



Happier & Healthier Living

# MARCH 2021 PROGRAMS @ TAMPINES/SIMEI MACPHERSON

Register for ALL programs at: <http://brahmcentre.eventbrite.com>



\*\*Mindfulness & Art Courses – Skillsfuture credits can be applied & 80% subsidy for seniors

# ASIA-PACIFIC MINDFULNESS CONFERENCE 2021

Connecting Hearts Transforming Minds

14-29 August 2021 (weekends) – online and onsite

Guest of Honour: Dr Janil Puthuchery, Senior Minister of State, Ministry of Health

Join us at the largest mindfulness conference where mindfulness luminaries gather to share the research, practices, approaches in caring for the mind, brain & wellbeing. Don't miss it!

FREE live webinars

Conference Details & Registration [www.brahmcentre.com/apmc2021](http://www.brahmcentre.com/apmc2021)

Paid Workshops: Registration will open in April 2021



## SATURDAY HEALTH TALKS

Time: 3pm - 4.30pm (Over Zoom)



### Applying Mindfulness in Parenting

Adj A/Prof Angie Chew  
Mindfulness Principal, Brahm Centre

MAR 6



### Preparing a Will & Lasting Power of Attorney

Mr Tan Siak Hee  
Legal Counsel, Brahm Centre

MAR 13



### Making Our World Safe From Household Chemicals

Dr Phua Dong Haur  
A&E Senior Consultant, Tan Tock Seng Hospital

MAR 20



### KPIs of Being A Good Parent

Frank Singam  
Senior Counsellor, Brahm Centre

MAR 27

## BODY & MIND SESSIONS

Wake up every Saturday morning to 45mins of yoga stretching to release all the muscle tension and half hour of meditation to relax the mind via Zoom.

Every Saturday 8.30am - 9.45am  
Committment Fee: \$20/pax per month



## MOVEMENT CLASSES

Therapeutic Yoga  
Mar 6, 4pm - 5pm MacPherson  
Mar 13, 2pm - 3pm Simei

Dance Therapy  
Mar 6, 9.30am - 11am Tampines



## 5-DAY MINDFULNESS RETREAT/ADVANCE COURSE

for educators, healthcare workers, counsellors & parents

This is an essential course to learn and embody the foundations of teaching mindfulness and how to facilitate mindfulness practice sessions effectively.

13 - 17 Mar, Brahm Centre @ Tampines



## MINDFULNESS RETREAT with Harvard's Dr Sara Lazar & A/Prof Angie Chew

The retreat will be focusing on the practises and the effects they have on the brain. Understanding the brain and how it works, the psychology of perception and the effects it has on the body, and working with pain will also be covered.

Theme: Mindfulness & Neuroplasticity  
30 Apr - 4 May, W Singapore, Sentosa Cove

## WEEKLY EXERCISES

Music & Movement at Tampines, every Mon 10am - 11am

Happy workout at Tampines, every Fri 10.30am - 11.30am

Wellness exercise at Simei, every Mon & Thur 10am - 11am, 2pm - 3pm every Fri 2pm - 3pm

Wellness exercise at MacPherson, every Wed & Thur 10am - 11am, 2pm - 3pm

Committment Fee: \$20/pax per month (each activity)

## FREE MINDFULNESS FOUNDATION COURSE FOR STUDENTS\*

\*Students are eligible to attend FREE when at least one parent attends the Mindfulness Foundation Course concurrently in the adults class. Students will be in 3 classes of different age groups.

Regular mindfulness practice enhances cognition and performance. It can also help you to moderate your anger, reduce stress and improve wellbeing.

Saturday Mar 27, Apr 3, 10 & 17, 3pm - 5pm, Tampines

## MINDFULNESS COURSES\*\*

	Start Dates	Times	Venues
<b>Mindfulness Foundation Course</b> 4 lessons	Mar 2 Apr 3	3pm - 5pm 10am - 12pm	Tampines Online
<b>正念基础课程</b> 4 lessons	Mar 9 Mar 10	3pm - 5pm 7pm - 9pm	Simei MacPherson
<b>Mindfulness-Based Stress Reduction</b> 8 lessons	Mar 6 Mar 23 Apr 7	10am - 12.30pm 6.30pm - 9pm 6.30pm - 9pm	Tampines Grand Hyatt Online
<b>正念减压课程</b> 8 lessons	Mar 2	2.30pm - 5pm	MacPherson
<b>Mindfulness-Based Cognitive Therapy</b> 8 lessons	Mar 25	6.30pm - 9pm	Grand Hyatt

## ART COURSES\*\* & WORKSHOPS

Courses (8 sessions)	Start Dates	Times	Venues
<b>Chinese Calligraphy Course</b>	Mar 5	10am - 12pm	Simei
<b>Pastel Art Course</b>	Mar 10	10am - 12pm	Simei
<b>Decoupage Art Course</b>	Mar 10	1pm - 3pm	Simei
<b>Coloured Pencil Drawing Course</b>	Mar 16	10am - 12pm	Tampines
<b>The Art of Print-Making</b>	Apr 9	10am - 12pm	Tampines
Workshops	Dates	Times	Venues
<b>Fun with Clay Making</b>	Mar 15 & 22	10am - 11.30am	MacPherson
<b>Gift Making</b>	Mar 26	2pm - 3.30pm	MacPherson

Brahm Centre @ Tampines | Blk 473 Tampines Street 43, #01-94 Singapore 520473 | T: 6908 2122  
Brahm Centre @ Macpherson | Blk 55 Pipit Road, #01-01 Singapore 370055 | T: 6741 1131  
Brahm Centre @ Simei | Blk 227 Simei Street 4, #01-50 Singapore 520227 | T: 6786 0800  
For latest updates, follow us on facebook [www.facebook.com/brahmcentre](http://www.facebook.com/brahmcentre)  
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