

A calm mind brings about peace & happiness



Join our mailing list



Silver ACADEMY 80% OFF
Turning 50 In 2026? You are eligible for 80% MySKILLSfuture course subsidy if you're a citizen or PR!
Most up-to-date listing will be on Eventbrite

www.brahmcentre.com info@brahmcentre.com

Mindfulness
Learn to calm on demand & reduce anxiety

- 2 Lessons starting**
Mindfulness for Better Sleep
17 Apr (Fri) 2pm-3.30pm Aljunied by May Chng
静心好眠工作坊
- 4 Lessons starting**
Mindfulness Foundation Course
9 May (Sat) 10am-12pm Tampines by Yeow Ling
15 May (Fri) 7pm-9pm Newton by May Chng
正念基础课程 (CMFC)
- 8 Lessons starting**
Mindfulness Based Stress Reduction Course
14 Apr (Tue) 7pm-9.30pm Newton by A/Prof Angie Chew
Mindfulness Based Cognitive Therapy Course
4 Apr (Sat) 10am-12.30pm Newton by May Chng & Thomas Irawan
7 May (Thu) 7pm-9.30pm Newton by May Chng & Carmen
Mindful Compassion Course
2 Apr (Thu) 7pm-9pm Newton by A/Prof Angie Chew
Silent Retreat (3 days)
25-27 Apr (Sat-Mon) Bintan by Angie Chew & May Chng
Mindfulness Circle Sessions • for mindfulness graduates
25 Apr, 9 & 23 May (Sat) 10am-12pm Newton
正念圈练习 只限完成正念课程学员参加
18 Apr, 16 May (Sat) 10am-12pm Newton
Stress Relief Session • Open to all to stretch & calm
13 May (Wed) 12pm-1pm Newton



Bhutan
A 10-day tour with healthy meals. Daily stretching led by Brahm Centre staff.

Tour dates in 2026
16-25 Apr (2 seats left)
11-20 Jun
3-12 Sep
\$5,330/person (twin) \$5,555 (single)
Includes airticket, room, meals, land tours & entrance fees, visa fees & govt taxes

Enquiries & booking: info@brahmcentre.com
Fundraising program by Bodhinyana Ltd (UEN 201503671W) for Brahm Centre Ltd

MINDFULNESS RETREAT
Coming To Terms With Loss & Grief
25-27 April 2026 (Bintan)
Finding a Path of Peace

Loss is experienced at some stage of our life: health, career, relationship or someone we cherish.

Retreat Teachers
A/Prof Angie Chew May Chng

FREE HEALTH SEMINARS
PREVENTION IS BETTER THAN CURE

Deafness, Dizziness and Dementia 28 Mar 2026	Improving Relationships Improve Mental Health 4 Apr 2026	Minding Your Colon to Prevent Cancer 11 Apr 2026
 Dr Ho Eu Chin ENT Specialist Mount Elizabeth Hospital	 A/Prof Angie Chew CEO & Founder Brahm Centre	 Dr Lai Jiunn Herng Colorectal Surgeon, Mount Elizabeth Hospital
SATURDAY 2:30PM - 4:30PM		
Prevention Of Stomach Problems and Cancer 18 Apr 2026	Preventing Eye Macular Degeneration 25 Apr 2026	A Healthier Life for Longevity 9 May 2026
 Dr Ng Wee Khoon Gastroenterologist, Tan Tock Seng Hospital	 Dr Augustinus Laude Ophthalmologist, Tan Tock Seng Hospital	 Dr Koh Li Wearn Senior Consultant, Tan Tock Seng Hospital

Brahm Centre @ Labrador
2 Telok Blangah St. 31, Yeo's Building, Level 2
S108942 | Tel: 6876 0266
7 min walk from Labrador MRT | Bus 10, 100

www.brahmcentre.com | info@brahmcentre.com | Registered Charity UEN No. 200200167M

OUR CENTRES

- Aljunied EW9**
Blk 108 Aljunied Crescent #01-36
S380108 ☎ 6876 0262
- MacPherson CC10 DT26**
Blk 55 Pipit Road #01-01
S370055 ☎ 6741 1131
- Newton@L4 NS21 DT11**
47 Scotts Road #04-02A Goldbell Towers
S228233 ☎ 6610 3870
- Newton@L5**
47 Scotts Road #05-02 Goldbell Towers
S228233 ☎ 6990 5349
- Labrador CC27/28**
2 Telok Blangah St 31, Yeo's Bldg Level 2
S108942 ☎ 6876 0266
- Simei EW3**
Blk 227 Simei Street 4 #01-50
S520227 ☎ 6786 0800
- Blk 148 Simei Street 1 #01-121**
S520148 ☎ 6612 6125
- grovve NS23**
*SCAPE, 2 Orchard Link #04-06
S237978 ☎ 8866 4811
- Tampines DT33**
Blk 473 Tampines Street 43 #01-94
S520473 ☎ 6908 2122



Download individual centre calendars



FOLLOW US
Counselling Centre Hotline: 6655 0000 / 8823 0000

BrahmCentre
brahmcentresg
brahmcentreyouth

www.brahmcentre.com info@brahmcentre.com

ART COURSES

- Newton NS21 DT11**
Impasto Acrylic Painting Course (Int) by Laura Soon
15 Apr (Wed) 10am-12.30pm
- Aljunied EW9**
Mosaic Art Class by Angie Ong
4 May (Mon) 2pm-4pm
- Tampines DT33**
Mosaic Art Class by Vanessa Mok
27 Apr (Mon) 2pm-4pm
Acrylic Painting Course by Steve Liu
5 May (Tue) 2pm-4pm
- Labrador CC27/28**
Adventure in Craft Making by Jayce
14 Apr (Tue) 1.30pm-4.30pm
Watercolour (Beg) by Paul Lee
23 Apr (Thu) 2pm-4.40pm
Pen Ink Drawing Course by Andrew
28 Apr (Tue) 10am-12.30pm



Scan to Register



YOUTH PROGRAMS

- Grovve @ *SCAPE or Brahm Centre @ Aljunied
- Mindfulness for Youth**
Mindfulness for Better Focus (Pri)
5 Jun (Fri) 2pm-3pm Newton
Mindfulness to Increase Attention (Sec)
12 Jun (Fri) 2pm-4pm
 - Fun Programs**
King of the Table
1 Apr (Wed) 5pm-7pm
15 Apr (Wed) 5pm-7pm
22 Apr (Wed) 5pm-7pm
29 Apr (Wed) 5pm-7pm
The Mixing Bowl
8 Apr (Wed) 5pm-6.30pm
13 Apr (Mon) 5pm-6.30pm
27 Apr (Mon) 5pm-6.30pm
Game Development in Unity: Fundamentals of C#
25 Apr (Sat) 2pm-4pm
 - 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
Youth Hotline (9 am to 7pm)
8866 4811 (WhatsApp available)
Email: youthcare@brahmcentre.com



OMEGA PROGRAMS

for domestic workers from Myanmar, India & Indonesia

FREE!

5	Basic Conversational Chinese Poe Poe	Mindfulness Poe Poe	Mindful Yoga Neeti
12	Digital Learning Cho	Belajar Menulis Resume/CV dengan Thaw	
19	Basic Sewing Workshop	Basic Conversational English Phyu	
26	Basic Conversational English PLN	Learn English through Songs & Movie PLN	

Water Festival

SCAN TO REGISTER
148 Simei St 1 # 01-121, S520148 (Simei MRT - green line)
2 Telok Blangah Street 31, Yeo's Building - Level 2, S108942 (Labrador MRT - orange line)

FOR AS MANY CLASSES AS YOU WANT

Bring your work permit for first time verification!
Charity UEN: 200200167M

Supported by **Ministry of Manpower**



SUNDAY	10:00am - 12:00pm	1:00pm - 3:30pm
5	Basic Conversational Chinese Poe Poe	Mindfulness Poe Poe
12	Digital Learning Cho	Belajar Menulis Resume/CV dengan Thaw
19	Basic Sewing Workshop	Basic Conversational English Phyu
26	Basic Conversational English PLN	Learn English through Songs & Movie PLN



Burmese: 8427 5196
Others: 9894 9505
Simei 148: 6612 6125