



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

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Novena July 2018

SATURDAY PROGRAMS

Time: 4.00pm - 5.30pm FREE

30 Jun : Simplified CPR & AED Workshop

3:30pm-4:30pm

Fee: \$5/pax or \$6 for one adult and one child*

*Age 11 yrs old and above

7 Jul : Why We Need a Lasting Power of Attorney

by **Dr Darryl Tan**

Medical Doctor, Ng Teng Fong General Hospital



14 Jul : Regression Therapy for Deep Healing

by **Dr Peter Mack**

Senior Consultant



21 Jul : Palliative Care - Dying to Live

by **Dr Neo Han Yee**

Consultant, Tan Tock Seng Hospital



28 Jul : Joints, Pain and Posture

by **Dr Florina Iliescu**

Medical Doctor



ART COURSES

Water-Colouring Level 2 (12 sessions)

Aug 6 to 22 Oct (Mon) @ 10am - 12pm

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

Decoupage Art (12 sessions)

Aug 15 to Nov 7 (Wed) @ 10am - 12pm

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

Material Cost: \$26



FAMILY YOGA

NEW

July 7 (Sat) 10.45am - 11.45am

FREE Trial

July 14, 21, 28 (Sat) 10.45am - 11.45am

Fee: \$38/ pair (3 sessions)



SMARTPHONE WORKSHOP

July 7 & 14 (Sat) 1:30pm - 3:30pm

Fee: \$10 (2 sessions) For seniors 50yrs and above

Learn how to use Applications to obtain information and communicate.

Please bring your own iPhone or Android phone to the class.



HAPPY POTLUCK CLUB

FREE Every Thur @ 10am - 12pm

Join us for FREE exercise, sing-along and make new friends. Enjoy potluck dishes together after the session.



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.

MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (MFC - 4 sessions)

Simei July 5, 12, 19, 26 (Thur) 3 - 5pm

Novena July 10, 17, 24, 31 (Tues) 7:15pm - 9:15pm

Novena Aug 7, 14, 21, 28 (Tues) 7:15pm - 9:15pm



正念基础课程 (中文讲解 - 4 堂课)

Simei July 10, 17, 24, 31 (Tues) 3pm - 5pm

Novena July 13, 20, 27, Aug 3 (Fri) 2:30pm - 4:30pm

MFC: \$160 | \$32 for Seniors SkillsFuture credits can be applied

Mindfulness Intermediate Course (MIC - 4 sessions)

Novena July 30, Aug 6, 20, 27 (Mon) 7:15pm - 9:15pm

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

Novena July 5, 12, 19, 26, Aug 2, 16, 23, 30 (Thur) 7:15pm - 9:30pm

Full day retreat: 19 Aug (Sun) 9:30am - 5pm

Simei July 10, 17, 24, 31, Aug 7, 14, 21, 28 (Tues) 7pm - 9:30pm

Full day retreat: 19 Aug (Sun) 9:30am - 5pm

Novena Oct 2, 5, 9, 12, 16, 23, 26, 30 (Tues/Fri) 7:15pm - 9:30pm

Full day retreat: 21 Oct (Sun) 9:30am - 5pm

Simei Oct 4, 11, 18, 25, Nov 1, 8, 15, 22 (Thur) 7pm - 9:30pm

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

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Novena July 12, 19, 26, Aug 2, 16, 23, 30, Sept 6 (Thurs) 10am-12:30pm

Full day retreat: Aug 19 (Sun) 9:30am - 5pm

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

MBSR - One Day Workshop for mindfulness course graduates

19 Aug & 21 Oct 2018, Sunday @ 9:30am - 5pm

MBSR - One Day Workshop \$120 | \$60 for Early Birds : Seniors: \$24

Mindfulness-Based Cognitive Therapy (MBCT - 8 Sessions)

Novena Sept 1, 8, 15, 22, 29, Oct 6, 13, 20 (Sat) 2:30pm - 5pm

Full day retreat: Oct 7 (Sun) 9:30am - 5pm

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

Mindfulness in Pain Management Course

Applying and practising mindfulness techniques to manage physical and emotional pain over 8 weeks..

Simei July 4, 11, 18, 25, Aug 1, 8, 15, 29 (Wed) 10:30am - 12pm

MIPM: \$240 | \$48 for Seniors

SkillsFuture credits can be applied

MINDFULNESS CLUB

Enjoy a morning with a short integrated exercise session followed by mindfulness practice session and potluck lunch.

Meets every Wednesday 10:30am - 12:30pm

Just drop in!



MINDFULNESS @ BOTANIC GARDENS

29 July Sunday

8am - 9am

Please register **FREE Trial**



DANCE THERAPY

July 27 & Aug 3 (Fri) @ 3 - 4pm

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

Please register

FREE Trials





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)

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9am - 5pm (Sat)

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Simei July 2018



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DEMENTIA & DEPRESSION SCREENING

7 July (Sat) @ Tampines Blk 473 Badminton Hall
9am - 1pm

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 **FREE**

30 Jun: Regression Therapy for Deep Healing

by **Dr Peter Mack**
Senior Consultant



7 Jul: Towards a Happier Marriage

by **Peter Ho**
Counsellor



14 Jul: Understanding Our Emotional Brain

by **Angie Chew**
Principal Mindfulness Trainer
Brahm Centre



21 Jul: Nutritional Value of Food and Beverages: Fruits

by **Dr Ong Mei Horng**
Food Scientist, A*STAR



28 Jul: Advance Care Planning

by **Dr Raymond Ng**
Consultant



HAPPY WORKOUTS

FREE

Integrated physical and cognitive exercise sessions to improve physical and mental health

July 11 - Sept 19 (Wed)
9am - 10.30am (10 Sessions)

Tampines Blk 473
Badminton Hall

Please register



THERAPEUTIC YOGA

Jul 4 - Aug 29 (Wed) 7.15pm - 8.30pm

Fee: \$56 (8 sessions) **NEW**



MAHJONG CLUB

Lessons To Sharpen Your Mind

Jul 2 - Aug 6 (Mon) 10am - 12pm

Fee: \$30 (6 sessions)



MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (4 sessions)

July 5, 12, 19, 26 (Thur) 3pm - 5pm

正念基础课程 (中文讲解 - 4 堂课)

July 10, 17, 24, 31 (Tues) 3pm - 5pm

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

SkillsFuture credits can be applied



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

July 10, 17, 24, 31, Aug 7, 14, 21, 28 (Tues) 7pm - 9:30pm

Full day retreat: **19 Aug (Sun)** 9.30am - 5pm

Oct 4, 11, 18, 25, Nov 1, 8, 15, 22 (Thur) 7pm - 9:30pm

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July 4, 11, 18, 25, Aug 1, 8, 15, 29 (Wed) 10.30am - 12pm

MIPM: \$240 | \$48 for Seniors SkillsFuture credits can be applied

MINDFULNESS @ BOTANIC GARDENS

29 July Sunday

8am - 9am

Please register

FREE Trial



BAKING DEMO

Delicious Oreo Cheesecake!

Jul 7 (Sat) 10am - 11.30am

Fee: \$5 / FREE for Retirees & Children



SMARTPHONE WORKSHOP

Jul 21 & 28 (Sat) 10am - 12pm

Fee: \$10 (2 sessions) For seniors 50yrs and above

Learn how to use Applications to obtain information and communicate. Please bring your own iPhone or Android phone to the class.



HAPPY POTLUCK CLUB

FREE

Every Thurs @ 10:30am - 12:30pm

Join our FREE exercise session and meet new friends. Play mahjong or RummyO and enjoy potluck dishes together. Bring a dish of food to share.



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