

January 2026
Edition



Being able to RELAX is a blessing!



Join our
mailing list



80%
OFF

Turning 50 in 2026? You are eligible for
80% course subsidy if you're citizen or PR!

My SKILLS future

Most up-to-date listing will be on Eventbrite

www.brahmcentre.com

info@brahmcentre.com

OUR CENTRES

Aljunied EW9
Blk 108 Aljunied Crescent #01-36,
S380108. 68760262



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

Newton@L4 NS21 DT11
47 Scotts Road #04-02A Goldbell Towers
S228233 66103870

Newton@L5 NS21 DT11
47 Scotts Road #05-02 Goldbell Towers
S228233 69905349

Labrador CC27/28
2 Telok Blangah St 31, Yeo's Bldg Level 2
S108942 68760266

Simei EW3
Blk 227 Simei Street 4 #01-50
S520227 67860800
Blk 148 Simei Street 1 # 01-121
S520148 66126125



Download individual
centre calendars



grove NS23
*SCAPE, 2 Orchard Link #04-06
S237978 8866 4811

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

FOLLOW US



Counselling Centre Hotline:
6655 0000 / 8823 0000

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brahmcentreyouth

www.brahmcentre.com

My SKILLS future



Mindfulness
...transforming your life for the better



SILVER
ACADEMY

80%
OFF

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Mindfulness for Better Sleep

22 & 29 Jan (Thur) 3pm-4.30pm Aljunied by May Chng
18 & 25 Mar (Wed) 3.30pm-5pm MacPherson by May Chng

静心好眠工作坊

24 Feb & 10 Mar (Tue) 4pm-5.30pm MacPherson by Ya Wen

Introduction to Mindful Living

20 & 27 Mar (Fri) 2pm - 3.30pm Aljunied by May Chng

乐活当下之体验课

7 & 14 Feb (Sat) 10am-11.30am MacPherson by Hsueh Ya Wen

6 & 13 Mar (Fri) 2pm-3.30pm Aljunied by Hsueh Ya Wen

24 & 31 Mar (Tue) 4pm-5.30pm Simei 227 by Hsueh Ya Wen

Mindfulness Foundation Course

9 Jan (Fri) 7pm-9pm Tampines by Ng Yeow Ling
10 Jan (Sat) 10am-12pm Simei 148 by Felicia Lauw
19 Jan (Mon) 10am-12pm Newton by May Chng
22 Jan (Thu) 7pm-9pm Labrador by May Chng
27 Feb (Fri) 7pm-9pm Newton by Hwa Mee Thoo
10 Mar (Tue) 10am-12pm Newton by Thomas Irawan
11 Mar (Wed) 7pm-9pm Labrador by May Chng
26 Mar (Thu) 7pm-9pm Newton by Thomas Irawan

正念基础课程 (CMFC)

7 Jan (Wed) 3.30pm-5.30pm MacPherson by Ya Wen
10 Jan (Sat) 2pm-4pm Newton by Amy Fang
4 Feb (Wed) 2pm-4pm Tampines by Hsueh Ya Wen
27 Feb (Fri) 7pm-9pm Simei 227 by Hsueh Ya Wen

3-Day Mindfulness Course

21-23 Mar (Sat-Mon) Labrador by May & Chew Ping

2 Lessons starting

4 Lessons starting

Mindfulness Based Stress Reduction Course

20 Jan (Tue) 7pm-9.30pm Newton by Angie & Ya Wen
2 Mar (Mon) 7pm-9.30pm Labrador by Angie & Amy
5 Mar (Thu) 7pm-9.30pm Tampines by Christina Liew

Mindfulness Based Cognitive Therapy Course

8 Jan (Thu) 7pm-9.30pm Newton by Angie & Carmen
25 Feb (Wed) 10am-12.30pm Newton by Tan Chew Ping
26 Mar (Thu) 7pm-9.30pm Labrador by Dr Irene Tirtajana

正念认知疗法 (CBT)

22 Jan (Thu) 2pm-4.30pm Tampines by Hsueh Ya Wen

Mindfulness for WellBeing Taster Sessions

8 Jan (Thur) 3pm-4pm Aljunied
8 Jan (Thur) 7pm-8pm Labrador
30 Jan (Fri) 7pm-8pm Newton
3 Feb (Tue) 7pm-8pm Tampines
10 Feb (Tue) 10am-11am Newton
26 Feb (Thu) 7pm-8pm Labrador

促进心理健康的正念工作坊

7 Jan (Wed) 1.30pm-2.30pm Tampines
6 Feb (Fri) 3pm-4pm Aljunied
6 Feb (Fri) 7pm-8pm Simei 227

Mindfulness Circle Practice Sessions

Restricted to support mindfulness graduates
10 & 24 Jan, 14 Feb (Sat) 10am-12pm Newton

正念练习

只限完成正念课程学员参加
31 Jan, 28 Feb (Sat) 10am-12pm Newton

Scan to Register



Feeling stressed, anxious or burnout?

Mindfulness Workshops

Prof Ronald Siegel
Harvard Medical School
Clinical Psychologist
Psychotherapist, Author

Adj. A/Prof Angie Chew
National University of Singapore
CEO & Mindfulness Principal
Brahm Centre

Sat, 10 Jan 2026 9am - 12pm
The Science of Mindfulness
and Tools for Well-Being

Sat, 10 Jan 2026 2pm
Mindfulness for Anxiety
and Depression

Sun, 11 Jan 2026 2pm - 5pm
Developing Compassion
to Avoid Burnout

Venue: Brahm Centre @ Labrador, Yeo's Building Level 2

Mindfulness Retreat

for Psychological
Growth & Psychotherapy 14-16, 16-18 Jan 2026

... offering a powerful, evidence-based pathway to fundamentally reshape our hearts and minds, grounded in modern neuroscience.

Going beyond stress-reduction techniques, this retreat will tap the profound therapeutic potential of mindfulness and compassion practices to transform how we engage with anxiety, negative emotions, interpersonal tensions, and grief to enhance well-being and create lasting change.



PROF RONALD
SIEGEL
HARVARD MEDICAL
SCHOOL

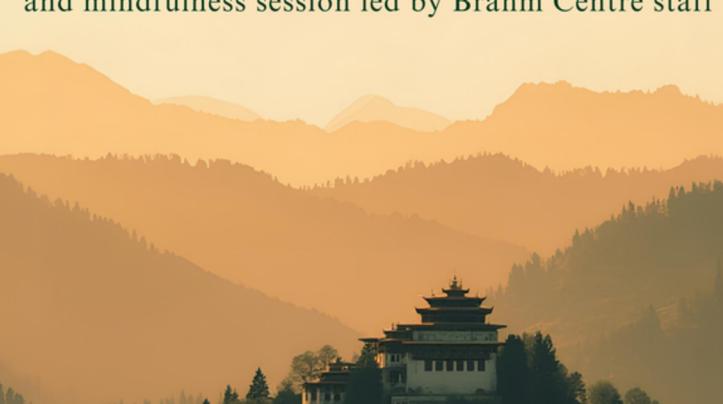
SCAN HERE



Bhutan

Cultural Treasures & Untamed Wilderness
THE LAST HIMALAYAN KINGDOM

A 10-day tour with healthy meals, daily stretching
and mindfulness session led by Brahm Centre staff



Choice of dates in 2026
9-18 Apr | 16-25 Apr
11-20 Jun | 3 - 12 Sep

\$5,330/person (twin) \$5,555 (single)

Includes airticket, twin-share room, meals, land tours &
entrance fees, visa fees & govt taxes
Enquiries & booking: info@brahmcentre.com

Fundraising program by Bodhinyana Ltd UEN 201503671W
Net proceeds will be donated to

Brahm Centre, a charity dedicated to happier & healthier living

ART COURSES



Newton

NS21

DT11

Watercolour Painting Course (Beg) by Janice Chin
29 Jan (Thu) 2pm-4pm

Chinese Brush Painting (Intermediate) by Sher Ley
3 Feb (Tue) 10am-12.30pm

Nagomi Pastel Art Course (Beg) by Ruyan
27 Feb (Fri) 10am-12.40pm

MacPherson

CC10

DT26

Chinese Calligraphy Course by Louis Tan
17 Jan (Sat) 2pm-4pm

Aljunied

EW9

Art Jam X Watercolour by Janice Chin
12 Jan (Mon) 2pm-4pm

Art Jam X Fashion Pencil Sketching by Zara Fong
13 Jan (Tue) 2pm-4pm

Labrador

CC27/28

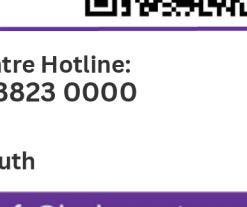
Decoupage Art Course by Angie Ong
9 Jan (Fri) 12pm-4pm

Chinese Calligraphy Course (Beg) by Manlin
12 Jan (Mon) 10am-12.40pm

Pen Ink Drawing (Beg) by Xiang Ling
13 Jan (Tue) 6.30pm-8.45pm

Watercolour Painting Course (Beg) by Kuan
14 Jan (Wed) 2pm-4.40pm

Zentangle Journaling by Adeline Ho
15 Jan (Thu) 10am-12.30pm



YOUTH PROGRAMS

@brahmcentreyouth

Fun Programs



Guitar Appreciation

10 & 17 Jan (Sat) 3pm-4:30pm

Financial Literacy Workshop: You-th got this!

17 Jan (Sat) 2pm-4pm

Board Games: Unwind & Play

24 Jan (Sat) 2pm-4pm

Project Sprouts: Grow a Garden

7 Mar (Sat) 2pm-4pm

Project Starlight: Mood Catchers

28 Mar (Sat) 2pm-4pm

Youth Camp

17 Mar (Tue) 9am-5pm

Carnival

Play It Up Carnival! 31 Jan 2pm - 5pm

Internships

For Students 15 & Above
Develop essential work and life skills in a
supportive environment.

Build confidence, resilience,
and self-awareness while
making a community impact.

To apply, email CV to info@brahmcentre.com

