



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

or brahmcentre.eventbrite.com

Supported by



Novena Feb/MAR 2018



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The Centre will be closed 15 - 19 February for Lunar New Year celebrations

SINGAPORE MINDFULNESS CONFERENCE

Keynote speaker: Dr Sara Lazar

Neuroscientist, Harvard University

Guest of Honour: Dr Amy Khor

Senior Minister of State, Ministry of Health

Also featuring speakers from Duke-NUS, IMH, TTSH, National Skin Centre and Brahm Centre

19 May @ 9:30am - 5:30pm

Singapore Conference Hall

Ticket bookings will open on 1st March



Supporting Organisation



SATURDAY PROGRAMS

Time: 4.00pm - 5.30pm FREE

10 Feb : The Meaning of Love

by **Angie Chew**

Principal Mindfulness Trainer
Brahm Centre



24 Feb : Strengthening Family Ties

by **Frank Singam**

Head of Counselling, Brahm Centre



3 Mar : Lifetime Parenting for Success

by **Dr Ang Beng Choo**



10 Mar : Eating Disorders - Causes and Treatments

by **Dr Victor Kwok**

Psychiatrist
Sengkang General Hospital



17 Mar : Rheumatism and Arthritis

by **Dr Anindita Santosa**

Rheumatologist



24 Mar : Caring For Your Eyes

by **Dr Augustinus Laude**

Ophthalmologist
Tan Tock Seng Hospital



31 Mar : Benefits and Risks of Vaccinations

by **Dr Lee Cheng Chuan**

Tan Tock Seng Hospital



MAHJONG CLUB

8 Lessons To Sharpen Your Mind

Apr 3 - Jun 5 every Tues 10am - 12pm

Fee \$24



EXCURSION

Fire Station Heritage Gallery

Apr 26 Thur @ 9am - 12pm

Fee: \$5 / Free for retiree

Transport from/to Novena included



MINDFULNESS PROGRAMS

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



Mindfulness Foundation Course (MFC - 4 sessions)

Simei Apr 3, 10, 17, 24 (Tues) 3pm - 5pm

Novena Apr 7, 14, 21, 28 (Sat) 2pm - 4pm

Simei May 2, 9, 16, 23 (Wed) 3pm - 5pm

Novena May 3, 10, 24, 31 (Thur) 7:15pm - 9:15pm

正念基础课程 (中文讲解 - 4 堂课)

MacPherson Mar 1, 8, 15, 22 (Thur) 3pm - 5pm

Novena Apr 3, 10, 17, 24 (Tues) 2:30pm - 4:30pm

Simei Apr 4, 11, 18, 25 (Wed) 3pm - 5pm

Novena May 3, 10, 17, 24 (Thur) 2:30pm - 4:30pm

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

SkillsFuture credits can be applied

Mindfulness Intermediate Course (MIC - 4 sessions)

Simei Apr 2, 9, 16, 23 (Mon) 3pm - 5pm

Novena Apr 6, 13, 20, 27 (Fri) 7:15pm - 9:15pm

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

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

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

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

Novena Apr 2, 9, 16, 23, 30, May 7, 14, 21 (Mon) 7:15pm - 9:30pm

Full day retreat: May 13 (Sun) 9:30am - 5pm

Simei Apr 3, 10, 17, 24, May 8, 15, 22, Jun 5 (Tues) 7pm - 9:30pm

Full day retreat: May 13 (Sun) 9:30am - 5pm

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

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

8 April 2018, Sunday @ 9:30am - 5pm

13 May 2018, Sunday @ 9:30am - 5pm

3-Day Mindfulness Course: Body and Mind Healing (Residential) NEW

24-27 March (Sat-Tues) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only

5-Day Mindfulness Course: Coming To Your Senses (Residential) NEW

21-25 June (Thur-Mon) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only

Mindfulness in Pain Management Course NEW for MBSR graduates (8 sessions)

Novena Apr 7, 14, 21, 28, May 5, 12, 26, Jun 2 (Sat) 10:30am - 12pm

NSA subsidy & SkillsFuture credits can be applied

Mindfulness for Students & Parents (4 sessions)

Novena Apr 7, 14, 21, 28 (Sat) 2pm - 3:45pm

See Eventbrite for family packages



Mindfulness Fun Camp for Primary School Students

Simei March 12, 13

9:30am - 4:30pm



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



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

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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



SATURDAY HEALTH FORUMS

Time: 2pm - 3.30pm

10 Feb: Caring for Your Digestive System

by **Dr Lai Juinn Herng**
Consultant Surgeon



24 Feb: Parenting for Success

by **Dr Peter Mack**
Senior Consultant



3 Mar: Symptoms & Prevention of Dementia

by **Dr Chan Keen Loong**
Psychiatrist & Head of
Psychological Medicine



10 Mar: How to Die a Good Death

by **Dr Kenneth Tan**
Senior Consultant



17 Mar: 如何搞好亲子关系

by 洪孟珠博士

Mandarin
talk



24 Mar: Treating Sleep Disorders

by **Dr Irene Tirtajana**
Psychiatrist



31 Mar: Treating Skin Problems

by **Dr Koh Hong Yi**
Consultant



Lasting Power of Attorney (LPA) Preparation

by **Mr Tan Siak Hee**

Sat, 17 March 10:30am - 12:45pm

Registration is required



ART COURSE

DECOUPAGE ART (12 sessions)

11 Apr - Jun 27 (Wed) @ 10am - 12pm

Fee: \$240 / Seniors 50 & Above: \$48

Material cost: \$26

Decoupage is an art of decorating objects with paper cut-outs. Using the various techniques of Decoupage, you can decorate any object including household or reusable items into lovely gifts and furniture.



MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (4 sessions)

Apr 3, 10, 17, 24 (Tues) 3pm - 5pm

May 2, 9, 16, 23 (Wed) 3pm - 5pm

正念基础课程 (中文讲解 - 4 堂课)

Apr 4, 11, 18, 25 (Wed) 3pm - 5pm

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

Mindfulness Intermediate Course (MIC - 4 sessions)

Apr 2, 9, 16, 23 (Mon) 3pm - 5pm

Mindfulness-Based Stress Reduction (MBSR)

Program (8 sessions) + 1 full day retreat

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

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

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Apr 3, 10, 17, 24, May 8, 15, 22, Jun 5 (Tues) 7pm - 9:30pm

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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

3-Day Mindfulness Course: Body and Mind Healing (Residential) NEW

24-27 March (Sat-Tues) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only

5-Day Mindfulness Course: Coming To Your Senses (Residential) NEW

21-25 June (Thur-Mon) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only

Mindfulness Fun Camp for Primary School Students
March 12, 13 9:30am - 4:30pm



DANCE THERAPY

2 & 9 Mar (Fri) @ 3 - 4pm

Unique fusion of music and dance to calm your mind, energise and tone your body.

Please register

FREE Trial



THERAPEUTIC YOGA

Mar 6 - May 22 (Tues)

10am - 11:30am (11 sessions)

Fee: \$55



BAKING CLASS

17 Mar @ 10am - 11:30am

Tiramisu

Fee: \$5 FREE for Retirees and Children



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