



Happier & Healthier Living

# 百仁中心 Brahm Centre @ Novena

71 Irrawaddy Road Ren Ci Hospital #03-09

Singapore 329562 (Next to Novena MRT)

Office Opening Hours: 9am - 7pm (Mon - Fri)

9am - 6pm (Sat)

Enquiries: Tel: 6258 0831 | info@brahmcentre.com

Please register for all programs at: [www.brahmcentre.com](http://www.brahmcentre.com)

or [brahmcentre.eventbrite.com](http://brahmcentre.eventbrite.com)

Supported by



FOLLOW US ON:  
[FB.COM/BRAHMCENTRE](https://www.facebook.com/brahmcentre)

# 2018

HAPPY NEW YEAR

# Novena January

## SATURDAY PROGRAMS

Time: 4.00pm - 5.30pm **FREE**

**6 Jan** : How To Live Longer & Happier  
by Prof Giam Yoke Chin



**13 Jan** : How I Overcame Anxiety  
by Darren Tay  
World Champion in Public Speaking



**20 Jan** : How to Die a Good Death  
by Dr Kenneth Tan  
Senior Consultant



**27 Jan** : Knowing the Nutritional Value  
of Food & Beverages  
by Dr Ong Mei Horng  
Food Scientist



## SPECIAL WORKSHOP

Jan 27 Sat @ 10:30am - 12pm

**Mindfulness and Hypnosis for Relaxation  
Workshop** (Limited to 20 people)

Angie Chew, Principal Mindfulness Trainer, Brahm Centre

Special Introductory Offer: \$24 (Normal Rate: \$60)



## THERAPEUTIC YOGA AND YIN YOGA

Therapeutic Yoga:

Feb 3-Mar 31 (every Sat) 9am - 10:15am

Yin Yoga: Jan 9 - Mar 27 (every Tue) 7:30pm - 8:45pm



## OTHER CLUBS

### Mindfulness Club

for mindfulness  
course graduates  
Every Wed 10:30am



### Music & Social Club with Potluck

Every Thurs 10am - 12pm



## EXCURSION

**HAWKER TRAIL @  
Toa Payoh West Market  
and Food Centre**

Jan 25 Thur @ 10am - 11am

Meeting time: 9:50am

\$5 - Please register



## EYE SCREENING

3 Feb Sat

9:30am - 6pm

Special Offer: \$5

Register to attend

[www.brahmcentre.com](http://www.brahmcentre.com)



## MINDFULNESS PROGRAMS

Learn to be more present, calmer, feel more  
relaxed and improve your relationships



### Mindfulness Foundation Course (MFC - 4 sessions)

Novena Jan 8, 15, 22, 29 (Mon) 7:15pm - 9:15pm

Simei Jan 9, 16, 23, 30 (Tues) 3pm - 5pm

Novena Jan 31, Feb 7, 14, 21 (Wed) 7:15pm - 9:15pm

Simei Jan 31, Feb 7, 14, 21 (Wed) 3pm - 5pm

### 正念基础课程 (中文讲解 - 4 堂课)

Novena Jan 3, 10, 17, 24 (Wed) 2:30pm - 4:30pm

Simei Jan 18, 25, Feb 1, 8 (Thur) 7:15pm-9:15pm

Novena Feb 6, 13, 20, 27 (Tues) 7:15pm-9:15pm

Simei Mar 1, 8, 15, 29 (Thur) 3pm-5pm

MFC: \$160 | \$32 for Seniors Early Bird: \$128

SkillsFuture credits can be applied

### Mindfulness Intermediate Course (MIC - 4 sessions)

Novena Jan 5, 12, 19, 26 (Fri) 7:15pm - 9:15pm

### Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat

Novena Jan 2, 9, 16, 23, 30, Feb 6, 13, 20 (Tues) 7:15pm - 9:30pm

Full day retreat: Feb 11 (Sun) 9:30am - 5pm

Novena Jan 4, 11, 15, 25, Feb 1, 8, 13, 20 3pm - 5:30pm

Full day retreat: Feb 11 (Sun) 9:30am - 5pm

Simei Jan 3, 10, 17, 24, 31, Feb 7, 21, 28 (Wed) 7pm - 9:30pm

Full day retreat: Feb 4 (Sun) 9:30am - 5pm

Simei Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thur) 3pm - 5:30pm

Full day retreat: Apr 8 (Sun) 9:30am - 5pm

Novena Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thur) 7:15pm - 9:30pm

Full day retreat: Apr 8 (Sun) 9:30am - 5pm

### 正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Novena Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9 (Fri) 3pm - 5:30pm

Full day retreat: Feb 25 (Sun) 9:30am - 5pm

Simei Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (Wed) 7pm - 9:30pm

Full day retreat: Apr 15 (Sun) 9:30am - 5pm

MBSR: \$550 | Seniors: \$110 SkillsFuture credits can be applied

### MBSR - One Day Workshop for mindfulness course graduates

14 January 2018, Sunday @ 9:30am - 5pm

4 February 2018, Sunday @ 9:30am - 5pm

11 February 2018, Sunday @ 9:30am - 5pm

### Mindfulness Advance Course (MAC - 3 Day Residential) **NEW**

Feb 3, 4, 5 (Fri-Mon)

### 3-Day Mind-Body Healing Retreat **NEW**

24-27 March (Sat-Mon) Overseas

### 5-Day Coming To Your Senses Retreat **NEW**

21-25 June (Thur-Mon) Overseas

### Mindfulness for Students & Parents (4 sessions)

Novena Jan 6, 13, 20, 27 (Sat) 2pm - 3:45pm

See Eventbrite for family packages

### Mindfulness in Parenting Course (4 sessions)

Novena Jan 6, 13, 20, 27 (Sat) 2pm - 4pm

### Applying Mindfulness in Grandparenting Course (4 sessions) **NEW**

Simei Jan 5, 12, 26, Feb 2 (Fri) 9:30am - 11:30am

Only \$32 for Singaporeans & PRs (Subsidised by NSA) Normal: \$160

The above are correct at time of print, subject to adjustments. Please  
see Eventbrite for more options and up-to-date listing.

Registered Charity UEN No: 200200167M





Happier & Healthier Living

# Brahm Centre @ Simei 百仁中心

Blk 227 Simei St 4 #01-50 Singapore 520227

(5 min walk from Simei MRT station)

Office Opening Hours: 9am - 7pm (Mon - Fri)  
9am - 5pm (Sat)

Enquiries: Tel: 6786 0800 | info@brahmcentre.com

Please register for all programs at: [www.brahmcentre.com](http://www.brahmcentre.com)  
or [brahmcentre.eventbrite.com](http://brahmcentre.eventbrite.com)

Supported by



## Simei Jan 2018

FOLLOW US ON:  
FB.COM/BRAHMCENTRE

## DEMENTIA & DEPRESSION SCREENING

**10 Mar 9:30am - 6pm**

Prevention and early detection helps to reduce degeneration of the brain.

Fee: \$5 per person

FREE for Pioneer Generation cardholders



## MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

### Mindfulness Foundation Course (4 sessions)

Jan 9, 16, 23, 30 (Tues) 3pm - 5pm

Jan 31, Feb 7, 14, 21 (Wed) 3pm - 5pm

正念基础课程 (中文讲解 - 4 堂课)

Jan 18, 25, Feb 1, 8 (Thurs) 7:15pm-9:15pm

Mar 1, 8, 15, 29 (Thurs) 3pm-5pm

\*NSA subsidy: \$32 Normal price: \$160 Early Bird: \$128

### Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat

Jan 3, 10, 17, 24, 31, Feb 7, 21, 28 (Wed) 7:00pm-9:30pm

Full day retreat: Feb 4 (Sun) 9:30am - 5pm

Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thurs) 3pm - 5:30pm

Full day retreat: Apr 8 (Sun) 9:30am - 5pm

正念减压课程 (中文讲解 - 8 堂课 + 一日静观)

Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (Wed) 7pm-9:30pm

Full day retreat: Apr 15 (Sun) 9:30am - 5pm

\*NSA subsidy: \$110 Normal price: \$550

\*NSA = National Silver Academy Subsidy for Singaporeans & PRs | SkillsFuture Credit can be applied

### Applying Mindfulness in Grandparenting Course (4 sessions) NEW

Jan 5, 12, 26, Feb 2 (Fri) 9:30am - 11:30am

Only \$32 for Singaporeans & PRs (Subsidised by NSA) Normal: \$160

### 3-Day Mind-Body Healing Retreat NEW

24-27 March (Sat-Mon) Overseas

### 5-Day Coming To Your Senses Retreat NEW

21-25 June (Thur-Mon) Overseas

The above are correct at time of print, subject to adjustments.  
Check Eventbrite for other dates



## SATURDAY HEALTH FORUMS

Time: 2pm - 3.30pm

**6 Jan: Prevention & Treatment of Hand Injuries**

by **Dr Andrew Yam**  
Mount Elizabeth Hospital



**13 Jan: Right Skin Care To Look Younger**

by **Prof Giam Yoke Chin**  
National Skin Centre



**20 Jan: Knowing How To Read Food Labels To Make Better Food Choices**

by **Dr Ong Mei Horng**  
Food Scientist



**27 Jan: Making A Will & Lasting Power of Attorney**

by **Mr Tan Siak Hee**  
Solicitor & Legal Advisor to Brahm Centre



**3 Feb: Understanding and Treating Pain**

by **Dr Tan Tee Yong**  
Senior Consultant  
Mount Elizabeth Hospital



## THERAPEUTIC YOGA

Jan 2-Feb 27 (every Tue)

10:30am - 11:30am

Please register



## POTLUCK CLUB

FREE

Every Thursday 10:30am - 1pm

10:30am Move Our Muscles

10:45 am Learn Something New

11:45am Let's Makan

Bring a dish of food to share



## ART CLUB

Jan 3 - Mar 28 Wed 10am - 12pm (water colour)

12 Sessions Seniors: \$48 | Normal \$240

Jan 5 - Apr 6 Fri 10am - 12pm (colour pencils)

12 Sessions Seniors: \$48 | Normal \$240

Led by an Art Teacher



## MAHJONG CLUB

4 Lessons To Sharpen Your Mind

Jan 9, 16, 23, 30

Every Tuesday 10am - 12pm Fee \$12



## EXCURSION

HAWKER TRAIL @ Tampines Hub

16 Jan @ 10am - 11am

Meeting time: 9:50am

Meeting point: Entrance of Kopitiam

\$5 - Please register



## BAKING CLASS

27 Jan @ 10am - 11:30am

Making Butter Cupcakes

