



**The Hongkong Japanese Club**

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Cir.Let.No.23726(A)

1<sup>st</sup> September, 2024

Dear Members,

## ■ Our Recommendation

### ❀IKEBANA 花藝示範&體驗活動❀

2024年10月3日(星期四)下午邀請到 IKEBANA 小原流研究院助教授

Mr. CHIJI Masakazu 進行花藝示範,其後亦有插花體驗時段。

詳情及報名 [Click here](#)



## ■ Culture Course

### 親子講座 (體驗) 微縮模型「章魚燒&日本燒餅」

以樹脂粘土製作 1/12 比例的微縮模型「章魚燒&日本燒餅」, 跟隨導師著手試做。

日期 : 2024年9月28日(星期六)下午 2:00~3:00

限定人數 : 10組(會員&4~12歲小童、請2名1組參加)

導師 : 大村玲子女士 \*日語及廣東話教學

學費 : 港幣 150 (包含教材費)



## Stretch Yoga

Yoga Incorporates stretching, blood circulation in the area of stretched improves preventing lower back pain, relieving neck and shoulder stiffness. for beginners and who wishing to stretch.

Date & Time: 9, 16, 23, 30 September 2024 (Mon) 11:30~12:30

Number: Max 10 persons

Instructor: Ms. TAKEUCHI Nina \* Conducted in English

Class Fee: HK\$450 for 4 sessions

Bring along with: Yoga mat, Towel and Drinking Water



## Yoga

Instructor leads the class with various yoga postures according to the learner of different levels. It is a comfortable and relaxing course and is suitable for all ages even without yoga experience.

Date & Time : 4,18, 25 Oct (Fri) at 10:15~11:15 am ※No Lesson on 11<sup>th</sup> Oct.

Number : Max 8 persons

Instructor : Ms. SUMIYOSHI Michiko \* Conducted in English

Fee : HK\$350 for 3 sessions

Bring along with : Yoga mat, Towel and Drinking Water



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Registration to FAX 2577-5534 E-mail : info@hkjclub.com.hk

Please check the box. 微縮模型 Stretch Yoga Yoga

Name: \_\_\_\_\_ Membership No: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone No: \_\_\_\_\_