

PROPOSED PROGRAMS/ACTIVITIES/WORKSHOPS

1) Dancing Workshops

Option A: Fusion/Line Dancing

Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity. The benefits of line dancing are many: it can be done to country, rock, pop, or salsa music; reduce stress; increase energy; coordination skills; memory; friendly and social; you don't need a partner; age is not a factor-kids to grandparents can do it ;and no special clothes are required.

Option B: Modern Jazz/Street Dance/ Hip Hop/MTV Dance

Feel fit and have fun with this great exercise/workout, be more confident, and become a good dancer-learning the latest dance moves to popular music!

Option C: Belly Dancing

Belly Dancing is a fantastic fun way to get fit, lose weight, shape up and look & feel sexy! It can improve coordination, balance, muscle tone and posture. Belly dancing tones your abs, firms your arms and shoulders and helps with weight loss and look sexy. There are also social and emotional benefits of belly dancing such as stress reduction. Learning to belly dance involves using muscles in your body that you have probably never used before and may feel awkward at first. A little practice can go a long way!

Option D: Cultural Dances (Chinese, Malay, Indian, etc)

2) Fun Singing/Vocal Workshop

Summary details:

- Want to sing 'in tune' to your favourite songs? Or be the envy at karaoke? Or perhaps be the next idol or superstar?

- Fun singing session – learn correct breathing, singing skills and sing fun popular songs! (Breathing Techniques, Vocalization exercises, Pitching, Tone, Song & Lyric Interpretation, Music Theory, Singing Performance)

3) Musical Theatre Workshop

Summary details:

Musical Theatre integrates singing, dancing and acting abilities through musical presentation and interpretation as a whole. Musical Theatre is one of the best training grounds to hone talents, boost confidence and explore creativity!

4) Magicians Workshop

Summary details:

Bedazzle your family and friends with your 'magical' performance!

Benefits

- Improve your Self-Confidence
- Learn Performing Skills
- Enhance your Social Skills
- Discover Magic Secrets
- Utilize both your Right & Left Brain
- Enjoy Magic as a Fun & Relaxing Hobby
- Entertainer- Be the Life of a Party

5) Balloon Sculpturing Workshop

- Learn to sculpture balloon into creative shapes such as animals or flowers
- Entertain your family and friends at gatherings/events
- Enjoy balloon sculpturing as a fun & relaxing hobby

6) Speech & Drama Workshop

Summary details:

- Learn basic speech and drama skills
- Improve self confidence
- Perform a improvisation/play (depending on option chosen)

7) Public Speaking Workshop

Summary details:

- Introduction to presentation
- Common mistakes during presentation
- How to improve presentation (preparation, posture/non-verbal, speech, keeping audiences interested)
- Mini presentation by selected participants

8) Wing Chun Kung Fu Workshop

Exercise, Breathing-Xi Gong & Self Defence

Benefits:

- Improve self confidence
- Fun exercise and self defence
- Learn Bruce Lee's martial art and become a master of your own health and safety.
- Movements are simple to learn & straight to the point
- Suitable for young and old, kids, women and men
- A holistic martial arts combining qigong for health, close quarter combat for self defence, martial arts patterns for character development.

9) Art and Craft Workshops

- 1) Stone Clay Sculpturing
- 2) Candle Making
- 3) Artistic Soap Making
- 4) Ceramics Workshop
- 5) Jewelry or Accessory Box:-Small, medium or large box.
- 6) Decorative Vases:-Small, medium or Large.
- 7) Limited Edition Jeans:-Pant or Jacket.
- 8) Limited Edition T-shirt, skirt or blouse.
- 9) Limited Edition Hand Band, Neck Band, Head Band, Scarf or Hair Accessory.
- 10) Decorative wooden Table:-Small, medium or large.
- 11) Decorative wooden Stools:-Small, medium or large.
- 12) Decorative wooden Cabinet:-Small, medium or large.
- 13) Decorative wooden Chair:-Small, medium or large.
- 14) Decorative wooden Pot:-Small, medium or large.
- 15) Decorative wooden Jar:-Small, medium or large.
- 16) Glass Painting with Decorative Accessories.
- 17) Mirror Painting with Decorative Accessories.
- 18) Frame Painting with Decorative Accessories,
- 19) Collage Painting with Decorative Accessories,
- 20) Batik Painting on T'shirt, Scarf and Cloth,
- 21) Canvas Painting with Decorative Accessories & Mosaics,
- 22) Canvas Shoes Painting with Decorative Accessories,

- 23) Canvas Back Pack Painting with Decorative Accessories,
- 24) Canvas or Woven Bag Painting with Decorative Accessories,
- 25) Canvas Pouch Painting with Decorative Accessories,
- 26) Limited Edition Table Lamp Painting with Decorative Accessories
- 27) Cross Stitching
- 28) Crochet
- 29) Patchwork/Quilting-Freezer Paper, Paper Piecing
- 30) Latch Hook Rug/Carpet Making
- 31) SCRAPBOOKING
- 32) BOOK BINDING

10) Basic Beading Jewelry Making Workshop

*beading tools will be supplied on loan during classes

*Intermediate level available

11) Beading Shoe Making Workshop (for adults)

*beading tools will be supplied on loan during classes

12) Art and Design/Beyond Limit Art Workshop

Optional to choose a theme and medium

Pencil, Charcoal, Pencil Color, Soft Pastel, Oil Pastel, Water Color, Rubber Paint, Ink, Acrylic, Oil Paint, Batik Paint, Mixed Medium, Etc!

Art Options:-Paintings, Illustration & Sketching, Cartoon Drawing, Tattoo Drawing, Manga Drawing, Mosaic Designing, Collage, etc

Summary details:

- Personal creative expression
- Art and Designing Techniques
- Fun and enjoyment

13) Creative Face / Body Painting for Parties

Option I: Artistic Face/Body Painting (optional for full face painting)

Option II: Simple Tattoo or Stencils-Face/Body Painting

14) MANDARIN / FRENCH / MALAY / ENGLISH Language or/and Culture Workshops

Summary details:

- **Basic French workshop (options: to learn culture , places, food, and/or language)**
- **Basic Mandarin workshop (higher levels available)**
- **Basic Malay workshop**

15) YOGA FOR HEALTH Workshop

Summary details:

Yoga postures to build inner & outer strength and flexibility. Create emotional balance through the physical & mental benefits of yoga by practising breathing exercises, flowing sequences, balancing poses & deep relaxation. Positive self awareness & esteem are encouraged.

16) Baking Workshop: Any type Cakes (from cup cakes to wedding cakes)/ Pastries / Decorating

3D cup cakes, wedding cakes, party cakes with pictures, rich butter cake, chocolate cake, moist orange cake, fruit flan, blueberry cake, banana cake, marble cake, walnut cake, black forest cake, carrot cake, chocolate chip cookies,

Fillings and toppings: icing, butter cream, sugar paste, icing, fondant, cream cheese, etc.

- Group demo or hands on baking depending on option chosen
- hands-on decorating
- learn method and tips

inclusive of ingredients, usage of baking tools and decorating toppings and accessories!

17) Grooming

Please see attachment for more details.

18) Creative Development Workshop

How to developing Creative Ideas and Concept and Hands on Creative Project

19) Shoe Development and Designing Workshop

Shoe history, shoe knowledge (types, size, parts, etc), shoe development, creating and designing shoe activity

20) Flower Arrangement Workshop

Summary details:

2 Flower Arrangements

- A beautiful flower basket arrangement
- DIY hand wrapped gift bouquet
- Learn tips on flowers and arrangement

21) Make-up Workshop

Summary details :

- Learn how to apply your makeup like a professional!
- Individualized attention and advise
- right techniques and colors to cover our flaws and to enhance our beauty.
- make up for your beautiful daytime look and for your glamorous night look!
- techniques and tips on make up application. Areas to cover: Powder, Foundation, Eye Shadow, Eyebrow, Eyelashes, Blush & Lipstick

22) 'Know your Colors' / Color Analysis Workshop

Summary details:

- Get a Personal 'Color Test' Analysis to Reveal which 'Season' you are
- Assess your Color History
- Evaluate and Identify your Skin Tone, Hair Color and Eye Color
- Learn Psychology of Color: What to Wear when you want to be Authoritative, or Approachable or Attractive
- Learn How to Bring Out your Face and Skin's Beauty and Healthy Glow, and Make your Eyes Sparkle, while Minimizing Wrinkles, Lines, Shadows and Eye Bags with the Right Colors and Fabrics.
- Discover what Type of Accessories that Best Suits You and to Match the Occasions.
- Understand what are your 'Right Colors' and 'Wrong Colors'

23) Hairstyling Workshop

Summary details:

- Hair Styling tips
- How to use hairstyling accessories
- hairstyling for work and
- hairstyling for dinner/party function

24) Mehendi Art Work Workshop

Summary details:

- Techniques on mehendi art painting and designing
- Recipe for Henna paste
- Making of cones

25) DIY Manicure Workshop

Summary Details:

Participants will learn: how to cut and shape nails; nails trimming; cuticle cleaning; strengthen nails; nail massage; how to brush nails; and nail polish application.

26) Manicure & Pedicure for Events/Parties

OPTION 1:

FULL PROFESSIONAL MANICURE & PEDICURE

OPTION 2:

MANICURE WITH NAIL ART DESIGN STAMPING

Manicure and nail art design stamping and basic Pedicure

27) Batik Workshop

Summary details:

- Techniques on Batik Art Drawing and Painting techniques

28) Jewelry/Multipurpose Box Craft Making

Summary details:

- 'Creating a Beautiful and Creative Jewelry/Multipurpose Box!'
- Designing and decorating a wooden box with Beads, Pebbles, Sequins, Glitter, etc

29) Healthy Family, Happy Home Workshop

Summary details (please see attachment):

- ❖ Learning what causes diseases and how to improve your life naturally.
- ❖ Details procedures for natural health checks for preclinical illnesses, detoxifications and healing therapies- for heart diseases, respiratory problems, migraines and many more modern lifestyle diseases
- ❖ Food for Life- food tasting, demos on family meal preparation, making your own bread and probiotics, healthy recipes
- ❖ Herbal Facial and Hair Care Recipes
- ❖ Get FREE Health Improvement CD and FREE health tracking charts as well as DISCOUNT vouchers for Iridology Health Check.

30) Photography Workshop (indoor/outdoor)

31) Light Painting – Photography Party Events

32) Famous Artist - Drawing/Painting Workshops e.g Van Gogh, Picasso

33) Recycled T-shirt – Tote Bag Making Workshop

34) Princess Doll Making Workshop

35) Graphic Design Workshops

36) CORPORATE PERSONAL DEVELOPMENT PROGRAMS

A. Professional Communication Workshop

Summary Details:

- First Impressions: Meeting and Greeting
- Habits of Speech
- Persuasive Speaking
- Social Etiquette in Professional Relations
- Cross Cultural Communication

Benefits:

Participants will gain useful, personalised tips on how to improve their self-presentation skills, interaction skills, social manners for business, and overcoming cultural fears in dealing with business liaisons. Informal Q&A will be built in, and selected participants will get a chance to deliver mini presentations at the end.

B. Groom2Go (Part 1);

C. Young Executive - Program 1;

D. BzEtiquette & Courtesy;

E. Communication

Summary details of the above (please see attachments):

OUTDOOR ACTIVITIES FOR WORKSHOPS/EVENTS/PARTIES:

37)ARCHERY

- Fee inclusive usage of archery equipment (bow, arrows, etc), targets and obstacle games materials. Note: Outdoor space/field required.
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- Not only it's a fun game, it helps the mind to focus, the body to breathe, the limbs to exercise, the heart to connect and the spirit to develop.
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Classical Archery Experience

1. Introduction to archery equipment and safety procedures
 2. Body stretch
 3. Correct bow & arrow handling, loading, thumb guard and thumb release
 4. Learn correct drawing technique through Flight Shooting
 5. Alignment practise and Target shooting
 6. Fun archery skills challenges and competitions
- All materials and equipment will be provided on loan during the program.
Dress code: long pants, long sleeves, cap/hat, sport shoes

38)PONY RIDING

Pony Experience

1. Introduction about ponies, Q & A, basic handling, feeding, grooming, riding accesories etc.
2. Basic lunging and riding technique for those who want to try and feel what riding is all about
3. Pony joy ride for everyone

39)HOT AIR BALLOON WORKSHOP

F U N • M E S M E R I Z I N G • E X H I L A R A T I N G

While many people think hot air balloon is used for flying and rides, only a few people know that hot air ballooning is a sport that one could get involve in. Now you could experience Hot Air Balloon sport at Hot Air Balloon Workshop!

It is a fun-filled day out activity to experience with family and friends.

This outdoor activity gives the participants hands on physical practical experience to assemble and inflate a hot air balloon with the pilot.

During the session, participants learn about the simple science behind how the hot air balloon is operated. Participants will also get their once in a lifetime dream fulfilled with a ride on the anchored balloon. Being part of the crew setting up the balloon they fly in gives participants an unforgettable memory.

* 3 hours

7.00am Registration

7.30am Briefing

8.00am Setting up the balloon

8.30am Balloon Rides

9.30am Deflation

10.00am Packing & Debrief

Attire: Casual wear with sports shoes (no sandals/heels). Advised to bring a cap and own water as weather can get hot.

BIRTHDAY GAMES AND PLAY PACKAGES:

Inclusive of

- ✓ Small or large Inflatables
- ✓ Little Tikes Play Equipment
- ✓ Balloons Giveaway
- ✓ Colorful Safety Rubber Mats
- ✓ Fun Games/Competitions and Props
- ✓ Event Management

OTHER PARTY/EVENT OPTIONS:

- **Music Bands for all occasions**
- **Thematic Decorations**
- **Mascots**
- **Stilt Walkers**
- **Popcorn & Candy Floss Counters**
- **Fun Fair Games Stall**
- **Sand Art Station**
- **Party Packs**
- **Catering for all occasions**

Price for the above depends on type, duration and total pax.

***Kindly take note the fees are subject to change depending on material costs.

***Travelling /Transport Fees is applicable for workshops held at other venues

FOR MORE INFORMATION, PLEASE CALL: 03-79568768 or EMAIL: larasplace@gmail.com

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