

## Mindfulness Journey for Happier and Healthier Living



**Mindfulness-Based Stress Reduction Course (MBSR)**  
Developed by Prof Jon Kabat-Zinn at the University of Massachusetts Medical School, to assist people with pain and life issues, combining mindfulness practices with mindful movements

**3-day Mindfulness Retreat: Mind-Body Healing**  
To deepen the understanding of the connections between the body and mind, to release thoughts and tension and pain from the body that are linked to our emotions for more happiness

**Mindfulness For Enhanced Performance**  
Mindfulness techniques to reduce stress at work and burnout, enhance effectiveness, relationships and teamwork

**Mindfulness For Parents and Children**  
Mindfulness to reduce negative emotions and increase positive behaviour to promote harmony in the family

**Mindfulness in Pain Management**  
To manage pain through mindful investigation and relaxation techniques, reducing dependency on painkillers. Understanding the connection between emotional pain and physical pain

**One-Day Mindfulness Workshop**  
To learn and apply mindfulness techniques to reduce stress at work

**5-day Mindfulness Retreat: Coming To Your Senses**  
Enhancing the awareness of our senses to work with the stress triggers in our life.  
To develop mindful strategies to reduce the negative effects of these triggers on our body and mind, thus achieving more inner peace



*Mindful Movement*

### Mindfulness for Caregivers

*“Although caregiving entails great responsibility and much sacrifice, it can be a rewarding journey. To minimize emotional burden and stress, mindfulness can help caregivers to be aware of their reactions towards caregiving, and accept the thoughts, emotions and sensations that may arise from caring for their loved ones.”*

**Dr Amy Khor, Senior Minister of State for Health**  
*(Extract from speech dated 13 February 2016)*

### Mindfulness Trainers



**Angie Chew**  
Principal Mindfulness Trainer  
Qualified MBSR Teacher  
Certified dot-b and Paws-b Teacher



**Eric Lim 林俊杰**  
Mindfulness Psychologist  
Qualified MBSR Teacher  
Certified dot-b and Paws-b Teacher

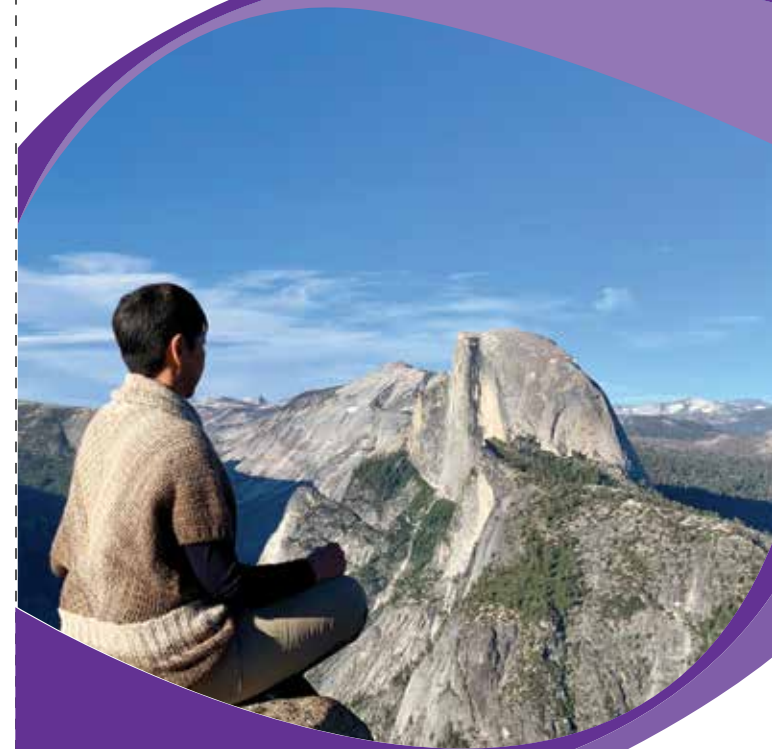
**Lily Gan**  
Qualified Mindfulness Foundation Course Trainer

**Prof Tan Thiam Soon**  
Qualified Mindfulness Foundation Course Trainer

**Weena Chua**  
Qualified Mindfulness Foundation Course Trainer

# Mindfulness Courses

## 正念课程



*Tan Tock Seng Hospital staff:*  
“Mindfulness offers strategies for better self care and caring for others.”  
“I really enjoyed the course. I was reminded of the things I really need to focus on.”  
“Join the course if you want to understand yourself more and improve ‘yourself.’”

*Polyolefin Co staff:*  
“This works for people who have stress and anger management problem, and learn how to appreciate life and things.”  
“We can gain knowledge by reading, gain healthy body by exercising and eat healthy food. But, in order to mentally grow, we must go through a lot mindfulness training.”

“Attending Brahm Centre’s Mindfulness Based Therapy for Insomnia course helped me to understand how some of my thinking and behavioural patterns were contributing to my insomnia.” - Kate Loreto

“I realised by being present and mindful can bring much joy and peace to my mind and body.” - Wendy Ang Geok Yan

“Mindfulness has helped me to be more aware of myself, learnt to love myself more and am now more grateful towards my wife and family. I am now more patient and calm, and much happier.” - Tan Boon Leng

“A fantastic course - life changing in many ways - on a small and a large scale!” - Emma Jarman-Jones

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**Brahm Centre @ Novena**  
71 Irrawaddy Road, Ren Ci Hospital #03-09 Singapore 329562  
*(5 min walk from Novena MRT)*

**Brahm Centre @ Simei**  
Blk 227 Simei St 4 #01-50 Singapore 520227 *(5 min walk from Simei MRT)*

**Brahm Centre @ MacPherson**  
Blk 55 Pipit Road #01-01 Singapore 370055 *(5 min walk from MacPherson MRT)*





## What is Mindfulness 何为正念

Mindfulness trains you to observe your thoughts, emotions, and internal and external sensations without judgment. This keeps your thoughts from drifting to the past or future and helps you focus on each moment as it happens. The process can lead to improvements in concentration and emotional well-being.

Mindfulness also activates the relaxation response (the opposite of the fight-or-flight response), which reduces stress and thereby lowers your levels of epinephrine (adrenaline) and cortisol, as well as lowering your blood pressure, heart rate, breathing rate, and oxygen consumption.

持续的正念练习可以让我们有意识地于每个当下，以不带评判的方式，进行观照自己的思维、情绪、内在与外在的影响因素。正念也能促进情绪平衡和提高专注力，并让我们安住于当下，不为过去所发生或未来未曾发生的事情所困扰。

正念练习也有助于降低肾上腺素(adrenaline)和皮质醇(cortisol)，从而纾解压力、降低血压和调节呼吸与心率等。

## How it's being used 如何应用正念

Mindfulness isn't a cure-all for illness; it's a complementary therapy. Does it work? "I've seen people combine mindfulness with an incremental but steady return to physical activity, and very often recover fully from chronic back pain," says Dr. Siegel. Mindfulness is also being used for bronchitis (to help relieve the distress of coughing), gastrointestinal distress, headaches, and sleep disturbances, among other conditions."

正念不适用于治疗所有的疾病，它是一种互补药物治疗的疗愈方法。正念真的有用吗？丹·西格尔医生分享：“我亲自见证患有慢性背痛的患者在配合正念的练习中，完全恢复日常的体能活动。正念练习也常运用于支气管炎的患者，帮助他们纾解咳嗽、头痛、消化不良和睡眠困扰所带来的不适。”



Dr Dan Siegel 丹·西格尔医生, Psychiatrist & Neuroscientist 心理医生与神经学家,  
UCLA and Mindsight Institute

Source: Harvard Health Publications Feb 2016

## Mindfulness Courses 正念课程

All mindfulness courses are secular in nature.

### Mindfulness Foundation Course (4 sessions)

This course was designed to help people understand the fight-or-flight auto response in the brain, the harmful effects of chronic stress and mindfulness techniques that can be applied to train the mind to calm on demand - setting aside worry, expectations and emotions. The outcomes are reduced stress level, improved sleep quality, happier interpersonal relationships and a more positive outlook on life.

### 正念基础课程 (4堂课)

学员将学习如何运用正念静观的技巧应对生活中的压力和负面影响，并达到协调的身心与平衡的心灵。你也会学习如何充分地活在当下、更积极地对待人生。



### Mindfulness Based Stress Reduction (MBSR) Course

(8 sessions and a 1-day retreat)

This course was developed by Dr Jon Kabat Zinn at the University of Massachusetts Medical School in 1979 to assist people with physical and emotional pain, reduce stress and better manage life issues. This course has 40 years of science based evidence - it is a well defined and systematic approach in applying mindfulness practices for self-care to live healthier and more adaptive lives.

### 正念减压课程 (8堂课 + 1日静观)

正念减压课程不仅能帮助学员应付生活压力，减低抑郁和焦虑，活得更健康，轻松快乐，同时也能让学员有意识的关照自己。你会从中察觉面对压力的习性反应，学会如何运用正念以妥善处理生活各种压力的来袭，提升人际沟通能力，并把正念融入日常生活中。

### Mindfulness-Based Cognitive Therapy (MBCT) Course (8 sessions and a 1-day retreat)

This course was designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them. MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

### Mindfulness Courses for Students

The mindfulness courses for children and teenagers are based on the dot-b and paws-b programs from UK Mindfulness projects in schools. The curriculum is tailored to Singapore to meet the needs of local students. Students learn about the brain, the nature of their minds and mindfulness techniques to regulate their moods, improve their focus and to make better choices in stressful situations.

### 学生正念课程

此课程备有儿童与青少年班，内容以英国的学校正念项目 - dot-b与paws-b为参考，并改良以配合本地学生的需求。学生们将有效的学习大脑的功能与本质和正念练习，以达到调节情绪、提高注意力和积极处理压力等技巧。

### Mindfulness in Parenting Course

This course teaches parents to adopt a more positive parenting approach by applying mindfulness techniques to focus on the strengths of the child, calm on demand to choose better responses under stressful conditions, enhance communications and improve relationships. Parenting can therefore become a more fulfilling experience.

### 家长正念课程

家长们将应用正念技巧，学习以正面的方式来教育子女。此课程将教导家长如何着重于孩子的优点、冷静处理压力、增进亲子关系与沟通。

### Mindfulness in Pain Management

(8 sessions)

In this course, participants will learn to tune into their bodies and change their attitudes towards pain. By investigating the body and mind, participants will begin a transformative relationship that will help them cope with both physical and emotional pain. With the cultivation of awareness that arises through the formal mindfulness practices, participants will be able to recognise and respond to pain more effectively, in living a happier life.

### 正念疼痛疗法 (8堂课)

学员将在此课程学习如何感受身体感官和改变对疼痛的态度。在细心察觉的当儿，学员会与自己的身心建立起蜕变性关系，以帮助应付身体或心灵上的痛苦。利用通过正念练习所产生的自觉性，学员也能更有效地辨识与处理疼痛，生活素质从而改善。

Check course fees and dates at  
[www.brahmcentre.com](http://www.brahmcentre.com)  
Visit us to register or book online



SkillsFuture Credit and National Silver Academy (NSA) subsidy are available to Singaporeans & PRs age 50 & above on selected courses.

