

Get ready for a summer of packed full of fun, learning and new experiences. Artyzen Club has organized a host of activities for adults. Classes like yoga, singing bowl and tennis can even arrange 1 - 1 class to fit member's schedule. Please call the Club at 2780 2100 for more details and booking.

From 15 June, the Club is also open for breakfast and afternoon tea. From 8am - 10am, Mondays to Fridays, we welcome early birds to fuel up and start the day right. Whether you opt for a hearty meal, or simple fresh bakery and juices, our attentive staff will warm your coffee and ensure you start with a productive day here.

Meanwhile an afternoon tea experience awaits you at the Lounge every day where a selection of savoury and sweet pastries will be the perfect accompaniments to your tea break.

From July onwards, the Club will also extend a 3-hour parking coupon to members dining at the Green Bar and Dining Room in the evening upon consumption of over HK\$1,000 per table.

雅辰會帶來幸福夏天

充滿歡樂的季節等着您！更可把握學習機會，得到難得的體驗。雅辰會為您安排了一連串的活動，定必討得您們歡心。瑜珈班、韻钵體驗和網球班等，更可安排私人授課。歡迎致電2780 2100查詢詳情及報名。

會所將由6月15日起供應早餐和下午茶。逢星期一到星期五，早上8時至10時，歡迎蒞臨會所享用豐盛早餐開展新一天，選擇品嚐新鮮麵包和果汁，親切的待應會為你沖泡新鮮咖啡，讓您一天精神充沛。

The Lounge每日呈獻精緻下午茶，奉上多款巧手美點和甜品，約同好友一起享用，細味甜美午後。

由七月起，會員於翠綠吧或美膳閣晚膳每桌消費滿HK\$1,000或以上，可享有免費3小時泊車優惠券。



Zentangle Drawing Meditation

禪繞畫冥想體驗

Bring out the artist inside you with the Zentangle method. An easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Dr. Cindy Chan, a certified Zentangle teacher will guide you with easy to follow technique and let you enjoy drawing like a kid. As she puts it, Zentangle drawing has become her daily “mental yoga”.

禪繞畫可展現你藝術家的一面。這是一種易學、鬆弛身心又有趣的作畫方法，透過繪畫結構性的圖案，創作美麗畫像。在禪繞畫認證教師Cindy Chan博士帶領下，輕輕鬆鬆的便可掌握箇中技巧，讓您儼如回到童年般，享受繪畫樂趣。正如Cindy所說，禪繞畫已變成她日常的「心靈瑜伽」。

Lesson 課堂1:

Introduction - Philosophy of Zentangle, elemental strokes and basic pattern on Zentangle tile

工具及基本圖案介紹

Lesson 課堂2:

More pattern - More advanced pattern on various watercolor paper

深層次圖案介紹及水彩練習

Lesson 課堂3:

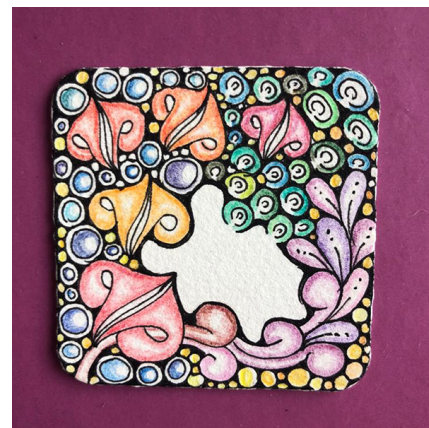
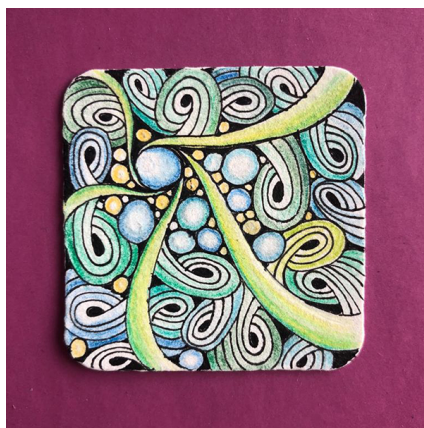
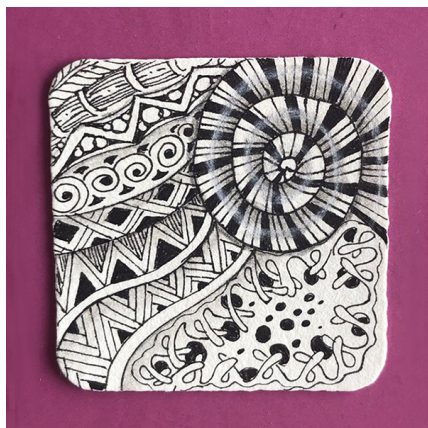
Letter - Zentangle “calligraphy” for greeting cards

書法技巧及練習

Lesson 課堂4:

Bijou and color - Zentangle bijou tile and color pencil

方格及彩色不同的做法



Date: 28 June – 19 July (Every Sunday)

Time: 11:00 – 12:30

Eligibility: Aged 6 or above, male or female welcome (pre-arrangement required for children student as a different tools and materials required).

Class size: 6 – 8 pax

Fee: HK\$1,200 including basic tools

For more details and booking, please call 2780 2100.

日期：6月28日 - 7月19日 (逢星期日)

時間：11:00 – 12:30

參加資格：6歲以上，男女均可
(六歲以上小孩參加，報名時請通知，因需要不同畫具)

上課人數：6至8人

費用：HK\$1,200 (費用連畫具)

查詢詳情和報名，請致電 2780 2100。

Aperitivo time ! Kickstarting this summer, join our sophisticated Italy's happy hours time and sample six premium Italian wines handpicked by the Sommelier. Grab the chance to taste Italy's best wines with tips from our sommelier who will introduce you these wines personally. Members can enjoy the bottle with special discount at the club.

餐前酒約會，飲勝！這個夏天，全情投入意式快樂時光，細味六款由品酒師精挑細選的意大利美酒，更會為您即場提供品酒貼士，品嚐意國頂級佳釀的同時，還可在雅辰會享用折扣優惠！

Wine Region: Veneto, Piedmont, Tuscany & Mount Etna

1. Soligo Prosecco Treviso Extra Dry
2. Massone Gavi del Comune di Gavi, Piedmont
3. Gini Soave Classico, Veneto
4. Castello di Verrazzano Chianti Classico, Tuscany
5. Tenuta Terre Nere etna Rosso, Mt Etna



Date: 3 July (Friday)

Time: 17:00 – 20:00

Fee: Free of charge

For more details and booking, please call 2780 2100.

日期：7月3日 (星期五)

時間：17:00 – 20:00

費用：免費

查詢詳情和報名，請致電 2780 2100。

Maison Christian Dior embodies a refined yet casual approach and becomes a fully-fledged lifestyle, colouring every moment of your life.

Maison Christian Dior 所創造的時尚香薰精品，
體現當代法國藝術風格的生活態度，
為您生活的每一個細節添上香氣四溢的色彩。

The House of Dior cordially invites you to join Maison Christian Dior Workshop*. You may embroider your own pouch to discover the pleasure of perfume. Canapes and beverages will be served. Upon your participation, you will receive a complimentary fragrance sample.

You can Invite a friend to join with you at the workshop. We are looking forward to seeing you.

誠邀您參加Maison Christian Dior 香薰工作坊*，
探索全新的香薰國度。您更可以親手繡上屬於
您香氣的布袋，並享用精美小食與飲品。完成
活動後，可獲贈香薰試用裝乙份。

歡迎攜同一位摯友一起出席。我們期待您的參與!



Date: 17 July (Fri) 18:30 – 20:30
18 July (Sat) 11:00 – 13:00 / 15:00 – 17:00
Class size: Minimum of 6 pax
Fee: Free of charge

日期：7月17日 (星期五) 18:30 – 20:30
7月18日 (星期六) 11:00 – 13:00 / 15:00 – 17:00
工作坊人數：最少6人
費用：免費

For more details and booking, please call 2780 2100. 查詢詳情和報名，請致電 2780 2100。

* Maison Christian Dior Workshop is available for invited customers on first come, first serve basis.
Advanced booking is required. Parfums Christian Dior reserves the right to make final decision on all disputes.
*名額有限，先到先得。敬請致電預約。Parfums Christian Dior 保留一切爭議之最終決定權。

Singing bowls are said to promote relaxation and offer powerful healing properties. Through an one-hour singing bowl journey, the sound frequency resonates with the body, and helps support healing for health issues, relieve the body pain and release depression, and nourish your mind, soul and body.

據說頌鉢有舒緩作用，具強大的轉化及療癒力量。
透過1小時的頌鉢旅程，以音頻與身體產生共鳴，
有助促進血液循環，緩解身體痛楚，讓緊張的思緒平靜，使身心靈均得到滋潤。

Instructor Bertha possesses over 10 years' experience on singing bowl and has performed in mind, soul, body events in the region.

導師Bertha擁有10年頌鉢經驗，並曾參與亞洲區多項身心靈活動，分享頌鉢治癒之聲。



Remarks: Please wear comfortable clothes & bring your own mat
Private class available

備註：衣著以舒適為宜，並請帶備地墊
可提供私人授課

Date: 1 August (Saturday)

Time: 11:00 or 15:00 (1.5 hrs)

Eligibility: Aged 18 or above, male or female welcome

Class size: 4 – 7 pax

Fee: HK\$600 per person

For more details and booking, please call 2780 2100.

日期：8月1日 (星期六)

時間：11:00 或 15:00 (1.5小時)

參加資格：18歲以上，男女均可

上課人數：4 – 7 人

學費：HK\$600 (每位)

查詢詳情和報名，請致電 2780 2100。



Bonnie Chan has dedicated herself to Yoga since she moved to Hong Kong six years ago. She has completed her Yoga training in Bali; studied Mindfulness and meditation in Spain, as well as Nutrition in Hong Kong.

She strongly believes wellness promotes self-awareness and understanding, which in turn ensures lasting health.

Bonnie Chan 於6年前移居香港後，致力修煉瑜伽。

她在峇里島完成瑜伽訓練，再往西班牙修讀靜觀

正念和冥想療法，又在本地讀營養學課程。

Bonnie 深信身心快樂，有助提升自我意識和了解，從而長保健康。

Eligibility: Aged 18 or above, male or female welcome

Class Size: Minimum 2 pax

For more details and booking, please call 2780 2100.

參加資格：18歲以上，男女均可

上課人數：最少2人

查詢詳情和報名，請致電 2780 2100。

Want to play like a pro?
Former Davis Cup and ATP ranked tennis players provide
world-class coaching for players of all ages for our Club members

想玩得像個專業網球手？曾參戰台維斯盃，
以及獲職業網球聯合會（ATP）排名的網球精英，為會員提供
世界一流水準的教練服務，無論屬哪個年齡的您，都可變身網球好手。

Tennis
Class
網球班

Eligibility: Aged 5 or above, male or female welcome

Class : Minimum 4 to 6 pax or 1 to 1 private class

For more details and booking, please call 2780 2100.

參加資格：5歲以上，男女均可

上課人數：最少4至6人(團體)，或1對1授課

查詢詳情和報名，請致電 2780 2100。

