

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Course developed and conducted by

Mr Wong Kee Yew

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4 天《高级营养与疗愈》（线上+30 天回放）：11 月 9、10、16、17 日

时间：10am – 5pm（午休 12-2pm）

地点：Zoom 线上平台

学费：MYR1200 / 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（2.5 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。

第二阶段（2.5 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。

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4-Day **Dietetic and Nutritional Science** (Online+30days Replay) : 15-18 Jun

Time: 10am-5pm (lunch break 12-2pm)

Venue: Zoom Online Platform

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: SGD350 | MYR1200

To register: Call 012 3790302 / Email kee_yew@TheVegSchool.net

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4 天 《八大食物组合》（线上+30 天回放）：9 月 28、29 日、10 月 5、6 日

时间: 10am-5pm（午休 12-2pm）

地点: Zoom 线上平台

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: SGD350 | MYR1200

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3-Day **【Nutrition for Digestive Health】** (Online+30days Replay) : 29-31 Mar

Time: 10am-4pm (12-2pm lunch break)

Fee: SGD300 | MYR990

This is an enrichment theory class on digestive health, probiotics and fermentation. Mr Wong will be explaining the detailed science behind common ailments of the digestive system, giving all-rounded recommendations on how to improve digestive wellness, while clearing common doubts, pitfalls and myths about the digestive system.

There will also be sharing on natural remedies for gut health and recipes on how to make .Vegan Yoghurt .Rejuvelac Fermented Drink .Tofu Misozuke
Miss not this once and only chance to immerse deep into academic studies about digestive wellness, have control over your vitality, immunity and nourishment.

3天《肠胃3天《肠胃健康与营养》（线上+30天回放）：8月9-11日

时间：10am-4pm（12-2pm 午休）

学费：SGD300 | MYR990

《肠胃健康与营养》提升我们对消化道健康、益生菌和发酵饮食更深一层的认识。

课程理，黄老师将详尽分享

- 消化道健康状况背后的科学原理，
 - 圆融性的肠胃保健途径，
 - 常见肠胃健康的迷思与疑惑
 - 肠胃疗愈营养与正见
 - 发酵饮食的科学 with 正确料理

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3-Day 【Nutrition & Support for Cancer Wellness】 (Online+30days Replay) : 10-12 May

Time: 10am-4.30pm (12-2pm lunch break)

Fee: SGD350 | MYR1200

This is a course that devices dietetic and nutritional advice to prevent cancer and to support cancer patients' need.

In this course, Mr Wong will elucidate comprehensively, from both scientific and traditional perspectives, on the multifactorial causes of cancer. There will also be in-depth explanation of the immunology of cancer and the corresponding nutritional tactics/strategies for cancer prevention/harmonization, through internal balance and vitality improvement.

3天《癌症健康护理与营养》（线上+30天回放）：9月7-9日

时间：10am-4.30pm（12-2pm 午休）

学费：SGD350 | MYR1200

《癌症健康护理与营养》贯彻全方位的癌症护理与预防方案，
尤其着重在饮食与营养调理。

课程里，黄老师将从科学和传统疗愈学的角度，
详细解释癌症的各种原由和层层因素。

此课程也能让大家认识癌症免疫学，现代惯例对峙策略；
还有如何透过体内平衡和能量提升，来预防/协调癌症。

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4-Hr 【[The Secrets of Children Health](#)】 (Online+7days Replay) : 1 Feb 10am-4pm

Fee: SGD80 | MYR270

We will explore the growing journey of children from birth to 12yo, looking into their evolving changes in physiology, and deduce what foods are good for children at different stages. Also we will discuss on the lifestyle and environmental nurturing that are beneficial to healthy children's growth.

4 学时 《[小孩健康的奥秘](#)》 (线上+7 天回放) : 8 月 31 日上午 10 时-下午 4 时
学费: SGD80 | MYR270

课程将细入孩童从出生到 12 岁的生理发展历程，
进而理解适合孩童在每一个成长阶段的食物组别。

课堂上，我们也会探讨如何在生活方式和环境改善方面给孩童带来正能量。
同时，我们还会一起剖析孩子常见的疾病，了解根本缘由，给与自然处方建议。

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4-Hr **【Food Allergies: Causes & Remedies】 (Online+7days Replay) : 17 Mar 10am-4pm**

Fee: SGD95 | MYR320

Food Allergies are getting rampant in modern days, and it could be very frustrating for many people. In order to resolve the allergies, many opt to refrain from a long lists of food items, creating a lot of unnecessary psychological burden, nutritive deficiency and negative physiological impacts.

This course will elucidate the true causes of food allergies. Mr Wong will also explain in lay terms, the complicated biomedical principles underlying the causes, and provide guidance on the safe and scientific ways to heal from food allergies naturally, via proper food preparations and lifestyle.

4 学时 **《食物敏感症：原由与疗愈》 (线上+7 天回放) : 11 月 24 日上午 10 时-下午 4 时** 学费: SGD95 | MYR320

现代的食物敏感症日益剧增，许多人会因此而懊恼。为了解决敏感反应而盲目地回避多种食物，造成不必要的心理负担、营养短缺和生理影响。这个课程将带领大家认识食物敏感症的真正来由。讲师也会深入浅出地解说当中错综复杂的医学原理；更依据科学原则提供合理、安全的饮食调理进行疗愈。

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Other Special Programs coming up in 2024:

14-Day Veganic Diet Revamping Retreat @Titi Eco Farm, Malaysia , 13-26 May 2024

5-Day Ayurveda Beginner Course @Tampin, Malaysia, 21-25 Aug 2024

7D6N Blissful Veg Tour @ Bhutan, 15-21 Sep 2024

Inquiries/Pre-registration

welcomed: <http://wky.wasap.my> or kee_yew@TheVegSchool.net

Website : www.TheVegSchool.net
Email : info@TheVegSchool.net
Facebook: www.facebook.com/TheVegSchool



For more information about The Veg School and Veganism:

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>

Life Force Vegan Cookbook: <http://tinyurl.com/LifeForceVegan>

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