



Happier & Healthier Living

Brahm Centre @ Novena

71 Irrawaddy Road Ren Ci Hospital #03-09
Singapore 329562 (Next to Novena MRT)
Office Opening Hours: 9am - 7pm (Mon - Fri)
9am - 6pm (Sat)

Please register for all programs at:
www.BrahmCentre.com



Oct/Nov
2017
NOVENA
CENTRE

SPECIAL SEMINAR

Happiness Is A Choice

by **Dr Saamdu Chetri**

Gross National Happiness Centre, Bhutan
5 Oct 2017, Thurs @ 7pm - 9pm
Early Bird Tickets available



SATURDAY PROGRAMS

Free-to-attend 4.00pm - 5.30pm

14 Oct : Self Expression Through Art

by **Paul Lee**
Art Therapist, UniqArts



21 Oct : How To Stay Mentally Healthy

by **Dr Jerome Goh**
Consultant Psychiatrist
Institute of Mental Health



28 Oct : When Is Joint Pain Not Due To Ageing

by **Dr Koh Li Wearn**
Rheumatologist, Tan Tock Seng Hospital



11 Nov : Putting Meaning Into Life

by **Angie Chew**
Executive Director &
Principal Mindfulness Trainer
Brahm Centre



18 Nov : The Importance of Social Consciousness

by **Capt James Khoo**
Investor



25 Nov : What's In Our Food and On The Food Labels?

by **Dr Ong Mei Horng**
Food Scientist



ART CLUB

FULL Oct 2, 9, 16, 23, 30 Mondays 10am - 12pm

Special offer: \$25 + Materials: \$15

Normal fee: \$125

You don't need to be artistic. Express yourself through art with watercolour painting.

Taught by professional artist, art teacher, art therapist and consultant, **Paul Lee** from UniqArts and Technologies



MINDFUL MOVEMENT

FREE! 8 Oct, 5 Nov Sundays
8am - 9:30am
Botanic Gardens



MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

Mindfulness Foundation Course (4 sessions)

FULL Oct 5, 12, 19, 26 @ **Simei** Thursdays 3pm - 5pm

FULL Oct 6, 13, 20, 27 Fridays 7:15pm - 9:15pm

Nov 6, 13, 20, 27 @ **Simei** Mondays 9:30am - 11:30am

Nov 7, 14, 21, 28 Tuesdays 7:15pm - 9:15pm

Nov 4, 11, 25, Dec 2 @ **MacPherson CC** Saturdays 2.30pm-4.30pm

正念基础课程 (中文讲解 - 4 堂课)

Oct 17, 24, 31, Nov 7 @ **Simei** Tuesdays 7:15pm - 9:15pm

Nov 8, 15, 22, 28 Wednesdays 2:30pm - 4:30pm

Nov 4, 11, 18, 25 @ **MacPherson CC** Saturdays 2.30pm-4.30pm

Mindfulness Intermediate Course (4 sessions)

FULL Oct 3, 10, 24, 31 Tuesdays 7:15pm - 9:15pm

Above courses: Only \$21 for National Silver Academy, SkillsFuture credits can be applied!

Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat

Oct 4, 11, 25, Nov 1, 8, 15, 22, 29 Wednesdays 7pm - 9:30pm

(Full day retreat: Nov 12 Sunday 9:30am - 5pm)

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Oct 19, 26, Nov 2, 9, 16, 23, Dec 1, 7 Thursdays 2:30pm - 5pm

(一日静观: Nov 19 Sunday 9:30am - 5pm)

MBSR: Only \$110 for National Silver Academy, SkillsFuture credits can be applied!

Mindfulness for Students & Parents (4 sessions)

Nov 4, 11, 18, 25 Saturdays 2pm - 3.30pm

Mindfulness in Parenting Course (4 sessions)

Nov 4, 11, 18, 25 Saturdays 2pm - 3.30pm



Mindfulness Course for Students and Parents (Jul-Aug 2017)

EXCURSION - SINGAPORE ZOO

12 Oct, Thurs @ 10am - 2pm

Normal Ticket Price: \$33

Special: \$10 per person

(includes transport to/from Simei or Novena)



Member of



Enquiries:

Tel: 6258 0831 | info@brahmcentre.com



FOLLOW US ON:
[FB.COM/BRAHMCENTRE](https://www.facebook.com/brahmcentre)

Opening in October 2017

Brahm Centre @ Simei

Blk 227 Simei St 4 #01-50

Singapore 520227

Counselling Services

Pro Bono Legal Advisory

Please email info@brahmcentre.com