

JANUARY 2022



2012 - 2022

10 Years

Promoting
Happier &
Healthier Living

Register for ALL programs at:
<http://brahmcentre.eventbrite.com>



Skillsfuture credits & NSA subsidies, applicable for the majority of our art & mindfulness courses.

HEALTH TALKS

3.00pm-4.30pm (via Zoom)

JAN 15 SAT
Overcoming Sleep Challenges
Asst Prof Julian Lim
Centre for Sleep and Cognition
NUS Yong Loo Lin School of Medicine

JAN 22 SAT
Genes vs Lifestyle & Your Health
Dr Chong Yeh Woei
Senior Physician
Singapore Medical Specialist Centre

JAN 29 SAT
Lasting Power Of Attorney, Wills & Advance Care Planning
Mr Tan Siak Hee Ms Lily Gan
Legal Counsel Senior Counsellor & Mindfulness Trainer
Brahm Centre Brahm Centre

EXERCISE SESSIONS

Body & Mind

Online via Zoom: Sat, 8am-9am

Brain & Body Exercises for Seniors

Tampines: Fri, 10.30am-11.30am

Morning Yoga (4 sessions)

Online via Zoom: Mon, 10am-11am

Music & Movement

Tampines: Every Mon, 10-11am

Therapeutic Yoga

Tampines: Sat, 9.30am

Wellness Exercise

Simei Mon & Thur: 10-11am, 2pm-3pm

Fri: 10-11am

MacPherson Tue & Fri: 10-11am

Wed: 10am-11am, 2pm-3pm

Thur: 10-11am, 2-3pm

Yoga & Dance

Online via Zoom: Tue, 6.30pm-7.15pm

Zoomathon

7 Jan, 4 Feb & 4 Mar: 10am-11am

Register online at: <https://bit.ly/3GfDsVu>

FESTIVE WORKSHOPS

Chinese New Year Flower Arrangement

Tampines 15 Jan 10am-12pm

Simei 19 Jan 2pm-4pm

Chinese New Year Calligraphy

Tampines 17 Jan 1pm-3pm



MINDFULNESS COURSES

Mindfulness Foundation Course

Simei	4 lessons	4 Jan	Tuesday	3.30pm-5.30pm
Online	4 lessons	6 Jan	Thursday	7pm-9pm
Newton	4 lessons	7 Jan	Friday	7pm-9pm
Newton	4 lessons	18 Feb	Friday	7pm-9pm
Online	4 lessons	3 Mar	Thursday	7pm-9pm

Mindfulness-Based Stress Reduction Course

Newton	8 lessons	5 Jan	Wednesday	6.30pm-9pm
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正念基础课程

Online	4 lessons	6 Jan	Thursday	7pm-9pm
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Mindfulness-Based Cognitive Therapy Course

Newton	8 lessons	11 Jan	Tuesday	6.30pm-9pm
Newton	8 lessons	10 Feb	Thursday	6.30pm-9pm

Mindful Self Compassion Course (Skillsfuture & NSA subsidy not available)

Newton	8 lessons	21 Feb	Monday	6.45pm-9.30pm
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Mindfulness-Based Therapy for Insomnia Course

Newton	8 lessons	26 Feb	Saturday	3.30pm-6pm
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Other course listings are available on Eventbrite

MINDFULNESS ADVANCE COURSE

Mindfulness Advance Course is a masterclass to learn how to lead mindfulness sessions skillfully in schools or workplace, and embed mindfulness into the culture. (Prerequisite: MFC/MEP and MBSR/MBCT)

Conducted by Adj. A/Prof Angie Chew & Dr. Craig Hassed (Monash University)
12-16 March 2022 | 9am-5pm
To attend, apply to info@brahmcentre.com

THREE-DAY MINDFULNESS RETREAT

Science of Happiness and Equanimity with Adj. A/Prof Angie Chew & Prof David Creswell | 18-20 Mar @ W Singapore & Online

MINDFULNESS CLUB FOR GRADUATES

Sustaining your mindfulness practice in group sessions.

Every Monday, 7pm-8.30pm & Wednesday, 10.30am-12pm & 7pm-8.30pm

ART COURSES (8 lessons)

Japanese Nagomi Pastel Art	Newton	7 Jan	Friday	10am-12pm
Zentangle	MacPherson	7 Jan	Friday	2pm-4pm
	Newton	15 Jan	Saturday	12.30pm-2.30pm
	Newton	12 Feb	Saturday	9.30am-11.30am
Zentangle Intermediate	Newton	12 Jan	Wednesday	10.30am-12.30pm
Watercolour Florals & Brush Lettering	Tampines	6 Jan	Thursday	10am-12pm
The Art of Planting	MacPherson	3 Jan	Monday	1pm-5.30pm
(4 lessons - full day)	Tampines	7 Feb	Monday	12.30pm-5.30pm
Chinese Calligraphy	MacPherson	15 Jan	Saturday	1pm-3pm
Decoupage Art (4 lessons - full day)	Tampines	22 Jan	Saturday	10am-3pm
Chinese Brush Painting	Tampines	8 Feb	Tuesday	10am-12pm

THERAPEUTIC FOREST WALK @ LEARNING FOREST

Take in the sights, scents and sounds of the forest: Awakening our senses, letting nature refresh us and bring clarity to our mind.

Botanic Gardens | 8, 9, 15 & 16 Jan | 5pm-7pm



Our Centres: **Brahm Centre @ Newton** | 47 Scotts Road, #04-02A Goldbell Towers Singapore 228233 | Tel: 6610 3870

Brahm Centre @ MacPherson | 55 Pipit Road, #01-01 Singapore 370055 | Tel: 6741 1131

Brahm Centre @ Simei | 227 Simei St 4, #01-50 Singapore 520227 | Tel: 6786 0800

Brahm Centre @ Tampines | 473 Tampines St 43, #01-94 Singapore 520473 | Tel: 6908 2122

For latest updates, follow us on facebook www.facebook.com/brahmcentre

DISTRESS ASSISTLINE: 6655 0000 / 8823 0000 | Enquiries: info@brahmcentre.com | **Zoom Support: 8860 5405**