



Would you like your child to **cultivate attention** and **learn to focus better**?

Learn with them and support their mindfulness journey

Mindfulness Course

for Students and Parents

The Mindfulness courses for children and youth comprise of lessons that are carefully tailored to introduce mindfulness in a fun and engaging way, with the blend of neuroscience and applications in daily lives.



Let's explore our amazing brain!

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Outcomes



Better focus and learn better



Cope better with stress and anxiety



Calmer disposition



"Both my daughters are much happier and able to recover faster when they throw a tantrum"

Chan Mun Hok

"I can interact with my children using more positive and mindful speech"

Liao Kehua

"My son enjoyed the course which in itself is very positive"

Josephine Goh

"My son does breathing exercises to calm down when he is getting angry"

Victor Tan



Program for Children (P1 – P5)

What they will learn:

- Parts of the brain known through neuroscience evidence to be impacted by mindfulness practice
- Ways to steady themselves
- Ways to respond rather than react
- How thinking processes impact their emotions and body state
- How mindfulness can support them in all the activities and relationships of their lives

Parents attend the Mindful Parenting course in a separate classroom

Check course dates at www.brahmcentre.com

Family Packages

- 1 parent + 1 child \$320
- 1 parent + 2 children/ 2 parents + 1 child \$420
- 2 parents + 2 children \$480

Instalment payment plan and subsidies are available



Program for Students (12 – 16 years)

They will learn:

- To feel happier and calmer
- To improve their concentration and focus, in classes, in exams and tests, on the sports field, when playing games, when paying attention and listening to others
- To work with difficult mental states such as depressive, ruminative and anxious thoughts and low moods
- To cope with the everyday stresses and strains of adolescent life such as exams, relationships, sleep problems and family issues

Instructors

Our courses are conducted by certified trainers



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