

# January 2026 Edition

Building Resilient And Happy Minds

## Being able to RELAX is a blessing!

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

Most up-to-date listing will be on Eventbrite

Join our mailing list

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**  
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

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

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

SUPPORTED BY MOM AND AIC

Download individual centre calendars

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Counselling Centre Hotline:  
6655 0000 / 8823 0000

www.brahmcentre.com info@brahmcentre.com

# Mindfulness

... transforming your life for the better

## 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 Simei148 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

# 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

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MySKILLS Future

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## 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 (Thur) 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 (Thur) 7pm-9.30pm Labrador by Dr Irene Tirtajana

**正念认知疗法 (CMBCT)**

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 (Thur) 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

**正念圈练习**

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

8 Lessons starting

FREE TRIAL

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# 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

Scan to Register

Scan to Know More

# Feeling stressed, anxious or burnout?

## Mindfulness Workshops

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

Prof Ronald Siegel  
Harvard Medical School  
Clinical Psychologist  
Psychotherapist, Author

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

# 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  
14-16, 16-18 JAN

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