



New Restrictions from MOH

CLASSES ON BRAHM CENTRE PREMISES

To comply with the Ministry of Health's latest restrictions to curb the transmission of COVID-19, we are implementing the following measures:

- limiting classes held in our centres to a maximum of 10 participants
- physical distancing of at least 1 metre
- health and travel declarations as well as temperature screening of all staff and visitors will continue
- **current courses with more than 10 participants will be transitioned online starting this Friday, 27 March (Please await details)**

ONLINE CLASSES

FREE online exercise programs will continue to be offered online until 30 April via www.facebook.com/brahmcentre daily. You may join the live sessions from 10:30am onwards.

Let's make a determination to embrace online platforms as an effective means for learning as they offer many exciting opportunities with greater convenience, eliminating the need for travel. It can be difficult to adapt to change but we can do it and thrive if we approach things with a sense of curiosity and apply creativity to overcome new challenges.

Moving forward, we aim to offer you a variety of ways to enrich your lives online. We already have plans for online mindfulness and art courses!

If you need help to set up your mobile devices, please call us or drop by any of our centres. Our staff will be happy to assist you. You may find our contact details at <http://brahmcentre.com/contact-us/>.