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Humidity

Pun Hlaing Estate

Humidity causes moisture, mold on our wall, furniture, clothes and also creates condensation on our windows and is unanimously undesirable. Here are our expert tips on how to avoid humidity:

- Installing a bathroom fan to improve air circulation in the bathroom where warm, damp air accumulates.
- Use range hood, the mechanical fan situated above the oven, stove or cooktop to extract steam, heat, cooking fumes and odors from the air.
- Reduces and maintains the humidity in the surrounding air by using dehumidifier.

- Drying clothes on a line dryer out of doors will help combat the amount of moisture you are bringing into your home.
- Installing air conditioning, a very easy solution but not always the most cost effective.
- Replacing air conditioning filters to ensure fresh air is being circulated.
- Indoor plants in the humid room also help to release small amounts of moisture.
- Opening windows allows fresh air to come into your home and improve air circulation.



Personal Training with Aldrich

Pun Hlaing Country Club

Aldrich is a UK certified fitness trainer and martial arts instructor. He has been in the fitness industry for over 10 years and has trained a wide range of clients, from military to City bankers with basic fitness to athletic level.

To arrange one-to-one, tailor-made fitness or self-defence combat training, call 09420280430.

\$60 for single session for 1 to 2 pax; for a block-booking of 12 sessions will be \$55 per session.



Yoga Class by Esther Lee

Pun Hlaing Country Club

Studio room at the gym. Every Monday 10am and Thursday from 8:30am.

Ks 5,000 per person per class.

All nationalities are welcome to join but the class will be conducted in Korean language mainly.

HOT THIS WEEK



The Residence Pun Hlaing

Yomaland Home Rentals

THE RESIDENCE Pun Hlaing spacious three bedroom and penthouse fully serviced apartments.

Luxurious living areas with amazing views of the golf course. Enjoy a membership to the Oasis Country Club and gym.

01 3687777 | 01 3684246 | 01 3684013
rentals@yomaland.com

WHAT'S ON



Free Yoga Class for Children with Juldyz

Pun Hlaing Country Club

Free Yoga Class for Children again! Increase strength, flexibility, and coordination of your kids with yoga session by Juldyz.

Playroom, Country Club
3:30 PM | Thursday 4th July

Come and Enjoy!



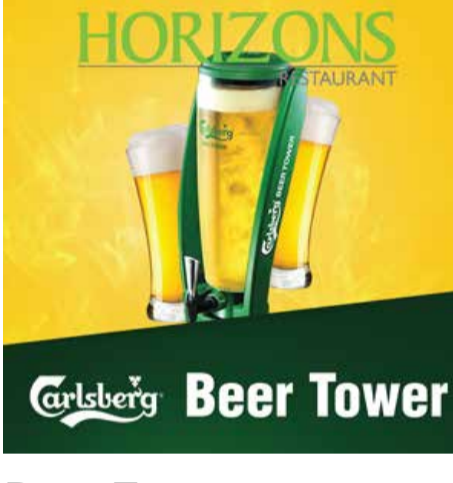
Wine of The Month

Pun Hlaing Country Store

CUVEE SABOURIN
- Cabernet Sauvignon
- Chardonnay
Special Price | 20,000 Ks/bottle |

ESPIRITU de CHILE
- Cabernet Sauvignon 2013
- Sauvignon Blanc 2014
Special Price | 16,000 Ks/bottle |

MUST TRY'S



Beer Tower at Horizons

- Every Saturday and Sunday only
- Starts 11am until 8pm
- 18,000Ks++ per Tower
- Only in JULY!



Award-winning Specials at Horizons

- Pan-roasted Lemongrass Chicken wings
- Fried Udon Noodle
- Ba Zun Zi Salmon Ravioli
- Rakhine style Chicken Oun Damin
- Stir-fried Shrimps with Eggs



Award-winning Specials at Oasis

- Tortellini Prawns Pasta
- Seafood Mohingar Soup
- Pan-grilled Salmon
- Asian Herbs Pork loin Steak
- Chicken Curry Myanmar style



Cake of The Month

Horizons Bakery

Yogurt Mousse Cake
15,000 Ks + tax
Available at Horizons
Only in JULY!



Summer Soccer Camp

Dulwich College Yangon

Dulwich College Yangon will once again welcome back the San Jose Earthquakes. Whether your child is new to soccer, or an experienced player, this is an opportunity to participate in a high level training environment, designed to enable all to improve their soccer skills, techniques, and overall gameplay.

To participate in the summer camp, please reach out to Raffy at 09 446441711 or raffy.boudellah@dulwich-yangon.com.mm, or refer to the poster for registration via QR code.



July Spa Promotion

Oasis Spa

- Spa Promotion**
- Member bring a friend and receive a 20% off on friends.
 - Purchase any spa package receive a 50% discount card on your next spa service.
- Salon Promotion**
- Man Shampoo and Hair Cut - 19,000 Ks
 - Children's Hair Cut (12 years and under) - 9,000 Ks

Limit 3 friends per Member and Membership discount is excluded from this promotion



Delivery Services

Pun Hlaing Estate

Oasis Bistro and Horizons Restaurant offer a variety of pastries, Asian and International delights for home delivery 7:00 AM - 9:00 PM. To place your order, contact our home delivery specialist at 01 3687768, 09 954997890, or download Yoma Living App to order.