



## What is Mindfulness

Mindfulness trains you to observe your thoughts, emotions, and internal and external sensations without judgment. This keeps your thoughts from drifting to the past or future and helps you focus on each moment as it happens. The process can lead to improvements in concentration and emotional well-being.

Mindfulness also activates the relaxation response (the opposite of the fight-or-flight response), which reduces stress and thereby lowers your levels of epinephrine (adrenaline) and cortisol, as well as lowering your blood pressure, heart rate, breathing rate, and oxygen consumption.

Mindfulness helps us to accept and embrace both pleasant and unpleasant experiences. If we can allow unpleasant experiences, it helps us to relax and function more normally physically.

### How it's being used

Mindfulness isn't a cure-all for illness; it's a complementary therapy. Does it work? "I've seen people combine mindfulness with an incremental but steady return to physical activity, and very often recover fully from chronic back pain," says Dr. Siegel. Mindfulness is also being used for bronchitis (to help relieve the distress of coughing), gastrointestinal distress, headaches, and sleep disturbances, among other conditions."



Dr Dan Siegel, Psychiatrist & Neuroscientist, UCLA and Mindsight Institute  
Source: Harvard Health Publications Feb 2016



Mindfulness Course for Parents and Teenagers



Mindfulness Workshop for Standard Chartered Bank

## Mindfulness Programs

Brahm Centre offers mindfulness programs for adults and children. We have conducted mindfulness courses for more than 2,000 people since 2012.

The regular courses we offer include:

- Mindfulness Course (Beginners)
- Intermediate Mindfulness Course
- Mindfulness @ Work Course
- Mindfulness to Enhance Performance Workshops
- Mindfulness-based Stress Reduction (MBSR)
- Mindfulness Course for Teenagers and Parents
- Mindfulness Course for Kids and Parents

Please check our website or Facebook page for course dates and fees. Testimonials are available on the website.

Course feedback reports are available upon request.  
For corporate programs, please email [dev@brahmcentre.com](mailto:dev@brahmcentre.com)

**Brahm Centre is a secular non-profit organisation. We provide subsidies to anyone who can't afford to pay the full course fees, please don't hesitate to request.**

Our corporate clients include:



Member of



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