



## SESSION 1, 2022-2023



### About the Adult Education Program

This volunteer-run program is offered to the community by the Parent Teacher Auxiliary for the International School of Bangkok in Nichada Thani, Thailand. You do not have to be an ISB parent to sign up for courses – anyone can join. Funds raised from this program go directly to the ISB PTA, which uses the funds to enhance the educational experience of our students at ISB through financial grants and other directives. The continued support from the community is greatly appreciated.

### How to register

- Fill the [FORM](#)
- Register from September 27th until October 5th.

### How to Pay

- Print out your course confirmation email.
- Accepting cash payments only. Please bring the correct amount.
- **Payments will be accepted at school in the PTA Room, (in front of the main cafeteria), Thursday, September 29th and Friday, September 30th (10am until 12pm) and Tuesday, October 04th and Wednesday, October 05th (01pm until 03pm).**
- *Refunds will only be given in the event a course is cancelled due to lack of participants or other external reasons.*

Please contact the Adult Education Coordinator, Beatriz Mayer & Cristina Marambio ([pta-adulted@isb.ac.th](mailto:pta-adulted@isb.ac.th)) with any questions you may have about the program or courses.

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## **COOKING CLASS**

**Thai Food: Miang Kham**

**Paris Brest**

**Thai Food: Duo Healthy Dishes Set (Appetizer and Main Dish)**

**Thai Food: Khao Soi Kai (Northern Thai Coconut Curry Noodle Soup with Chicken)**

**Thai Food: Duo Popular Thai Snacks (Khao Kriab Pak Moh & Saku Sai Moo)**

**British Seafood Pie**

**Thai Food: Kanom-Jeen Namya Krati**

**Thai Food: Lucky Duo Thai Dessert (Khanom Thong-Ek & Saneh Chan)**

**Thai Food: Duo Healthy Thai Soup (Kaeng Liang & Tom Klong)**

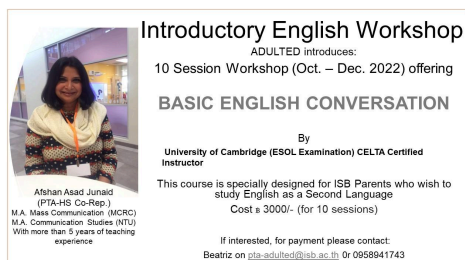
**Thai Food: Crispy Prawn in Tamarind Glaze**

**Thai Food: Lui Suan, Thai Rice Noodle Salad Roll & Spring Roll**

**The Breadfest Club - All About Bread Baking**

# LANGUAGE & CULTURE COURSES

## Introductory English Workshop



**Introductory English Workshop**  
ADULTED introduces:  
10 Session Workshop (Oct. – Dec. 2022) offering  
**BASIC ENGLISH CONVERSATION**  
By  
University of Cambridge (ESOL Examination) CELTA Certified  
Instructor  
This course is specially designed for ISB Parents who wish to  
study English as a Second Language  
Cost = 3000/- (for 10 sessions)  
If interested, for payment please contact:  
Beatriz on [pta-adulted@isb.ac.th](mailto:pta-adulted@isb.ac.th) Or 0658941743

Afshan Asad Junaid  
(PTA-HS Co-Rep.)  
M.A. Mass Communication (MCRC)  
M.A. Communication Studies (NTU)  
With more than 5 years of teaching  
experience

**Instructor:** Afshan

I am a writer, an artist, a communication scholar and traveler. I am passionate about connecting good people together to develop meaningful friendships. English teaching and communication gives me a chance to live this passion with people from different cultural backgrounds.

**The session timings are subject to changes if a High School meeting timing interferes with it. Workshop sessions need to be in-person.**

<b>Days</b>	
<b>Dates</b>	October. 19,21,26,28, November. 2,9,10,17,24,30.
<b>Time</b>	08:00-09:00 am
<b>Location</b>	ISB CC Building Room 309
<b>Cost per 15 classes</b>	3,000 ₪, material fee not included

## Spoken Thai Courses by Narisa Suksai

About the Instructor: All of our day time Thai language courses are taught by Khun **Narisa Suksai**. She was a teacher in a Thai School. She's been teaching Thai language classes for the PTA Adult Ed program for over 15 years.



*The Thai language is a tonal language.*

*When you speak a word, the pitch of your voice is an integral part of that word.*

*If you speak with the wrong pitch/tone, you are saying a different word.*

*Sign up for a class to learn more about this beautiful language.*



## Spoken Thai Course Beginner

Beginners (**Book 1**): Participants learn basic vocabulary, simple daily conversation such as greetings, telling time, calling a taxi, counting numbers, shopping and bargaining, ordering food, and more.

Instructor: Narisa Suksai

### Option 2

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	October. 17, 19, 26, 31, November. 2,7,9,14,16,21, 23, 28, 30, December. 7, 12
<b>Time</b>	10:00-11:00 am
<b>Location</b>	On-line Zoom
<b>Cost per 15 classes</b>	5,100 ฿, material fee included

### Option 2

<b>Days</b>	Monday and Wednesday
<b>Dates</b>	October. 17, 19 , 26, 31, November. 2,7,9,14,16,21, 23, 28, 30, December. 7, 12
<b>Time</b>	12:30-1:30 pm
<b>Location</b>	On-line Zoom
<b>Cost per 15 classes</b>	5,100 ฿, material fee included

## Spoken Thai Course Intermediate

Intermediate (**Book 2**): Participants learn more vocabulary, more conversational Thai, asking and answering questions in picture stories, and much more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	October. 18, 20, 25, 27, November. 1, 3, 8, 10, 15, 17, 22, 24, 29, December. 1, 6
<b>Time</b>	10:00-11:00 am
ISB Room number ...	On-line Zoom
<b>Cost per 15 classes</b>	5,100 ฿, material fee included

## Spoken Thai Course Advanced (Level 1)

Advanced Level 1 (**Book 3**): Participants learn more conversational Thai, more vocabulary, conversation including how to ask questions and answering questions from short stories, comparison and much more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	October. 18, 20, 25, 27, November. 1, 3, 8, 10, 15, 17, 22, 24, 29, December. 1, 6
<b>Time</b>	11:30 am -12:30 pm
<b>Location</b>	On-line Zoom
<b>Cost per 15 classes</b>	5,100 ฿, material fee included

## Spoken Thai Course Advanced (Level 2)

Advanced Level 2 (**Book 4**): Participants learn much more vocabulary, more conversations, more idioms, making questions from story pictures and a lot more.

Instructor: Narisa Suksai

<b>Days</b>	Tuesday and Thursday
<b>Dates</b>	October. 18, 20, 25, 27, November. 1, 3, 8, 10, 15, 17, 22, 24, 29, December. 1, 6
<b>Time</b>	1:00 - 2:00 pm
<b>Location</b>	On-line Zoom
<b>Cost per 15 classes</b>	5,100 ฿, material fee included

## HEALTH

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### Parent Coaching: Raising Confident, Resilient and Happy Children.



#### Instructor: Sona Madian

Sona is a creative, confidence coach /parent coach for over 6 years. I am passionate in coaching and highly believe its impact on myself and many others who have transformed positively and reach to their goals. Through my sessions I share lots of scientifically proven methods and materials that I have gathered and studied over the years.

Would you like to find more clarity and peace, as well as gain some new tools in raising courageous, resilient and happy children?

I am a certified positive transformative coach and also have a parent coaching certification that uses similar techniques to support proactive parents who are willing to discover new ways to raise children with courage, compassion and deeper connections.

My practice relies primarily on proven methods drawn from positive psychology, mindfulness and emotional intelligence. I've seen many parents and individuals gain or regain passion and confidence as we work together to clarify their values, identify their own and children's strengths, and find ways to achieve their goals.

There will be 3 sessions in total; one session per week. We will meet as a group of parents in confidential, facilitated group coaching sessions.

October 18::

1st session: "Defining Confidence, Resilience & Happiness "

October 25:

2nd Session: "Identifying Values & Strengths (you and your children)"

November 1:

3d session: " Some Effective Communication Tools "

At the end of the 3 sessions you can expect to have more clarity and peace of mind and engage in more confident, positive interactions with your child/children whether they are preschool, teenagers, or in between.

<b>Days</b>	Tuesday
<b>Dates</b>	October. 18, 25, November, 1
<b>Time</b>	10:00 am - 12:00 am
<b>Location</b>	Praset Isalam, between IPark and Haus Niche, on the left hand side of a narrow dead end street. For more Info: +66818029902
<b>Cost per 3 sessions</b>	3,000 B

## Personal Development: Non-violent Communication

**Nonviolent Communication**

Thursdays at 10:30-12:30  
Oct. 20, 27, and Nov. 3  
Venue: Praset Isalam,  
between IPark and Haus Niche

**SONA MADIAN**  
Creative Confidence Coach  
www.sonamadian.com  
sonamadian@gmail.com

### Instructor: Sona Madian

Coping with troubling emotions can be difficult. Expressing them can be even more so.

Yet learning to feel and express emotions mindfully, can improve communication in both your personal and professional spheres

I am facilitating 3 interactive sessions to gain new perspectives and some tools on how to listen actively and communicate effectively,

so that you stop control and conflict, instead connect and bond in your relationships.

I support leaders and parents to overcome stress and overwhelm, gain clarity, confidence and peace of mind so that they have more joy and positive impact at home and work.

My practice relies primarily on proven methods drawn from positive psychology, mindfulness and emotional intelligence.

Looking forward to seeing you there!

<b>Days</b>	Thursday
<b>Dates</b>	October. 20, 27, November, 3
<b>Time</b>	10:30 am - 12:30 pm
<b>Location</b>	Praset Isalam, between IPark and Haus Niche, on the left hand side of a narrow dead end street. For more Info: +66818029902
<b>Cost per 3 session</b>	3,000 B

## Pranayama and Breathwork for healthy mind and body

Instructor: Paul Massard

Do you want to have a simple daily practice to calm your mind and bring you good health?

Pranayama is "prana", breath or vital force or life force and "yama", lengthening, expanding or directing.

Pranayama is a foundational practice of Yoga that prepares the body, nervous system, and mind for one-pointed concentration, leading to deeper levels of realization about oneself. Pranayama is one of the most important, transformative practices of Yoga.

"When the breath wanders the mind is unsteady. But when the breath is calmed, the mind too will be still." (Hatha Yoga Pradipika 2.2)

The benefits of daily practice of Pranayama are multiple: calm mind, decreased stress levels, increased respiratory and cardiovascular health, a deeper sense of inner awareness.

No prior yoga experience is required. No prior experience of pranayama is required. The breath practice can be done sitting on the floor, on a chair or partly laying down.

I will teach an easy, accessible to all, sequence of breathwork. I will introduce you to some historical and cultural background of pranayama (Hatha and ashtanga yoga), as well as some anatomical and physiological aspects of breathing. The aim of the workshop is for you to develop a self-practice at home.

I have been practicing yoga for 15 years and have added pranayama in my daily practice in the last 7 years. I have been trained by various pranayama teachers (including Richard Freeman) and recently by Eddie Stern and Robert Moses.

I have been an Executive Coach and Trainer since last year after 20 years of business experience. I chose this path to devote my time to helping others find their light and also to deepen my self-practice of yoga and pranayama. I am also a Master coach and trainer of NLP (Neuro-linguistic programming)

<b>Days</b>	Wednesday
<b>Dates</b>	October. 26; November. 2, 9, 16, 23, 30.
<b>Time</b>	8:30 am - 09:30 am
<b>Location</b>	N2 building 15F 1403
<b>Cost per 6 sessions</b>	3,000 B

## Yin Yoga Class by Marie Massard.

Ease, Stretch, Release, Relax, Connect, Repair, Heal.

Marie, mother of 2 children. French teacher, healer, NLP Life coach. Practice yoga for 15 years and teach yoga for 5 years. Yoga, which means link, is a lifestyle and an attitude to life. It is a way for exploring life, healing various levels of our body and connecting to the source of life.

<b>Days</b>	Tuesday
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<b>Dates</b>	October. 18, 25, November. 1, 8, 15, 22, 29.
<b>Time</b>	8:00 am - 09:30 am
<b>Location</b>	N2 building 15F 1403
<b>Cost per session</b>	400 ₪

## Yoga Class: “Sleep Easy” by Napisa C. Pant.



Sleep Easy.

This class will help you to fall asleep easier and sleep better. I will help you to create a ritual routine and relationship between you and your sleep. We incorporate the complete yoga practice with therapeutic essential oil for a less tense day and better night sleep. All levels of yoga practice including non yoga experience will greatly benefit from this wonderful class.

Napisa C. Pant is a lifetime yoga student with over 22 years of yoga teaching experience. She is interested in helping her students to value self care practice, have a stable mind and be able to cope with any seasons of life. She has been teaching in Nichada for nearly 12 years, teaching adult group class, pre/post natal class and teens yoga classes. With the covid, she continues to serve the community through private classes and zoom class.

Some words from her yoga students :

“ Napisa is a very dedicated yoga professional with years of experience “

“ Her teaching is unique as she caters a wide array of individual’s needs even in a large group of class”

“ Napisa is one great teacher and you will be hard pressed to find a better person.. and if you are reading this .. don’t wait the opportunity “

“ 5 Stars for me”

<b>Days</b>	Thursday
<b>Dates</b>	October. 20, 27, November. 3, 10.
<b>Time</b>	6:00 pm - 7:00 pm
<b>Location</b>	Nichada Clark Hatch
<b>Cost for 4 sessions</b>	1,600 ₪ + 500 ₪ Additional cost for 3 rollerball bottles of essentials oil. The students can pay the instructor and pick up the oil before the session starts.

## WORKOUT & FITNESS

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### Volleyball class

Instructor: Coach Jackie



## Evening

<b>Days</b>	Tuesday
<b>Dates</b>	Oct 18,25, Nov 1, 8, 15, 22, 29, Dec 6
<b>Time</b>	6:30-7:30 pm
<b>Location</b>	ISB Gymnasium
<b>Cost per session</b>	200 ฿

## Beginner Tennis Clinic

Instructor: Coach Nueng



This course focuses on the fundamentals of tennis including grip, forward and serve, backhand serve, level of the ball, and footwork. Previous playing experience is NOT required for participants of this course. **Coach Nueng** (Sirimongkol Poomkes) is a top level coach who is able to break it down for all levels of players.

<b>Days</b>	Wednesday
<b>Dates</b>	October. 19, 26; November. 2, 9, 16, 23, 30, December. 7
<b>Time</b>	7:30 am - 09:00 am
<b>Location</b>	I Park (from Nichada front gate, then turn left, in about 100 m you will see Miracle big gate on the left side)
<b>Cost per 8 sessions</b>	5,600 ฿

## Intermediate Tennis Clinic

Instructor: Coach Nueng



This clinic builds and reinforces the basic fundamentals. Students will work on footwork, position, speed of the ball, top-spin, slice, and control. Previous play experience is **REQUIRED** for this clinic. **Coach Nueng** (Sirimongkol Poomkes) is a top level coach who is able to break it down for all levels of players.

<b>Days</b>	Friday
<b>Dates</b>	October. 21, 28; November. 4, 11, 18, 25; December. 2, 9
<b>Time</b>	7:30 am - 09:00 am
<b>Location</b>	I Park (from Nichada front gate, then turn left, in about 100 m you will see Miracle big gate on the left side)
<b>Cost per 8 sessions</b>	5,600 ฿

## Pilate MAT

### Das PowerHaus Pilates

Instructor: Joanna Morstadt

#### About Me

Having studied both classical and contemporary Pilates methods, I like to offer functional training that is challenging as well as fun. I enjoy helping people become more aware of their body which should, in return, help to decrease pain, increase strength and endurance, and most importantly, get people excited about working out!

#### What is Pilates?

Pilates is a form of exercise that strengthens and tones the entire body- with a strong emphasis on the core muscles. Pilates is named after it's creator, Joseph Pilates and was developed in the 1920's. Pilates places emphasis on alignment, breathing, improving coordination and balance and as mentioned before, strengthening the core. With consistent practice, Pilates can improve posture, flexibility, overall strength and endurance.

#### Who should do Pilates?

Everyone. But let's be more specific!

Teens: With the "mobile phone posture" today, many teens have a difficult time to even touch the ground with straight legs or sit up straight. Many have not yet developed body awareness and how certain movements could either prevent or lead to injuries. Is your teen in need of some posture improvement as well as improving their other sport activities? Pilates can help!!!

Women: ALL women can benefit from Pilates, but especially moms and especially new moms. Are you looking for a lower impact however full body workout? Are you looking for a workout that puts extra emphasis on strengthening the pelvic floor? Are you looking to meet other moms and neighbors in a friendly environment (and maybe chit chat a bit too much)? Pilates and group classes can help!!!



Men: Many men believe that Pilates is only for women, but this is absolutely FALSE! Men can benefit greatly from Pilates because of the focus on the core muscles. Are you looking to prevent, reduce or even alleviate back pain? Pilates can help!!!!

### What are the different torture devices?

Reformer: Springs, leverage and body weight are used as resistance while performing exercises which target specific muscle groups. These exercises are done in all different positions.

Chair: This piece of equipment will help improve your core muscles with the added benefit of focusing on coordination as well as balance.

Barrel: With its rounded shape, this piece of equipment supports spinal movement while strengthening the spine at the same time.

Cadillac: This one does it all. It is excellent for beginners or injured people and yet caters the best to dancers and advanced clients. Whether it is improving your flexibility, or doing some cool things while hanging upside down, this piece of equipment is truly unique!

<b>Days</b>	Tuesday
<b>Dates</b>	October. 18, 25, November 8, 15, 22, 29, Dec 6
<b>Time</b>	10:00 am - 11:00 am
<b>Location</b>	Das powerHaus (in front of the Nichada main gate)
<b>Cost per session</b>	400 ฿

### Muay Thai & Dutch Kickboxing

Instructor: Pahtee Maurice Awuy

Traditional Muay Thai and Dutch Kickboxing class by Maurice

Since I was a child, martial arts always fascinated me and Muay Thai&Dutch Kickboxing in particular. I have been training Dutch Kickboxing since the age of 12 before I made the transition to Muay Thai. I have competed professionally in The Netherlands and Thailand while training individuals, groups and army/police personnel. Since retiring from fighting I find pleasure in coaching all levels of Muay Thai&Dutch Kickboxing at Das Powerhaus.

<b>Days</b>	Tuesday
<b>Dates</b>	October. 18, 25; November. 1, 8, 15, 22, 29; December. 6.
<b>Time</b>	7:00 pm - 08:00 pm
<b>Location</b>	Das PowerHaus
<b>Cost per session</b>	500 ฿

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### HIIT (High-intensity Interval Training)

Instructor: Alicia Whitney



I'm from Venezuela with a passion for HIIT and love to combine training with upbeat Latin music for a high energy calorie burning experience.

High-intensity cardio workouts that includes strength training, functional movements, cardio, speed, power, flexibility, coordination, and agility. These classes are high-intensity fitness classes designed to get your heart pumping. HIIT workouts are perfect for all level of fitness, as you can do it at your own pace. This cardio fitness class will increase your heart rate, make you sweat and burn calories both during and long after your workout.

<b>Days</b>	
<b>Dates</b>	October. 17, 25; November. 7, 14, 21, 28; December. 6, 12.
<b>Time</b>	10:00am - 10:45am
<b>Location</b>	The Terrace Residence Gym
<b>Cost per session</b>	400 ฿

## Aqua Aerobics

Instructor: Sanneke Geraets

Aqua Aerobics is an excellent sports activity for hot climates. You exercise all you muscles, arms, core and legs, in cool water. It's great for muscle toning, cardio and it's gentle on the joints. If you need toning up, shed some weight or have old or not so old injuries (shoulder, knee or else) aqua aerobics can help you reach your goal.

My name is Sanneke Geraets and I have two daughters at ISB since we moved to Thailand in 2021. I studied medicine and my current job entails medical research. I have worked as a personal trainer for four years and since I moved to Thailand in the summer of 2021 I started with daily aqua aerobics classes. In the training we use props like dumb bells, noodles, mittens and ankle weights or ankle floaters.

<b>Days</b>	Monday & Wednesday
<b>Dates</b>	October. 17,19,26,31 November 2,7,9,14,16,21,23,28,30.
<b>Time</b>	10:00am - 10:45am
<b>Location</b>	Premier Place 1
<b>Cost 13 classes</b>	3,000 ฿ dumbbells and ankle weights will be on site for use during classes

## ARTS & CREATIVITY

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### Choral Union: ISB's Community Chorus

#### Choral Union: ISB's Community Chorus

Choral Union, ISB's Community Chorus, is committed to musical excellence and expression where every singer is an integral part of the group. We provide a challenging and supportive choir perfect for those who love to sing and who have a desire to advance their musical skills!

#### Our Mission

To inspire harmony and community through musical excellence in performance, education and outreach.

#### Our Vision

To enrich lives through music, nurture talent, and empower individuals to fulfill their potential.

#### Our Values

Collaboration | Accessibility | Community | Learning | Excellence | Harmony | Joy

We rehearse on Thursday evenings, starting October 20, from 6:00pm-7:30pm in the Choir room, Floor 1 of the CC building at ISB with a concert scheduled on Thursday, December 8th.

About the Instructors:

[Lindsay Fuson](#) has been at ISB for three years as the director of choral studies in the middle and high school. She has coached the high school's acapella group VOX as well as the Cultural Convention vocal team. She has organized and led two successful choral festivals hosted at ISB (BICF) and looks forward to continuing to grow the choir program at ISB as well as future opportunities to travel with the students to festivals and conventions post COVID.



[Anthony Giles](#) has worked at International School Bangkok since 2010, first as Director of HS Choirs and the HS Fine and Performing Arts Chair, and now in his sixth year as the K-12 Director of Arts and Activities. As an arts educator for over thirty years, Anthony has championed initiatives aimed at providing better access to arts for all kids. In addition to his work at ISB, he is active as a guest conductor, singer, and clinician. He and his wife, Jackie (HS Counselor), and their two sons, Zachary (class of '21), and Cruz (class of '27), love living in Thailand. Their daughters, Amanda (class of '13), and Mackenzie live in New York and Washington State, respectively.



<b>Days</b>	Thursday
<b>Dates</b>	October 20, 27, November 3, 10, 17, 24, December 1 Concert scheduled on December 8th
<b>Time</b>	06:00 - 07:30 pm
<b>Location</b>	Floor 1 of the CC building at ISB Room 104
<b>Cost per 7 sessions</b>	1,800 ₹

## Mosaic



Instructor: Aparna Waikar

### Course Description:

Mosaic is a relaxing & fun art that involves cutting, placing & gluing the glass tiles into a pattern & finishing it with grouting to get the classic mosaic look.

### Instructor Description

I have a passion for all types of Art. I feel Art is very calming.

I was working as a mosaic art teacher at the Community Center Shanghai from 2012 to 2021. In this years I have taught about 800+ students from different nationalities and different ages. Now I am looking forward to starting teaching this wonderful art at this Adult Ed program.

## Mosaic Rectangle serving

<b>Days</b>	Tuesday & Thursday
<b>Dates</b>	November 8, 10
<b>Time</b>	10:00 - 12:30 pm
<b>Location</b>	ISB CC Building Room 408
<b>Cost per 2 sessions</b>	3,000 ₹ (material included)

## Mosaic Round Platter

<b>Days</b>	Tuesday & Thursday
<b>Dates</b>	November 15, 17
<b>Time</b>	10:00 - 12:30 pm
<b>Location</b>	ISB CC Building Room 408
<b>Cost per 2 sessions</b>	3,000 ₹ (material included)

## Mosaic Serving Tray

<b>Days</b>	Tuesday & Thursday
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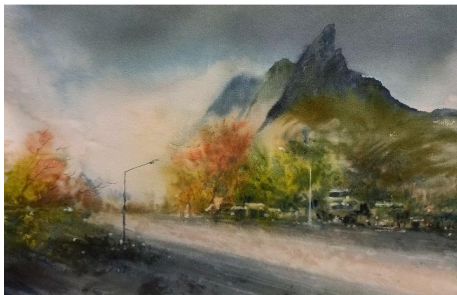
<b>Dates</b>	November 22, 24
<b>Time</b>	10:00 - 12:30 pm
<b>Location</b>	ISB CC Building Room 408
<b>Cost per 2 sessions</b>	3,000 ₩ (material included)

### Mosaic Round Tray

<b>Days</b>	Tuesday & Thursday
<b>Dates</b>	November 29, December 01
<b>Time</b>	10:00 - 12:30 pm
<b>Location</b>	ISB CC Building Room 408
<b>Cost per 2 sessions</b>	3,000 ₩ (material included)

### Watercolor Painting

Instructor: Banjong Boonchoo



I enjoy and have been experiencing watercolor painting for years and years. I would love to share my style and tricks of watercolor painting.

<b>Days</b>	Tuesday
<b>Dates</b>	October. 18, 25, November. 1, 8, 15, 22, 29, December. 6
<b>Time</b>	06:00 pm - 08:00 pm
<b>Location</b>	ISB Invention Center
<b>Cost per 8 sessions</b>	6,400 ₩ + 1,200 ₩ for the material

### Design and Build

Instructor: Banjong Boonchoo



**I experienced design and building stuff for long years as I enjoy doing that. I appreciate sharing my experience with others.**

For this course, an advanced payment to the instructor is required for the purchase of 20mm rubber sheet, wood (4x8 feet). If your design fits into half sheet size you may share with the other to save cost.

<b>Days</b>	Wednesday
<b>Dates</b>	October. 19, 26, November. 2, 9, 16, 23, 30, December. 7
<b>Time</b>	06:00 pm - 08:00 pm
<b>Location</b>	ISB Invention Center
<b>Cost per 8 sessions</b>	6,400 ฿ + 2,500 ฿ for the material

### **Calligraphy (Learning English alphabet calligraphy in cursive style).**

Instructor: Banjong Boonchoo

**I have been experiencing calligraphy writing for years. I would appreciate sharing my skills with others.**

<b>Days</b>	Thursday
<b>Dates</b>	October. 20, 27, November. 3, 10, 17, 24, December. 1, 8
<b>Time</b>	06:00 pm - 08:00 pm
<b>Location</b>	ISB Invention Center
<b>Cost per 8 sessions</b>	6,400 ฿ + 600 ฿ for the material

### **Fruit Carving**

Instructor: Banjong Boonchoo





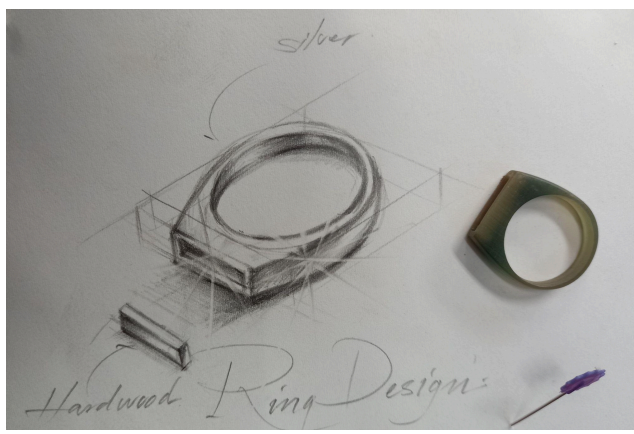
**Learn the various elegant styles of Fruit carving.**

I always enjoy fruit carving every time I put my heart on it, it makes me feel so relaxed and always gaining a good result from it. It's a privilege to share my talents and skills with interested people.

<b>Days</b>	Friday
<b>Dates</b>	October. 21, 28, November. 4, 11, 18, 25, December. 2, 9
<b>Time</b>	06:00 pm - 08:00 pm
<b>Location</b>	ISB Invention Center
<b>Cost per 8 sessions</b>	6,400 ฿ + 1,100 ฿ for the material

## **Jewelry Making**

Instructor: Banjong Boonchoo



I have gained experiences of Jewelry making for many years as well as supporting designing jewelry for my wife's factory. You will learn jewelry making processes from basic skills to higher.

<b>Days</b>	Monday
<b>Dates</b>	October. 17, 31, November. 7, 14, 21, 28, December. 12.
<b>Time</b>	06:00 pm - 08:00 pm
<b>Location</b>	ISB Invention Center
<b>Cost per 7 classes</b>	5,600 ฿ + 2,000 ฿ for the silver material

## Marbling Art

Instructor: Asim Alniçık



1-How to make Traditional marbling patterns (stone pattern,gel-git pattern,shawl pattern,Nightingale nightingale's nest pattern,comb pattern,double comb pattern on paper.

2-Marbling on fabric (cotton cap,cotton mask,50x50cm silk satin bandana)

3-Marbling on leather(2 in 1 small leather bag,magnet leather)

4-Marbling on terracotta

5-Marbling on fiber-cement (coaster 1 set 4 pcs)

Note:The students will get all stuffs what they marbled in class

Our homestudio name "Baanthai Ebru Art "in Ratchaburi, we open workshop ,we have a lot of interesting samples about marbling art in our showroom.

We sale every kind of material about marbling(Marbling paint,gel solution,floater powder,marbling combs ,brush etc.our brand is "AQUASIM" can find in lazada,shopee...



You can learn about us on Facebook & Instagram : baanthaiebruart

<b>Days</b>	Monday
<b>Dates</b>	October. 17
<b>Time</b>	09:00 am - 02:00 pm
<b>Location</b>	ISB CC Building Room 409
<b>Cost per sessions</b>	5,000 ฿

## Lotus Leaf Skeleton in WaterColor and Resin



### **Instructor: Jirasack KHOOHATONG (K. Teck)**

For this beautiful piece of wall art, we provide a giant lotus leaf skeleton that is displayed on a white piece of plywood. Your work will consist in painting the leaf with watercolor and decorating it with many kind of materials like gold leaves, metallic powder, flakes of mica, mother of pearl, ... Afterwards resin will be poured on top.

2 standard size are possible :

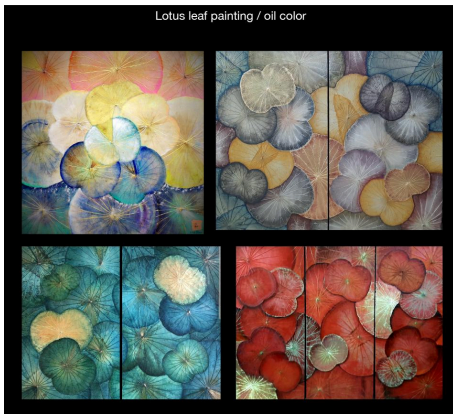
- Diameter 30 Inch --> 6900 THB
- Diameter 22 Inch --> 4500 THB

We have created the lotus leaf painting art since 11 years.

In our studio located downtown on Sukhumvit, we love to teach our visitors our 3 favorite activities : lotus leaves in oil color, lotus leaf skeletons in water color and resin and the art of lacquerware

<b>Days</b>	Wednesday
<b>Dates</b>	November. 15
<b>Time</b>	9:00 am - 01:00 pm
<b>Location</b>	ISB CC Building Room 409
<b>Cost per session</b>	6,900 ฿ or 4,500 ฿ (depending the size)

## Lotus Leaf Painting



Instructor: Jirasack KHOOHATONG (K. Teck)

Local artisans have preserved and overlaid the lotus leaves onto a wood board placed over a frame to provide a unique and captivating foundation for painting on. The workshop will consist in painting these beautiful leaves with oil colors. You will be taught how to use oil color using a brush, sponge or even fingers and also how to decorate the color with metallic powder.

2 possible dimensions of lotus leaf boards are proposed :

24 x 39 inch --> 5500 THB

24 x 24 inch --> 4400 THB

We have been creating lotus leaf painting art for 11 years.

In our studio located downtown on Sukhumvit, we love to teach our visitors our 3 favorite activities : lotus leaves in oil color, lotus leaf skeletons in water color and resin and the art of lacquerware

<b>Days</b>	Wednesday
<b>Dates</b>	October. 19
<b>Time</b>	9:00 am - 01:00 pm
<b>Location</b>	ISB CC Building Room 409
<b>Cost per session</b>	5,500 ฿ or 4,400 ฿ (depending the size)

## Watercolor class by Meeta Awasthi & Vartika Bawa



Professional quality materials can be provided at a cost or you can buy your own: 12x18 Canson Moulin Du Roy 300gm watercolor paper/ Winsor Newton paints.

We are both self-taught artists. We have been creating art for the past 7-10 years. We love learning different styles in watercolors, acrylics and oils and mixed media. We would love to share our learnings with you. We hope you join us in our passion for creating fun artwork!

<b>Days</b>	Tuesday & Friday
<b>Dates</b>	October. 18, 21
<b>Time</b>	10:00 am - 01:00 pm
<b>Location</b>	ISB CC Building Room 409
<b>Cost per session</b>	1,500 ₹

## Acrylic Painting Class by Meeta Awasthi & Vartika Bawa



Materials can be provided at a cost by the instructor or you can bring your own.

We are both self taught artists. We have been creating art for the past 7-10 years. We love learning different styles in watercolors, acrylics and oils and mixed media. We would love to share our learnings with you. We hope you join us in our passion for creating fun artwork!

<b>Days</b>	Friday & Tuesday
<b>Dates</b>	October. 28, Nov. 04, 08
<b>Time</b>	10:00 am - 01:00 pm
<b>Location</b>	ISB CC Building Room 409
<b>Cost</b>	1,500 ₹ per class

## COOKING CLASSES

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### Miang Kham



Instructor: Chef Santiphap Petchwao

Miang kham is a traditional snack from Thailand. It mostly consists of raw fresh *Piper sarmentosum* (Chaphlu) or *Erythrina fusca* (Thonglang) leaves that are filled with roasted coconut shavings and the following main ingredients chopped or cut into small pieces

PIM Food Academy is a Culinary and Food Business Management Institute that offers a great variety of food professional experience. This course is conducted by highly skills chef-instructors..

<b>Days</b>	Tuesday
<b>Dates</b>	October. 25
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## Paris Brest



Instructor: Chef Pimpila Buranasantikui

Paris Brest is one of “Pate a Choux” or Choux pastry. It is one of dessert made from Choux (of choux cream). Paris Brest was originated in 1910 by pastry chef “Louis Durand” who created this dessert to be honored for “Tour de France” from Paris to Brest city. The original shape of the dessert is circle to represent shape of bicycle wheel and stuffed with hazelnut praline cream. Nowadays, it becomes national dessert and is sold in all patisseries in France.

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<b>Days</b>	Wednesday
<b>Dates</b>	October 26
<b>Time</b>	01:00 pm - 04:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## Duo Healthy Dishes Set (Appetizer and main dish)



Instructor: Chef Sawakit Preepram

Crispy pan-fried red snapper with a tangy and punchy avocado tartar sauce that comes together quickly for an easy and flavorful weeknight meal.

Duo Cream Soup is 2 colors, thick cream, smooth texture and mellow taste. That is obtained from pumpkin and carrot which are rich in vitamin A and beta-carotene. Serve as an appetizer.

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<b>Days</b>	Thursday
<b>Dates</b>	October 27
<b>Time</b>	01:00 pm - 04:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,800 ฿

## Khao Soi Kai



Instructor: Santiphap Petchwao

Rich and creamy with tender braised chicken in coconut curry broth with boiled and fried noodles.

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<b>Days</b>	Friday
<b>Dates</b>	October. 28
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿



## Duo Popular Thai Snacks (Khao Kriab Pak Moh and Saku Sai Moo)



Instructor: Kornphatpom Porsuphab

Khao Kriab Pak Moh (Steamed Rice Flour Skin with Sweet Pork) and Saku Sai Moo (Steamed Tapioca Ball with Sweet Pork)

Both menu are popular snack in Thailand with unique taste. Khao Kriab Pak Moh is a steamed rice flour skin but Saku Sai Moo is a steamed tapioca ball. Both menu are the same filling as their stuff made from seasoned minced pork, sweet pickled radish and peanuts. They are served with green lettuce, coriander, fresh chili and topped with fried garlic.

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<b>Days</b>	Tuesday
<b>Dates</b>	November 8
<b>Time</b>	01:00 pm - 04:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## British seafood pie



Instructor: Chef Santiphap Petchwao

British seafood pie

Stir fried seafood with creamy sauce made from milk. Spice it up with Mozzarella Cheese and top it off with hard-boiled eggs and mashed potatoes. Bake it until it turns to color before serving.



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<b>Days</b>	Wednesday
<b>Dates</b>	November 10
<b>Time</b>	01:00 pm - 04:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,800 ฿

### Kanom-Jeen Namya Krati



Instructor: Santiphap Petchwao

Kanom-Jeen Namya Krati is rice flour noodles with minced fishes and red curry in coconut milk. It is a dish of many flavors. This dish can taste totally different depending on the variety of the accompanying vegetables. The vegetables can be served fresh or boiled.

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<b>Days</b>	Tuesday
<b>Dates</b>	November 15
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## Lucky Duo Thai Dessert (Khanom Thong-Ek & Saneh Chan)



Instructor: Kornphatpom Porsuphab

Khanom Thong-Ek & Saneh Chan.

Both sweets are traditional Thai dessert that hardly found nowadays. This sweet name of Thong-Ek means one with life or good one in life. And the name of Sanae Chan dessert means the charming by believing that the charm of sandalwood is a good fortune as it made from "Sandalwood Powder" was used as an ingredient. It will charm people who love to be fascinated by the charm of the sandalwood. Both sweets regularly use in Thai auspicious ceremony due to good meaning. They are made of wheat flour, egg yolks, coconut milk and sugar. The thin gold sheet will be added on top for a nice color and good meaning.

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<b>Days</b>	Friday
<b>Dates</b>	November 25
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## Duo Healthy Spicy Thai Soup (Kaeng Liang & Tom Klong)



Instructor: Santiphap Petchwao

“Kaeng Liang” (Spicy Herbal Soup with Shrimp) is one of the traditional central region soup. Its texture is not too clear and not too thick, providing a quite salty taste and accompanied by some spiciness from the pepper. It is also regarded as a herbal soup because it contains many sorts of herbs and many kinds of vegetables. Moreover, “Kaeng Liang” provides very low calories and has a great deal of benefits, so it becomes one of the popular dishes for health-care person.

"Tom Klong" (Crispy Fish in Hot & Sour Soup) is classified as Tom Yum soup. But there is clarity in the aroma that is different from bringing herbs and other spices to grill until fragrant first then added crispy fish for a contrast in texture. It is a dish that tastes similar to Tom Yum. But its taste will emphasize with salty and sour which is different from tom yum which is more full of flavor.

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<b>Days</b>	Tuesday
<b>Dates</b>	Novembro 29
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

### Crispy Prawn in Tamarind Glaze



Instructor: Kornphatpom Porsuphab

This Thai shrimp recipe is authentic Thai, yet remarkably simple to make. It's the tamarind that makes this dish sing, so don't be tempted to leave it out. This dish is a smell of tamarind sauce that dressed sour and sweet on the fried crispy shrimps. Then sprinkle with fried shallot and garlic. The flavors in this dish are wonderfully bold, so be sure to balance them out with plenty of plain steamed rice on the side.

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<b>Days</b>	Tuesday
<b>Dates</b>	December 6
<b>Time</b>	09:00 am - 12:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## Lui Suan, Thai Rice Noodle Salad Roll and Spring Roll



Instructor: Kornphatpom Porsuphab

Lui suan, Thai Rice Noodle Salad Roll

This rice noodle is considered as a healthy appetizer.” means going through a garden, which truthfully reflects the number of herbs and vegetable in the dish. The rolls are cut into bite size and serve with spicy sauce Thai style

Spring Roll

Spring Roll is influenced by China by bringing cooked wheat flour to wrap various fillings and roll them into round sticks. For Thai people, it has been adapted and applied to our eating culture. The fried spring rolls are delicious differently. Don't miss to discover the secret of deliciousness in this recipe!

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<b>Days</b>	Friday
<b>Dates</b>	December 9
<b>Time</b>	01:00 pm - 04:00 pm
<b>Location</b>	PIM Academy
<b>Cost per session</b>	2,500 ฿

## The Breadfest Club: all about Bread Baking



**Instructor: Rica Beck**

The Breadfest Club by  
@SoMuchtoDough

Hobbyist baker Rica Beck of @SoMuchtoDough on IG & FB shares lessons she learned from fermenting her own wild yeast to make homemade sourdough bread. She started her experiment during the lockdown in April 2020 and has since had success in baking with her wild yeast/sourdough starter, which she fondly named Daenerys.

In The Breadfest Club, Rica aims to make baking both artisanal Sourdough bread and standard yeasted breads less intimidating for beginners. Through failures and triumphs, she shares techniques learned that are practical for home bakers. You will learn hands-on and take home your own dough to bake as your homework. The course includes ingredients, starter kits, links to lessons and guides, bread tasting samples, coffee time, and your own apron inducting you into The Breadfest Club!

Lecture, Demo, Hands on making/baking of:

- Wild Yeast/Sourdough starter
- Comparing Sourdough baking process: short knead, or different extensive knead techniques
- Basic Sourdough Bread
- Bakers Math
- Sourdough bread varieties
- Standard Yeast Bread: Pan de Sal (Filipino Buns) Easy Danish Bread Rolls; Sweet Bread Rolls

Rica bakes an assortment of artisanal sourdough breads, yeasted breads, sweet treats, gourmet pastries and curated bread baskets on special orders for holidays and corporate gifts.

Nichada Neighbor, Mother of 2, ISB Parent of G12, Danish-Filipino Family, New York Real Estate Agent by profession, Self-taught Hobbyist Baker since age 10, Sourdough Nerd and biggest fan of Nordic Breads!

<b>Days</b>	Tuesday & Thursday
<b>Dates</b>	October 18, 25, 27, November 3, 8, 10, 15
<b>Time</b>	12:00 pm - 01:30 pm
<b>Location</b>	39/823, Palm Tree Place condo, Nichada Thani
<b>Cost per 7 sessions</b>	5,000 ฿