

Mindfulness Outreach

To date, Brahm Centre has reached out to **17,477** participants through its offering of mindfulness courses, public seminars, talks, workshops and mindfulness practice sessions from 2012 to June 2017.

S/N	Type of Mindfulness Outreach	Outreach
1	Courses	3,573
2	Seminars	4,341
3	Talks and Workshops: Adults	4,145
4	Talks and Workshops: Youth and Parents	2,589
5	Mindfulness Club and Practice Sessions	2,829
	Total Outreach	17,477

Mindfulness Outreach (till June 2017)

