

# LIVE. NOW. WELL.

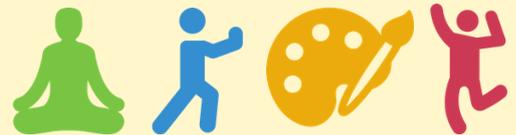
Live. Now. Well. is a new initiative by Shan You Counselling Centre to provide accessible and effective mindfulness-based programmes to the community.

The Mindfulness-Based Mental Wellness programmes aim to cultivate daily mindfulness and enhance personal mental wellness via experiential activities.

As part of Shan You's initiative to promote mental wellness in the community, a series of **Mindfulness-based Yoga, Tai Chi, Movement and Art Programmes** have been launched in March 2018. Research studies have indicated that these mindfulness-based activities can lead to individual outcome benefits like increased levels of mindfulness, improved psychological and emotional well-being, better quality of life and reduced symptoms of mental health conditions. Each programme will consist of eight 1.5-hour sessions scheduled weekly.

## FOR

- Individuals aged 18 and above
- Current users of mental health services who would like to enhance their mental well-being
- Individuals who prioritize personal growth and wellness



## Programme Schedule for June - August 2018

Cost: \$180 for 8 weekly sessions

Programme participants who are willing to provide feedback / data at three intervals (Before the start of programme, end of the programme and 1-month after the end of programme) would qualify for a \$100 rebate\* in programme fees.

\*Participants will qualify for the \$100 rebate if they attend at least 6 out of 8 sessions and provide complete information at the 3 data collection periods.



### MINDFULNESS WITH TAI CHI BY CALVIN TEO

30 June - 18 Aug 2018 | Saturdays | 9.30am - 11am  
Shan You Counselling Centre



### THE BREATH OF YOGA BY JO-AN NG

30 June - 18 Aug 2018 | Saturdays | 11.30am - 1pm  
Shan You Counselling Centre



### MINDFULNESS WITH YOGA BY JACE LOI

4 Jul - 15 Aug 2018 | Wednesdays | 7.15pm - 8.45pm  
Final session on Thursday 23 Aug 2018 | 7.15pm - 8.45pm  
Shan You Counselling Centre

Sign up now at this link: [bit.ly/ShanYouMentalWellnessJune](http://bit.ly/ShanYouMentalWellnessJune) or call 67419293 for more information.

Shan You Counselling Centre

Block 5, Upper Boon Keng Road, #02-15, Singapore 380005

[www.shanyou.org.sg](http://www.shanyou.org.sg)

# MINDFULNESS-BASED MENTAL WELLNESS PROGRAMMES

## Programme Schedule for June - August 2018

Cost: \$180 for 8 weekly sessions

Programme participants who are willing to provide feedback/ data at three intervals (Before the start of programme, end of the programme and 1-month after the end of programme) would qualify for a \$100 rebate\* in programme fees.



### Mindfulness with Taichi

#### SYNOPSIS

Taichi is about cultivating harmony within ourselves. The programme teaches the integration of harmony back into our lives through the principles of Taichi with the emphasis of mindfulness elements. In this practice, we will learn to deepen our awareness, coupled with gentle and relaxed movements, and the movement of the mind to release tensions and stress that prevent the natural and smooth flow of Chi in our bodies. In doing so, we will be cultivating Chi, mindfulness and improved mental wellness. Join us on this journey of self-discovery and the reestablishment of harmony into our lives.



#### BY CALVIN TEO

The essence of what Calvin does as a coach and trainer is about inner growth and achieving harmony in one's life. With harmony, one is better able to flow towards one's mental well-being rather than contending with tensions that life brings. Calvin is passionate about self-development and helping others achieve their higher potentials. He has been practicing Taichi for about seven years. He approaches self-development in a holistic way with a degree in Psychology, Master Practitioner in Neuro-Linguistic Programming, and various other mindfulness and meditation practices. He teaches mental well-being by balancing and strengthening the physical, emotional and mental aspects of ourselves.

#### PROGRAMME DETAILS

30 June - 18 Aug 2018 | Saturdays | 9.30am - 11am  
Shan You Counselling Centre

### The Breath of Yoga

#### SYNOPSIS

This 8-week yoga programme reacquaints the individuals with their physical bodies and guides them as they begin the inward journey towards well-being. Each 90-minute practice consists of active and restorative poses (asana), breath-movement coordinated sequences (vinyasa) and meditation, and is conducted in a safe space where participants may also reflect on individual experiences. During the course of the programme, participants are encouraged to take an active approach in deciding how much they wish to challenge their comfort zones, be curious in participating and working towards a self-practice that resonates with them personally.



#### BY JO-AN NG

Jo-an (RYT® 200) has been sharing her yoga practice with people from different walks of life since 2015. With an honours degree in Psychology, her interest in the interaction of the mind-breath-body and how they relate to well-being form the foundation of her practice and teaching. Jo-an is dedicated to this lifelong journey of yoga through self-studying, practising and teaching and she aspires to hold space for students to journey deeper into their body, mind and spirit – deeper into their lives.

#### PROGRAMME DETAILS

30 June - 18 Aug 2018 | Saturdays | 11.30am - 1pm  
Shan You Counselling Centre

### Mindfulness with Yoga

#### SYNOPSIS

This programme focuses on building personal wellness through the mindfulness elements of a traditional yoga practice. Yoga is sometimes wrongly viewed as a practice only for flexible people or done merely as a workout, but is really a practice of keen awareness of the body, mind and spirit. Through breath, movement, relaxation and short meditation practices, this programme provides resources to cultivate mindfulness and enhance physical health. Sharing of experiences and discussion of mindfulness themes will be conducted during the sessions to facilitate self-reflection and applications in daily life.



#### BY JACE LOI

With the intention of restoring her physical and mental health, Jace started practising yoga from 2010, which subsequently led to immense personal transformation. She has since completed her 200Hr Yoga Teacher and Prenatal & Postnatal Yoga Certification. She holds a Master in Counselling and a Graduate diploma in Positive Psychology. She has gone through various mindfulness/meditation courses, and most recently completed the MBCT Foundational Teacher Training by the University of Oxford Mindfulness Centre.

#### PROGRAMME DETAILS

4 Jul - 15 Aug 2018 | Wednesdays | 7.15pm - 8.45pm  
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For ages 18 and above | Those with serious physical injuries, severe mental health conditions and/or undergoing medical or psychiatric treatment, please consult your healthcare professionals before signing up. Please note that these programmes are not a substitute for treatment and will be conducted in English.