



和景華人聯誼會

CHINESE ASSOCIATION OF WOKING

www.cawoking.org.uk

关于 CCP 组织的活动预告

CCP Notice

2018年11月13日和20日 接下來的兩次週二，CCP 举行瑜伽练习。我们很高兴瑜伽老师:張盼盼会来教大家做些基础瑜伽动作。请带上自己的瑜伽垫或毛巾。欢迎会员和非会员有兴趣的朋友来参加！

13th and 20th November 2018 CCP has organised Yoga exercise for 2 weeks. We are glad that Yoga teacher Zhang Panpan will come to teach us some basic Yoga exercises. Please bring your own yoga mat or towel. Welcome members and non-members interested friends are to attend!



收费：会员每人两镑，非会员每人三镑。欢迎大家带拿手小菜来聚餐，凡未带美食者，每人多交三镑。

Costs: Member £2 each Non-Members £3 each. Please bring a main course along to share with the group. Those who does not bring any food along will pay an additional £3 per person.

Programme 节目时间表:

10:30am	CCP opens	活动开始
10:45am - 12:30pm	Yoga exercise	瑜伽练习
12:30pm - 2:00pm	Lunch	午餐

地点/Venue: Old Woking Community Centre, Sundridge Road, Woking GU22 9AT

联络人/Contact：孔繁紅/Fanhong Kong or Adela Shum ccp@cawoking.org.uk
or via CCP wechat group