

# Mindfulness Courses @ Brahm Centre

## Mindfulness- Based Stress Reduction

An evidence-based course to reduce stress, explore the effects of perception on our experiences & life choices & enhancing communications.

## Mindfulness- Based Cognitive Therapy

Break the cycle of anxiety, stress and unhappiness with MBCT, an evidence based course co-founded by Oxford University UK.

## Mindfulness Foundation

This 4-session course will teach you how secular mindfulness can reduce stress, improve your mental health and enhance your wellbeing.

## Mindfulness- Based Therapy for Insomnia

Designed to help individuals increase awareness of insomnia and to develop adaptive ways of working with reducing unwanted wakefulness at night.

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



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

As part of:

**Silver** NATIONAL  
ACADEMY  
*Learning continues @ 50+*

**Most of our courses  
are NSA subsidised &  
SkillsFuture credit eligible**



2012 - 2022  
**10 Years**  
Promoting  
Happier &  
Healthier Living

**Newton** 47 Scotts Road #04-02A S228233 Tel: 6610 3870  
**MacPherson** 55 Pipit Road #01-01 S370055 Tel: 6741 1131  
**Simei** 227 Simei Street 4 #01-50 S520227 Tel: 6786 0800  
**Tampines** 473 Tampines St 43, #01-94 S520473 Tel: 6908 2122