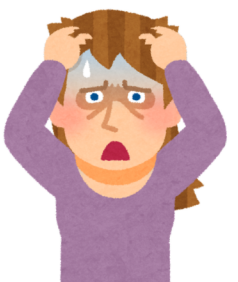


**MAY 2026 EDITION**

**OH NO...**



**Anxiety & anger are due to how we think!**

**- Learn to still the mind -**

"Mindfulness has helped my life, every second of it. I cannot be this calm and happy without mindfulness"  
- Dr. Rahdi De-



**Mindfulness**  
4 or 8 session courses

Join us and start your mindfulness journey for a happier & healthier life!

Supported by:

Scan here

**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 Blk 107 Simei Street 1 #01-838  
S520148 ☎ 6612 6125 S520107
- grovve NS23  
\*SCAPE, 2 Orchard Link #04-06  
S237978 ☎ 8866 4811
- Tampines DT33  
Blk 473 Tampines Street 43 #01-94  
S520473 ☎ 6908 2122

Join our mailing list

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

- Learn to calm on demand & reduce anxiety
- 4 Lessons**
- Mindfulness Foundation Course  
9 May (Sat) 10am-12pm Tampines by Yeow Ling  
15 May (Fri) 7pm-9pm Newton by May Chng  
9 Jun (Tue) 7pm-9pm Labrador by May Chng
- 8 Lessons**
- 正念基础课程 (CMFC)  
18 Jun (Thu) 2pm-4pm Aljunied by Hsueh Ya Wen
- Mindfulness in Caregiving Course  
4 Jul (Sat) 10am-12pm Newton by May Chng
- Mindfulness Based Stress Reduction Course  
5 May (Tue) 7pm-9.30pm Newton by Angie Chew
- Mindfulness Based Cognitive Therapy Course  
7 May (Thu) 7pm-9.30pm Newton by May Chng
- Mindful Compassion Course  
30 Jun (Tue) 7pm-9pm Newton by Christina Liew
- 2 Lessons**
- Mindfulness for Better Sleep  
3 Jun (Wed) 7pm-8.30pm Newton by Hsueh Ya Wen  
17 Jun (Wed) 3.30pm-5pm Tampines by May Chng
- 静心好眠工作坊  
21 May (Thu) 3pm-4.30pm Aljunied by Hsueh Ya Wen
- FREE RETREATS**
- Mindfulness Circle Sessions - for mindfulness graduates  
9 & 23 May, 13 & 27 Jun (Sat) 10am-12pm Newton
- 正念圈练习 只限完成正念课程学员参加  
16 May, 20 Jun (Sat) 10am-12pm Labrador
- 止语静心日 (1日)  
3 May (Sun) Newton by Hsueh Ya Wen
- Silent Retreat (1 day)  
17 May (Sun) Tampines by May Chng
- Stress Relief Session  
13 May & 3 June 12pm-1pm Newton  
26 May 7pm-8pm Labrador

**ART COURSES**

- Turning 50 in 2026? You are eligible for subsidy NOW if you're a citizen or PR!
- Aljunied EW9**
- Mosaic Art Class by Angie Ong  
4 May (Mon) 2pm-4pm
- Labrador CC27/28**
- Art Jam Watercolour by Janice  
11 May (Mon) 2pm-5pm  
Zentangle Journal by Joni  
15 May (Fri) 10am-12.30pm  
Acrylic Painting Course by Tan Ching Ching  
25 May (Mon) 2pm-4.40pm
- Newton NS21 DT11**
- Nagomi Pastel Art (Black & White) Course by Audrey  
11 May (Mon) 2pm-4pm  
Nagomi Pastel Art Course by Gina  
18 May (Mon) 2pm-4pm  
Chinese Brush Painting Course by Manlin  
21 May (Thu) 10am-12.40pm
- Tampines DT33**
- Nagomi Pastel Art Course by Zu Wee  
19 May (Tue) 2pm-4pm
- Simei EW3**
- Art of Planting by Margaret Huang  
8 May (Fri) 1pm-5pm  
Water Color by Sher Ley  
11 May (Mon) 10am-12.40pm



Scan to Register

MySKILLSfuture NATIONAL Silver ACADEMY Learning continues @ 50+

Would you like to *Add Joy* and *Subtract Stress* in Caregiving?

**Mindfulness in Caregiving Course**

Trainer  
May Chng

Scan to Register

4, 11, 18, 25 Jul (Sat) 10am-12pm

**Mindfulness Retreat**  
Healing The Body & Mind

A/Prof Angie Chew  
May Chng

Singapore  
20-22 Jun 2026  
1/2/3 day options

**Mindfulness for Youths**

Mindfulness for Better Focus (Pri)  
5 Jun (Fri) 2pm-3pm Newton

Mindfulness to Increase Attention (Sec)  
12 Jun (Fri) 2pm-4pm

Meeting Big Feelings (Pri)  
9 Jun (Tue) 2pm-3pm | 16 Jun (Tue) 10am-11am

Riding the Emotional Waves (Sec)  
19 Jun (Fri) | 26 Jun (Fri) 2pm-4pm

Scan to Register

**INTERNSHIPS**

SCAN TO APPLY

- Develop essential work and life skills in a supportive environment.
- Build confidence, resilience, and self-awareness while making a community impact.
- For youths aged 15 to 25
- To apply, email CV to info@brahmcentre.com

Sponsor  
**BANK OF AMERICA**

**Saturday Seminars @ Labrador**

9 May 2:30pm - 4pm  
**Healthier Life for Longevity**  
Dr Koh Li Wearn  
Senior Consultant, TTSH

9 May 4:15pm - 5 pm  
**Strengthening Your Muscles With Bixeps Machine**

23 May 2:30pm - 4pm  
**Stress & Resilience**  
A/Prof Faith Chia  
Vice Dean, LKC School of Medicine

SCAN HERE

**Bhutan**  
11-20 Jun or 3-12 Sep 2026

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

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

**YOUTH PROGRAMS**

Blk 108 Aljunied Crescent, #01-36, S380108

Fun Activities New Friends Great Memories

**CHILLOUT**  
EVERY MONDAY | 4PM - 6PM

**CODING & GAME DEVELOPMENT**  
2 MAY | 2PM - 4PM

**CAMPFIRE JAMMING**  
5 MAY | 3PM - 5PM

**STREET SOCCER**  
7, 21 MAY | 4PM - 6PM

**BOTANIC GARDENS & ZOO OUTINGS**  
9 AND 16 MAY | 4PM - 6PM AND 1PM TO 5PM

**CLASH OF CHEFS**  
20 MAY | 2.30PM - 5.30PM

**MINDFULNESS FOR YOUTH**  
(PRI) 5 & 9 JUN | (SEC) 12 & 19 JUN

CONTACT US  
brahmcentreyouth Youth Hotline: 8866 4811 (WhatsApp)  
t.me/brahmyouthcircle youthcare@brahmcentre.com