



Myskillsfuture



and happy minds!



Join our

www.brahmcentre.com

info@brahmcentre.com

Art Courses

Our courses are subsidised by Our courses are claimable against Muskills future

Newton

Adventure in Craft Making by Cindy Chan 5 Apr (Sat) 1.30pm Acrylic Painting (Beg) x Abstract by Yan Hong 7 Apr (Mon) 10am

Graphite Painting by Janice Chin

7 Apr (Mon) 2pm

Acrylic Painting (Beg) by Hui Ting

12 Apr (Sat) 10am

Watercolour Painting (Int) by Sher Ley

21 Apr (Mon) 2pm

Mosaic Art by Pauline Goh

23 Apr (Wed) 1pm

Pencil Sketching (Beg) by Jeffrey Ang

10 May (Sat) 2pm

MacPherson

Adventure in Craft Making by Jayce Yong 14 Apr (Mon) 2pm Chinese Calligraphy by Manlin 7 Jun (Sat) 10am Chinese Brush Painting (Beg) by Manlin 7 Jun (Sat) 2.30pm

Mindfulness









mindfulness courses

Mindfulness Foundation Course

(4 Lessons) 23 Apr (Wed), 10am-12pm, Newton 2 Jun (Mon), 7pm-9pm, Newton May Chng

Mindfulness Based Stress Reduction Course

(8 Lessons + One-Day Retreat)

24 Jun (Tue), 7pm-9.30pm, Newton Angie Chew

Mindfulness Based Cognitive Therapy Course

(8 Lessons + One-Day Retreat)

26 Jun (Thu), 7pm-9.30pm, Newton Angie & Co-Trainer

Chinese Mindfulness Foundation Course 正念基础课程

(4 Lessons)

14 May (Wed), 3.30pm-5.30pm, MacPherson 18 Jun (Wed), 10am-12pm, Newton Hsueh Ya Wen

Mindfulness Circle for Mindfulness Graduands

26 Apr (Sat), 10am-12pm, NewtonCarmen & Hon Wai 10 May (Sat), 10am-12pm, Newton May & Janet

Mindfulness for Mental Well-Being

7 May (Wed), 7pm-8:30pm, Newton (English)...... . May Chng 27 May (Tue), 2pm-3pm, MacPherson (Chinese)...... ... Lily Gan

3-Day Silent Retreat

27 - 29 Jun, Bintan Angie Chew 27 - 29 Oct . COMING SOON ... **Angie Chew**

Tampines

Chinese Brush Painting (Beg) by Sher Lev

2 Apr (Wed) 2pm

Nagomi Pastel Art by Ruyan

3 Apr (Thu) 2pm

Acrylic Painting (Int) by Laura Soon

7 Apr (Mon) 10am

Decoupage Art by Danica Yip

7 Apr (Mon) 1pm

Adventure In Craft Making by Jayce Yong

6 May (Tue) 10am

Pastel Art (Int) by Zu Wee 19 May (Mon) 1.30pm

Simei

Mosaic Art by Angie Ong 5 May (Mon) 12pm **Decoupage Art by Angie Ong** 7 May (Wed) 12pm Acrylic Painting (Beg) by Steve Liu 19 Jun (Thu) 2pm

Keep an eye out for what's new and what's next. Art Jam



Pastel Art (Adv)

Ceramics





Mindfulness Based Stress Reduction **Teacher Training**

Starting June 2025

Onsite Training Retreats*: - 15 June 25: Foundational Teacher Training & Inquiry Skills Workshop 6 - 14 Sept 25: Embedding in The MBSR Curriculum & Pedagogy 22 - 26 Nov 25: Intensive Silent Retreat 14 - 21 March 26: Advanced Teacher Training

Two Online Workshops: (dates to be confirmed) January 2026: Group Process Workshop May 2026: Professional Issues and Ethics

Se pre-requisites.
Participated in an 8-week MBSR course within the last 5 years
Has a regular mindfulness practice routine

For an application form, please email to info@brahmcentre.com. Limited places left.



OUR CENTRES

Newton NS21 DT11

47 Scotts Road #04-02A Goldbell Towers S228233 **©** 66103870

Parenting & Youth Retreat Centre @ Newton 47 Scotts Road #05-02 Goldbell Towers S228233 **©** 69905349

MacPherson CC10 DT26 Blk 55 Pipit Road #01-01 S370055 **©** 67411131



Simei EW3

Blk 227 Simei Street 4 #01-50 S520227 **©** 67860800

Blk 148 Simei Street 1 # 01-121 S520148 **©** 66126125

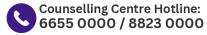


Tampines DT33 **Blk 473 Tampines Street 43 #01-94** S520473 **(**) 69082122

*SCAPE NS23

2 Orchard Link #04-06, S 237978 (Behind Orchard Cineleisure)

FOLLOW US







t.me/brahmcentre

www.brahmcentre.com

BrahmCentre

info@brahmcentre.com

Youth Club

o brahmcentreyouth

Mindfulness Workshops COMING SOON

Lower Pri Students, 3 Jun, 9.30am-10.30am Upper Pri Students, 3 Jun, 11am-12pm Secondary Students, 2 Jun, 2pm-3.30pm

Fun Stuff!

Youth Xperience: Dungeons & Dragon, 5,12,19 and 26 Apr, 1pm-5pm E-Games Lounge, 19 Apr, 2pm-4pm Youth Xperience: Digital Art Illustration, 17, 24, 31 May, 2pm-4pm

COMING SOON

Trivia Quiz Challenge, 3 May, 2pm-4pm Mother's Day Scented Candle Workshop, 10 May, 2pm-4pm June Holiday Camp, 5 & 6 Jun, 10am-5pm Escape Room: Cyber Race, 21 Jun, 1pm-5pm Content Creation Workshop, 24 & 25 Jun, 2pm-4pm

Youth courses & activities registration will commence 1 month before the date of the event



Internships for Students

Develop your work and life skills to enhance confidence and resilience.

To apply, email your CV to info@brahmcentre.com







Youth Xperience: Workshop

STANDING UP FOR YOURSELF AGAINST BULLYING

by A/Prof Angie Chew Saturday, 12 April, 2-5pm *SCAPE grovve (Orchard)



Join us to learn techniq Join us to learn techniques in building mental



2pm - 4pm

19 Apr 2025 (Saturday) Grovve @ Scape (#04-06)

Console, Mario Kart, Super Smash **Refreshments Provided!**

