



SOCIAL INNOVATION PARK

# MINDFUL FARMING

Discover a holistic learning journey on edible farming, where you can experience a positive shift through mindful practices. Learn how to cultivate a myriad of greens, and integrate mindfulness into your everyday lives.

## Beginners will learn:

- To lead a healthy lifestyle with mindful practices
  - The basics of growing green edibles
  - Knowledge of soil mixes, fertiliser and composting
- And more...

7

Mindful sessions

13

Total hours

Online classes in English, Chinese and Malay

## And will experience:



Positive mindset shift



Enhanced physical & mental well-being



Improved focus & clarity of thoughts



Enhanced empathy towards self & nature



Better appreciation of nature



Enhanced knowledge, skills of urban-farming & sustainability

## Course fees

SGD 420\* - - - - Full course fees

SGD 84\* - - - - - After NSA subsidy for Singaporeans & PR aged 50 & above

\*SkillsFuture Credit eligible



Register NOW!

[bit.ly/mf\\_reg22apr](https://bit.ly/mf_reg22apr)

# GET CONNECTED!



#socialinnovationpark



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As part of:



learning continues @ 50+