

Peace is not the absence of conflict. but the ability to handle conflicts by peaceful means



ACADEMY

www.brahmcentre.com

Myskillsfuture

info@brahmcentre.com

Benefits of Mindfulness

Reduces stress Improves focus and concentration **Enhances emotional regulation** Promotes better sleep **Increases self-awareness**

Decreases anxiety and depression symptoms Boosts memory and cognitive flexibility

FINDING PEACE IN A FRANTIC WORLD 6-lesson Online Course

Myskillsfuture

Saturday 2-4pm Starting 23rd Aug 2025



This course offers practical tools to manage stress, reduce anxiety, and find calm amidst the chaos of daily life. It combines guided mindfulness practices, gentle movement, and simple cognitive techniques to build focus, resilience, and emotional balance.



Mindfulness Foundation Course

Register for mindfulness 6 Aug (Wed), 7pm-9pm, Newton by May Chng 4 Sept (Thu), 7pm-9pm, Newton by Angie & May 20 Sep (Sat), 10am-12pm, MacPherson by May Chng

2 Oct (Thu), 10am-12pm, Newton by May Chng

正念基础课程 (CMFC)

4 Sep (Thu), 2pm-4pm, Tampines by Lily Gan

Mindfulness Based Stress Reduction Course

23 Oct (Thu), 7pm-9.30pm, Newton by Angie Chew

Mindfulness Based Cognitive Therapy Course

2 Sep (Mon), 7pm-9.30pm, Newton by Angie & Thomas 10 Sep (Wed), 10am-12.30pm, Newton, by May & Chew Ping

正念认知疗法 (CMBCT)

20 Sep (Sat), 10am-12.30pm, Newton, by Lily & Ya Wen

Finding Peace In A Frantic World (6-lessons)

23 Aug (Sat), 2pm-4pm, Online by Angie Chew & May Chng

Mindfulness Retreats 3-days

25-27 Oct, Bintan, by Angie Chew & May Chng 22-26 Nov, Bintan, by Angie & May Chng

Mindfulness Circle for Mindfulness Course Graduates



16 Aug (Sat), 2pm-4pm, Tampines 23 Aug (Sat), 10am-12pm, Newton 13 Sep (Sat), 10am-12pm, Newton 27 Sep (Sat), 10am-12pm, Newton

Nagomi Pastel Art (Int)

Adventure In Craft Making

11 Aug (Mon) 10am

18 Aug (Mon) 1.30pm

1 Sep (Mon) 2pm

5 Sep (Fri) 2pm

16 Sep (Tue) 2pm

Mozaic Art

Chinese Brush Painting

Nagomi Pastel Art (Int)

Newton

Audrey

Register for art courses

Jayce

Sher Ley

Vanessa Mok

Zu Wee

erson

Pen Ink Drawing (Beg) 11 Aug (Mon) 2pm Nagomi Pastel Art (Beg) 16 Aug (Sat) 2pm **Adventure In Craft Making** 19 Sep (Fri) 1.30pm

Adeline Ho

Vanessa Mok

Jayce

Mosaic Art

Angie Ong 21 Aug (Thu) 12pm

Tampines

Garden to Fork 30 Aug (Sat) 10am **Adventure In Craft Making** 1 Sep (Mon) 10am **Acrylic Painting (Int)** 1 Sep (Mon) 2pm Pen-ink Drawing (Beg)

Margaret

Jayce

Laura Soon

2 Sep (Tue) 2pm Courses & Offerings are subject to changes.

R CENTRES

Newton@L4 NS21 DT11

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

Newton@L5

47 Scotts Road #05-02 Goldbell Towers S228233 **Q** 69905349

S520148 **(S)** 66126125





Simei EW3 Blk 227 Simei Street 4 #01-50 S520227 **(3)** 67860800 Blk 148 Simei Street 1 # 01-121

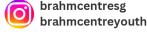


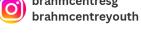
Tampines DT33 **Blk 473 Tampines Street 43 #01-94** S520473 **(**) 69082122

grovve NS23 *SCAPE, 2 Orchard Link #04-06 S237978 S 8866 4811 (Behind Orchard Cineleisure)

FOLLOW US







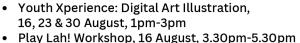
Mindfulness Workshops

Primary School Students, 5 September 11am-12pm

Fun Programs

o brahmcentreyouth

Circle



- Paint Lah! Workshop, 23 August, 3.30pm-5.30pm
- Draw It Together, Write It Forward, 8 & 9 September, 1pm-3pm
- · Youth Xperience: Creative Sketchbook Wonders, 8 & 9 September, 3.30pm-5.30pm
- Youth Xperience: Guided Bouldering, 10, 11 & 12 September, 1pm-2.30pm
- Youth Xperience: Guitar Appreciation, 20 & 27 September, 1pm-3pm



SAY IT WELL WORKSHOP Speak with clarity & confidence

Join our interactive workshop on effective communication and learn to navigate difficult situations with clarity, confidence and respect



30 Aug 2025 (Saturday) 3.30pm-5.30pm grovve, *SCAPE



Discover how emotional intelligence drives stronger teams, better communication, and more productive collaboration.

Empathy, self-awareness, and clear communication build win-win relationships that foster trust, respect, and high performance.

Email info@brahmcentre.com to book your workshops to enhance the staff wellbeing and work culture.



A/Prof Angie Chew (NUS) CEO & Mindfulness Principal **Brahm Centre**

PROGRAM BURMESE & INDIAN DOMESTIC HELPERS



Enhancing their standard of care, language skills & wellbeing



Mental Health Support

- Counselling
- Stress Management

REGISTER

Burmese: 8427 5196 Tamil/Hindi: 9894 9505 Tel: 6612 6125 Info@brahmcentre.com

Anti-Scams **Fun Activities**

Language

Cooking

Sewing

Enrichment Classes

Chinese & English

Health and Wellness

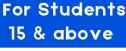
• Dementia Care Training

• Digital Awareness

Celebrations

Excursions









Develop essential work and life skills in a supportive environment. Build confidence, resilience, and selfawareness while making a community impact.

To apply, write to info@brahmcentre.com

www.brahmcentre.com

BrahmCentre

info@brahmcentre.com

Mindfulness Silvery

Resilient And Happy Minds