

Art Workshops @ Brahm Centre

Pastel Art (Japanese Nagomi)

Pastel Nagomi Art is therapeutic in nature, calms the mind, and improves your wellbeing.

Zentangle Art

Zentangle is a self-help art practice that facilitates and enhances relaxation, focus and self-discovery.

Watercolour Florals and Brush Lettering

Relax and have fun in this course creating a variety of cards using different watercolour techniques and lettering styles.

Art of Planting

Learn through the creation of Terrariums, Kokedamas, Plant Assemblage and basic potted plants.

Watercolour Painting

Learn basic techniques of watercolour painting and working on different themes. Its a therapeutic art form with fun and joy.

Decoupage Art

The art of decorating objects with paper cut-outs or with beautiful European-style napkins. You will have fun creating art with everyday used objects. It is also a form of upcycling.

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 &
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