

LIVE. NOW. WELL.

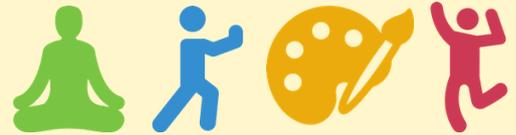
Live. Now. Well. is a new initiative by Shan You Counselling Centre to provide accessible and effective mindfulness-based programmes to the community.

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** will be launched from 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 March - May 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 YOGA BY JACE LOI

Wed night for 8 weeks from **21 Mar - 9 May 2018**

Time: **7.15 - 8.45pm** | Venue: **Shan You Counselling Centre**

THE ART OF BEING PRESENT BY PEARLYN LEE

Sat morning for 8 weeks from **24 Mar - 19 May 2018**

(Break on 14 Apr).

Time: **9.30 - 11am** | Venue: **Shan You Counselling Centre**

MOVEMENT FROM AN EXISTENTIAL POINT - MOVEMENT. SELF. AWARENESS. BREATH. INTEGRATION. BY QUEK WAN TING

Sat morning for 8 weeks from **24 Mar - 19 May 2018**

(Break on 14 Apr).

Time: **1130am - 1pm** | Venue: **Shan You Counselling Centre**

Please sign up for the programmes at this link: bit.ly/shanyoumentalwellness
or call 67419293 for more information.

Shan You Counselling Centre

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

www.shanyou.org.sg

MINDFULNESS-BASED MENTAL WELLNESS PROGRAMMES

Programme Schedule for March - May 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 YOGA 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.

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.

PROGRAMME DETAILS

Wed night for 8 weeks from **21 Mar - 9 May 2018**
Time: **7.15 - 8.45pm** | Venue: **Shan You Counselling Centre**



THE ART OF BEING PRESENT BY PEARLYN LEE

Pearlyn believes that the arts have the potential to express when words fail to convey. With clinical experience from Australia and Singapore, Pearlyn focuses on building mental health and wellbeing through the therapeutic qualities of art and mindfulness practices. Outside of her art therapist hat, she enjoys doodling and crafting of all sorts. Pearlyn received her Master of Art Therapy qualification from La Trobe University (Australia).

SYNOPSIS

This programme utilizes the visual arts to cultivate insights and enhance our sense of well-being. Through 8 weeks of mindfulness practice with art-making, participants will undergo a journey of self-discovery. This programme is particularly suited to individuals who may find themselves sometimes overwhelmed by life's demands, as well as those who would like to contemplate issues and concerns within a safe space. "The Art of Being Present" is person-centred, which means that the personal experience is honored and individuals are trusted in their own innate abilities to find fulfilment of their personal potentials.

PROGRAMME DETAILS

Sat morning for 8 weeks from **24 Mar - 19 May 2018**
(Break on 14 Apr).
Time: **9.30 - 11am** | Venue: **Shan You Counselling Centre**

MOVEMENT FROM AN EXISTENTIAL POINT - MOVEMENT. SELF. AWARENESS. BREATH. INTEGRATION. BY QUEK WAN TING



Wan Ting is a counsellor-in-training and follows an existential therapy orientation. She uses movement as the main modality, and specializes in the older adult population. She served as a movement facilitator with older adults in the Assisi Hospice Day Care and as an assistant in a research project involving movement and dementia.

SYNOPSIS

This programme builds on existential therapy perspectives that explore concepts of self-awareness and relationships. Through a series of movement and discussion, we explore 8 topics: Change - Nurture - Support - Space - Who am I - Re-purpose - Relationships - Endings. This 8-week will see special emphasis on emotional regulation through the body. It is recommended for people who seek to be more present in their bodies.

PROGRAMME DETAILS

Sat morning for 8 weeks from **24 Mar - 19 May 2018**
(Break on 14 Apr).
Time: **1130am - 1pm** | Venue: **Shan You Counselling Centre**

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.