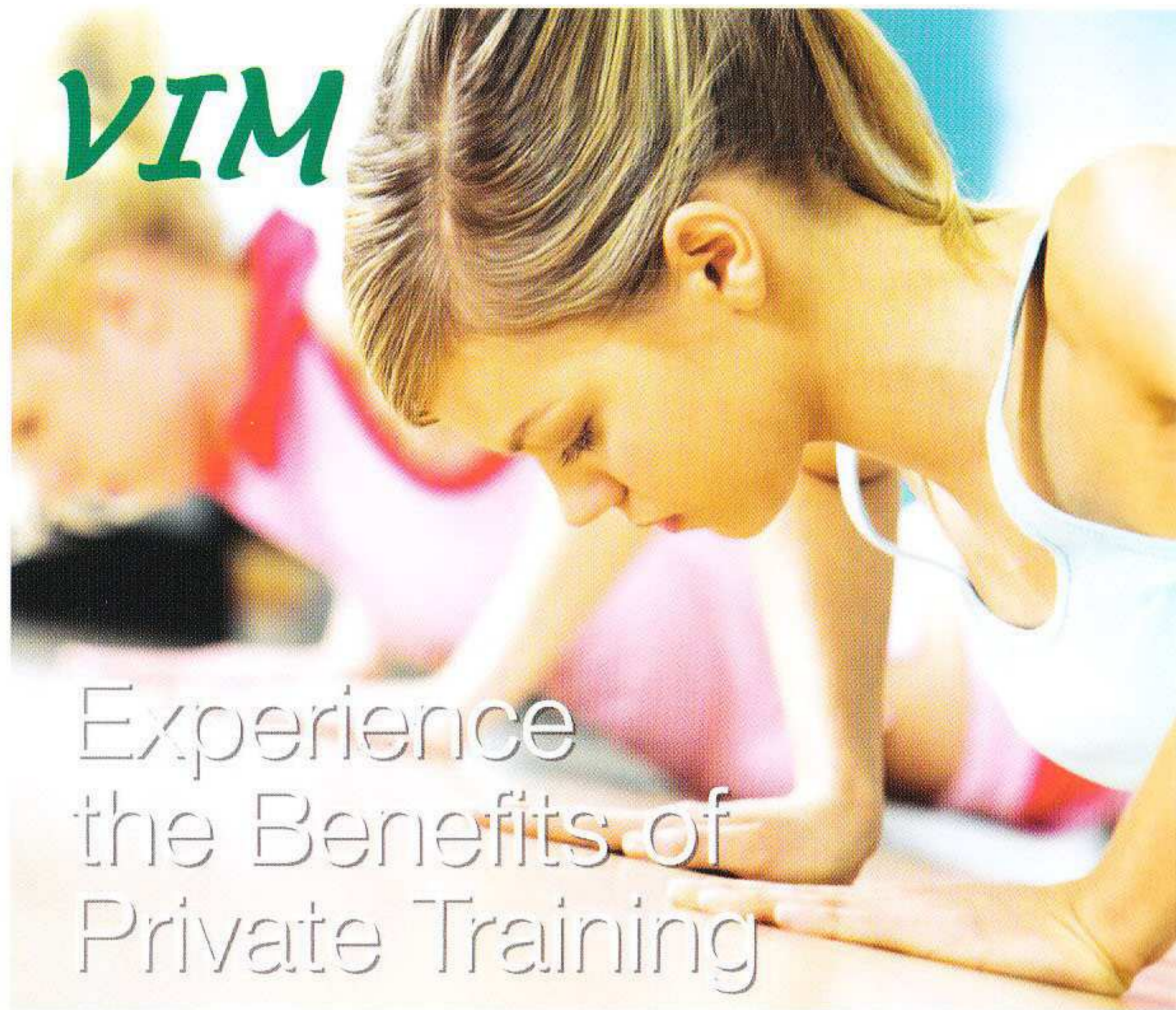


VIM



Experience the Benefits of Private Training

With VIM, you get your new body inside out! Our Pilates instructors will help to re-align your posture with focus on mind-body training. With our personal trainers, you can certainly achieve your fitness goals effectively. All in a private and comfortable ambience!



Pilates Studio



Sports Academy

Visit us at
19/F – 20/F QRE Plaza, 202 Queen's Road East, Wan Chai, Hong Kong

Call 2572 2683

www.vim-pilates.com

FREE EVERY TWO WEEKS

The List

The Magazine That Knows

Get Creative!

EDIBLE CRAFTS
GOOD ENOUGH TO EAT

FINE ARTS
A BRUSH WITH DESTINY

JEWELRY DESIGN
BUILD YOUR OWN BLING

OVER 380 RECOMMENDATIONS

know & tell | Edible Crafts

Edible Crafts

Good enough to eat

AMEDEI

Great Food Hall,
Basement 2 Pacific Place,
Queensway, Admiralty
2918-9986

This family-run business has just won the award presented by The London Academy of Chocolate for the fourth year running. The brand was created in 1990 by brother and sister team Alessio and Cecilia Tessieri, inspired by a passion for chocolate inherited from their grandfather. They travel the world sourcing the best ingredients, including Criollo and Trinitario cocoas, which were on the verge of extinction before Amedei dedicated great care and attention to their revival.

BELJOIE

14/F, Block B,
Kailey Industrial Center,
12 Fung Yip St.,
Chai Wan
2896-3098

www.beljoie.com.hk
Combining Belgian and French chocolate-making techniques, Bel Joie offers a variety of flavors of chocolate. Don't miss their themed creations, including a zodiac chocolate box and a naughty karma sutra selection. They feature seasonal products for Chinese New Year, Valentine's Day and other holidays, and they also do custom boxes tailored to clients' specifications for weddings and corporate events.

CAKE-A-LICIOUS

G/F, 11 Lyndhurst Terrace,
Central
2815-2218.

www.cakealicious.com.hk
This family-run business, Cake-a-licious creates custom-made cakes in the standard chocolate or vanilla flavors as well as more inventive choices like pineapple and coconut. They feature a range of different designs, everything from fire engines to Christmas trees to Dior handbags, and have a wide selection of characters and themes for kids' birthdays.

CHOCOLINE

Shop G8A, Mirror Tower,
61 Mody Rd.,
Tsim Sha Tsui
2312-2826

www.chocoline.com.hk
Chocoline offers a range of chocolate products, including biscuit brownies and toffee rice crispies as well as a selection of chocolate in decorative boxes. They also feature sugar-free chocolates and chocolates in different shapes. Cigar-shaped chocolate, anyone?

COMPLETE DEELITE

6/F, California Entertainment
Building, 34-36 D'Aguilar St.,
Central
3167-7022

www.completeeelite.com
Complete Deelite offers a number of seriously sweet



classes. Their classic cake class teaches you how to make a basic chocolate or butter cake, and they have cupcake and candy-making workshops too. Most of their classes focus on cake decorating, with themes such as tiered cakes and flower designs. They also do private party events for baby showers, tea parties or corporate events.

COUP KITCHEN

8/F, Morecrown Commercial
Building, 108 Electric Rd.,
Tin Hau
2506-0666

www.coup.com.hk
Founded by former head chef at the Excelsior Hotel, Alfred Cheung, this cooking studio offers classes at beginner,

intermediate and advanced levels. They feature a wide range of cake classes, including banana chocolate mousse and tiramisu with lady fingers. They also do specialty desserts, including mooncakes and wedding cake classes.

ELAYNA MARIE CAKES

6338-3646
www.elaynamariacakes.com

Self-describing her work as "edible art" Elayna Marie Berean creates cakes inspired by such varied sources as English 18th century flower motifs to Agent Provocateur lingerie. Her cake flavors are equally imaginative, with lemon vodka, earl grey chocolate and honey lavender being some popular choices. Although she specializes in cakes for weddings and special occasions, she will soon feature seasonal cakes including pumpkins and snowmen as well as old-fashioned princess cakes and red velvet cupcakes.

EVA LIU CONFECTIONERY ARTISTRY

White Bridal Couture,
17 Lyndhurst Terrace, Central
2376-4900

www.eva-liu.com
Eva Liu specializes in wedding cakes, which she designs to reflect the chosen theme of your big day. She also designs bespoke cakes for birthdays, anniversaries and corporate gatherings to suit different styles.

JEAN-PAUL HEVIN

Shop 212, Ocean Center,
Harbor City, Tsim Sha Tsui
2735-3268

www.jphevin.com.hk
Referring to his creations as

ESF Sport Programme

Term 1 – August to December 09
Enrol now!



Learning through Fun

- Experienced and Qualified Coaches
- Convenient times and locations at ESF Schools
- A variety of sports including Swimming, Basketball, Soccer, Tennis, Gymnastics, Trampoline, Kung Fu and Taekwondo
- Mid Term Camp 19th-23rd October, keeping children active and entertained

For more information and a brochure

Tel 2711 1280 Email sports@esf.org.hk

ESF Educational Services Ltd 5/F Cigna Tower, 482 Jaffe Road, Causeway Bay, Hong Kong



www.esf.org.hk



Fab Art Studio ART STUDIO-SCHOOL

Watercolour – Acrylics
Starts August 29th to December 19th 2009

EVENINGS Tuesday And Thursday
DAYTIME Watercolours Wednesday
DAYTIME Acrylics Thursday
ART CLUB Kids Tues - Weds After School
SATURDAYS MORNINGS Talented Teens
SATURDAY AFTERNOONS Advanced Teens

FULL DETAILS AND CONTACTS
Tel: 9756 6852, Studio: 2596 9889, Fax: 2596 9887

Address: 3B, 3/F, Hang Tat Mansion at
161-165 Lockhart Road, Wanchai, Hong Kong

stephen_thomas0620@yahoo.com
Re - booking details. OR please visit website
www.freewebtown.com/stephenthomas/stephen_thomas.html

FYI

The most most expensive cake in the world, the Diamond fruit Cake was covered with 223 small diamonds and cost US\$1.65 million.