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Kokkoya Organics
Pun Hlaing Country Store

Kokkoya Organics trains youth in organic farming on two urban farms in Yangon. They also deliver fresh vegetables to Pun Hlaing every week. Head to their website to sign up for better eating in July and join the community!
www.kokkoyaorganics.com



Dear Residents,

On behalf of all at Yoma Land I would like to thank Peter Freeman for his tireless efforts as GM at Pun Hlaing over the past one and half years.

He has made many valuable contributions to the estate which are very much appreciated.

We wish him well in his next assignment and welcome Aunty Le Le Win (who many of you know) as the interim GM who takes over on 10th July.

Best wishes.
Stephen Purvis
Head of Real Estate.



Ladies Day
Pun Hlaing Golf Club

Pun Hlaing Golf Club would like to invite all Lady Golfers to join this special promotion 'Ladies Day', 40% Discount on greenfee which occurs every Wednesday (excluding public holidays).

For more information or to book please contact:
01-3684 021~4 &
phgcf@yomaland.com

See you here!

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



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.



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.

MUST TRY'S



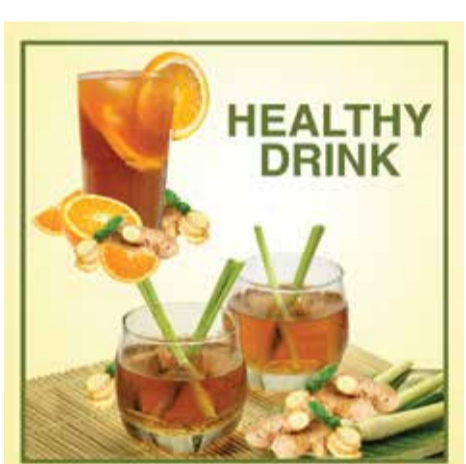
Award-winning Specials at Horizons

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



Award-winning Specials at Oasis

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



Healthy Drink at Horizons and Oasis

- Horizons Orange Ginger Cinnamon Ice Tea
- Oasis Lemongrass and Ginger Juice
- Available in JULY!



Aqua Classes with Lou
Pun Hlaing Country Club

Try out the Aqua Classes. It's a great way to get fit and have fun at the same time. Tuesdays - 8:00-8:45 am. Thursdays - 8:30-9:15 am. Call 09 79 1975 827.



Let's Say No Plastic Straw!
Pun Hlaing Sustainability

3 Reasons Plastic Straws Suck
(1) They harm marine wildlife & ecosystems.
(2) They expose us to unhealthy toxic chemicals.
(3) Used for minutes, here for centuries, pilling up daily.

3 Ways To Stop Sucking Plastic
(1) Skip the straw and sip your drink.
(2) Switch to reusable steel, glass or bamboo straws.
(3) Use paper straws instead.



Health Benefits of Zumba
Pun Hlaing Country Club

- Great for weight loss, up to 1,000 calorie in one hour
- Boost Heart Health, whilst distressing
- Keep dancing, research suggests learning new steps helps prevent dementia
- Great fun, reducing fatigue

Join Zumba Dance Class @ Country Club Gym Tuesday and Thursday | 6:00pm to 6:50pm



Hearty Pastries
Horizons Bakery

- Freshly baked award-winning pastries.
- Available everyday.