

The Hongkong Japanese Club

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Cir.Let.No. 23757(A)

1st March, 2025

■ 試穿和服體驗活動 Let's try KIMONO

於 3 月 14 日(星期五),資深和装師・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。會員可帶 1 位嘉賓參加!

詳情及報名請點擊連結**一試穿和服體驗活動**



■ Culture Course

Porcelain Art —Parent&Child lesson—

Related to the Easter holiday, Decorate your favorite sticks by decal of depicting flowers, fruit etc. on a plate or rabbit porcelain. Also, you could draw letters or pictures on the porcelain, let's make your own item. Adult and children can create one each.

Date & Time: 12^{th} Apr (SAT) $14:00 \sim 15:00$

Number: 10 Groups (Members and family's children between 4~12 years old)

Instructor: Ms. Natsuka HAYASHI * Conducted in English

Class Fee: HK\$ 300 (including material of two sets)



Yoga

Instructor will lead 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: 11, 25 Apr (Fri) at 10:15~11:15

Number: Max 8 persons

Instructor: Ms. SUMIYOSHI Michiko * Conducted in English

Class Fee: HK\$250 for 2 sessions

Bring along with: Yoga mat, Towel and Drinking Water



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: 7, 28 Apr (Mon) at 11:30~12:30

Number: Max 10 persons

Instructor: Ms. TAKEUCHI Nina * Conducted in English

Class Fee: HK\$250 for 2 sessions

Bring along with: Yoga mat, Towel and Drinking Water

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Registration URL http://w	E-mail info@hkjpclub.com.hk		
Please ✓ check the box.	□Porcelain Art □Yoga	Stretch Yoga	
Name:		Membership	o No:
E-Mail:		Phone No:	
	e statement next to the course si		