



The Hongkong Japanese Club

Unit 902, 9/F., Tower 535, 535 Jaffe Road

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Cir.Let.No.23673(A)

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

### ■ 試穿和服體驗活動 Let's try *KIMONO*

於 11 月 22 日（星期五），我們邀請到資深和裝師・川上裕美女士，透過她純熟的和服穿著術讓  
大家藉著穿上和服（着物 *KIMONO*）感受日本文化。尚有少少名額，詳情及報名請點擊連結—  
[試穿和服體驗活動](#)



### ■ Culture Course



#### 硬筆書法

以藝術形式的硬筆書法，來學寫日文 50 音。

日期：12 月 3、10、17 日（逢星期二）9:45~11:15am

限定人數：5~6 位

導師：峰平奈巳代・女士（香港親書派）\*日語教學

學費：港幣 350（共 3 回）教材費用含筆港幣 50（直接付款予導師）

### Stretch Yoga (Trial)

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: 25<sup>th</sup> NOV (Mon) 10:00~11:00am

Number: Max 10 persons

Instructor: Ms. TAKEUCHI Nina \*Conducted in English

Class fee: HK\$100

Bring along with : Yoga mat, Towel and Drinking Water



### Stretch Yoga

Date & Time: 2, 9, 16 DEC 2024 (Mon) 11:30~12:30am

Number: Max 10 persons

Instructor: Ms. TAKEUCHI Nina \*Conducted in English

Class Fee: HK\$350 for 3 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 : 6, 13, 20 DEC (Fri) at 10:15~11:15am

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

### Pilates

Exercise that focuses on muscular balance, improves strength and flexibility, is a safe and effective method of exercise.

Date & Time : 6, 13, DEC (Fri) at 9:00~10:00am

Number : Max 7 persons

Instructor : Ms. HARA Sonoko \*Conducted in English

Fee : HK\$250 for 2 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](mailto:info@hkjclub.com.hk)

Please  check the box. 硬筆書法 Stretch Yoga (Trial) Stretch Yoga Yoga Pilates



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

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