

Mindfulness Courses

To-date we have a total enrolment of **3,573** participants in the various Mindfulness Courses that we offer (as listed below). Brahm Centre is launching new mindfulness courses: Mindfulness in Grandparenting, Mindfulness Advance Course and Mindfulness In Pain Management Course in 2018.

| S/N | Type of Mindfulness Courses |
|-----|--|
| 1 | Mindfulness Foundation Course (MFC - English) |
| 2 | Mindfulness Foundation Course (MFC - Mandarin) |
| 3 | Mindfulness Intermediate Course (MIC) |
| 4 | Mindfulness-Based Cognitive Therapy (MBCT) |
| 5 | Mindfulness-Based Stress Reduction (MBSR) |
| 6 | Mindfulness for Enhanced Performance Course (MFEP) |
| 7 | Mindfulness for Teenagers Course (MFTC) |
| 8 | Mindfulness for Children Course (MFCC) |
| 9 | Mindful Parenting Course (MPC) |
| 10 | Other Mindfulness Courses |

Mindfulness Courses Enrolment (FY to FY Comparison)

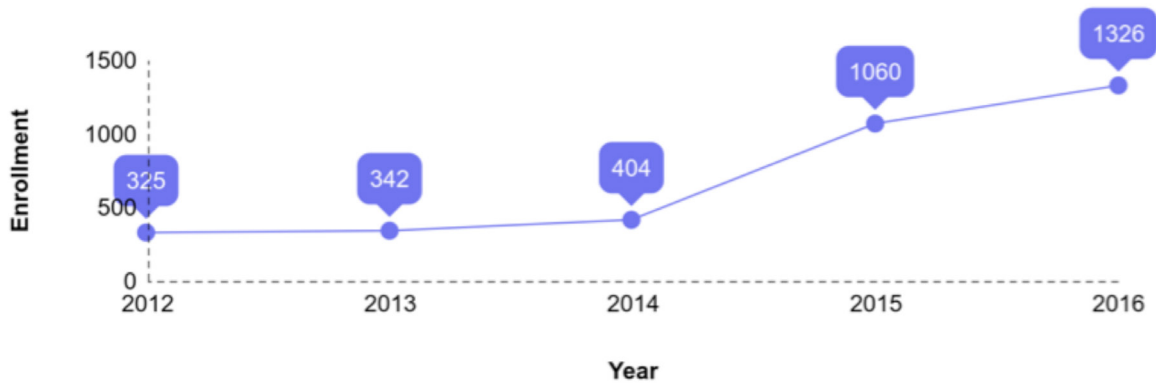


Figure 1: Participants enrolment for Mindfulness Courses from 2012 to 2016. FY to FY comparison refers to July of previous year to June of current year.

Mindfulness Courses Enrolment (Month to Month Comparison)

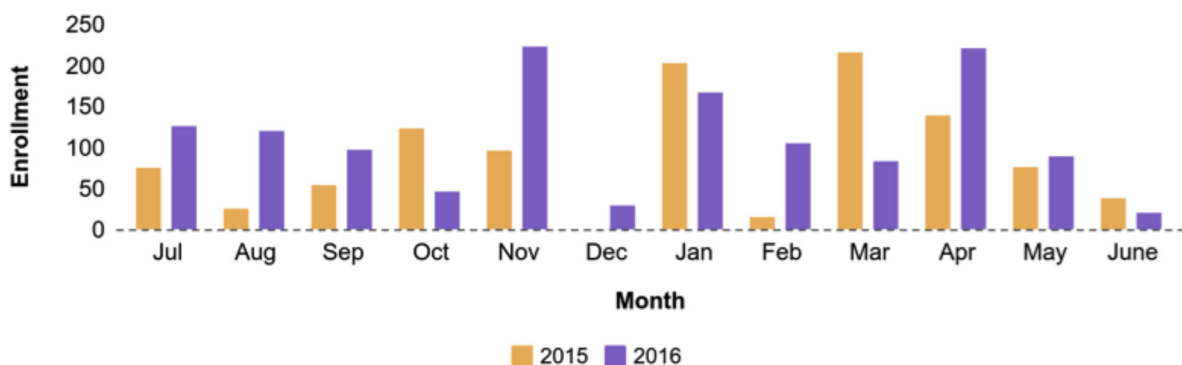


Figure 2: Participants enrolment for Mindfulness Courses from 2015/16 to 2016/17 on a monthly basis.