

# Join us for a Happier & Healthier Life!



## Mindfulness



**Mindfulness Foundation Course (4 Lessons)**  
 21 Mar (Fri), 7pm-9pm, Newton ..... May Chng  
 28 Mar (Fri), 3pm-5pm, Simei ..... Lily Gan  
 23 Apr (Wed), 10am-12pm, Newton ..... May Chng

**Mindfulness Based Stress Reduction Course (8 Lessons + One-Day Retreat)**  
 25 Mar (Tue), 7pm-9.30pm, Newton ..... Angie Chew & Co-trainer

**Mindfulness Based Cognitive Therapy Course (8 Lessons + One-Day Retreat)**  
 27 Mar (Thu), 7pm-9.30pm, Newton ..... Angie Chew & Co-trainer

**Chinese Mindfulness Foundation Course 正念基础课程 (4 Lessons)**  
 22 Mar (Sat), 10am-12pm, Newton ..... Hsueh Ya Wen  
 26 Mar (Wed), 3.30pm-5.30pm, MacPherson ..... Hsueh Ya Wen  
 14 May (Wed), 3.30pm-5.30pm, MacPherson ..... Lily Gan

**Mindfulness Workshop to Reduce Stress**  
 5 Apr (Sat), 9:30am-12:30pm, \*SCAPE ..... Angie Chew

**Mindfulness Circle for Mindfulness Graduands**  
 22 Mar (Sat), 10am-12:30pm, Newton ..... May Chng  
 29 Mar (Sat), 10am-12:30pm, \*SCAPE ..... Angie Chew  
 26 Apr (Sat), 10am-12:30pm, Newton ..... Hsueh Ya Wen

**3-Day Silent Retreat**  
 27 - 29 June, Bintan ..... Angie Chew

## Seminar & Workshop

### Looking Out For Youth's Mental Health

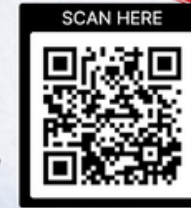
Dr Jerome Goh  
 Senior Psychiatrist  
 Tan Tock Seng Hospital



**Workshop: Psychosomatic Effects of Negative Emotions**  
 A/Prof Angie Chew  
 Mindfulness Principal  
 Brahm Centre



**Sat, 29 March 2pm-5pm**  
 @ our newest location  
 Brahm Centre @ \*SCAPE  
 2 Orchard Link #04-06D, grove,  
 (next to Cathay Cineleisure)  
 Singapore 237978



**FREE**

www.brahmcentre.com



### Mindfulness Based Stress Reduction Teacher Training



**Onsite Training Retreats\*:**  
 7 - 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  
**Course 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 #04-02 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  
 (Next to Orchard Cineleisure)

☎ Counselling Centre Hotline: 6655 0000 / 8823 0000

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## Art Courses

**Newton**

Chinese Brush Painting (Beg) by Sher Ley  
 1 Apr (Tue) 10am

Watercolour Painting by Lee Nee  
 2 Apr (Wed) 1.30pm

Nagomi Pastel Art by Zu Wee  
 1 Apr (Tue) 2pm

Acrylic Painting (Int) by Laura Soon  
 2 Apr (Wed) 10am

Nagomi Pastel Art by Ruyan  
 3 Apr (Thu) 2pm

Pen Ink Drawing by Andrew Tan  
 2 Apr (Wed) 2pm

Pen Ink Drawing x Penang Sights by Tia  
 3 Apr (Thu) 10am

Decoupage Art by Danica Yip  
 7 Apr (Mon) 1pm

Pencil Sketching (Beg) by Paul Lee  
 3 Apr (Thu) 2pm

Nagomi Pastel Art (Int) by Ruyan  
 4 Apr (Fri) 10am

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

Coloured Pencil Drawing by Xiang Ling  
 4 Apr (Fri) 2.30pm

Adventure in Craft Making by Cindy Chan  
 5 Apr (Sat) 1.30pm

**MacPherson**

Chinese Calligraphy by Manlin  
 5 Apr (Sat) 10am

Chinese Brush Painting (Beg) by Manlin  
 5 Apr (Sat) 2.30pm

Acrylic Painting (Beg) x Abstract by Yan Hong  
 7 Apr (Mon) 10am

Graphite Painting by Janice Chin  
 7 Apr (Mon) 2pm

Adventure in Craft Making by Jayce Yong  
 14 Apr (Mon) 2pm

**Simei**

Adventure in Craft Making by Jayce Yong  
 1 Apr (Tue) 10am

Acrylic Painting (Beg) by Hui Ting  
 12 Apr (Sat) 10am

Mosaic Art by Pauline Goh  
 23 Apr (Wed) 1pm

Decoupage Art by Angie Ong  
 2 Apr (Wed) 12pm

Acrylic Painting (Beg) by Steve Liu  
 3 Apr (Thu) 2pm

Pen Ink Drawing (Int) by Tia  
 1 Apr (Tue) 1.30pm

**Tampines**

Graphite Painting by Geri Koh  
 1 Apr (Tue) 2pm

## Youth Club

brahmcentreyouth

### Mindfulness Workshops

Lower Pri Students, 20 Mar, 9.30am-10.30am  
 Upper Pri Students, 20 Mar, 11am-12pm

### Fun Stuff!

Youth Xperience (Guided Bouldering)  
 1, 8, 15 Mar, 2pm-4pm  
 Kids Xperience (Shrink Art), 8 & 15 Mar, 10am-11.30am  
 Terrarium Making Workshop, 29 Mar, 2pm-4pm  
 Family Beach Clean Up, 5 Apr, 9.30am-11.30am  
 Youth Xperience: Dungeons & Dragons  
 5, 12, 19 & 26 Apr 1pm - 5pm

A lounge for self-learning and networking

**Youth Learning Lounge**  
 Mar & Apr 2025  
 For students Pri 6 & above

Elevate your study sessions in our peaceful Learning Lounge - unwind, focus, and connect!

**FREE**

Mondays:  
 Mar: 3rd, 10th, 24th  
 Apr: 7th, 14th, 21st, 28th

## Youth Club March School Holidays

Scan to register



**MARCH HOLIDAY FUN**

**DUNGEONS & DRAGONS: THE WOLVES OF WELTON**

For youths aged 12-18 years old

**FREE**

**For Beginners!**

**BENEFITS**

- Learn negotiation and perspective-taking
- Enjoy collaborative storytelling
- Boost confidence in communication

Guided Walk to MacRitchie, 17 Mar, 9am-12pm  
 Escape Room, 18 Mar, 12pm-5pm  
 Chess Clash, 19 Mar, 2pm-4.30pm  
 Dungeons & Dragons (beginners), 20 Mar, 2pm-5pm  
 Squid Race, 22 Mar, 2pm-4.30pm

**SQUID RACE**

For family and youths above 7

### Internships for Students

Email your CV to [info@brahmcentre.com](mailto:info@brahmcentre.com)