



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 4 月 24 号这周二，CCP 组织瑜伽练习。瑜伽可能有助于更好地睡觉或减少感冒或感觉更轻松自在。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！

24th April 2018 Next Tuesday, CCP has organised Yoga exercise. Yoga may be benefits for help sleeping better or getting less colds or just feeling more relaxed and comfortable. Please bring your own yoga mat or towel. Welcome members and non-members are interested friends 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	旅游分享
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