

mindfulness-based mental wellness programmes

LIVE.
NOW.
WELL.

APRIL - JUNE 2019

Develop your mindfulness via yoga, movement or art to enhance your mental well-being and quality of life.

EVERY SATURDAY,
FROM 27 APR - 15 JUN 2019

AT SHAN YOU
COUNSELLING CENTRE
5 UPPER BOON KENG ROAD
#02-15 S(380005)

\$180 FOR 8 WEEKLY SESSIONS.*

*PROVIDE FEEDBACK BEFORE, AFTER
AND 1-MONTH AFTER PROGRAMME TO
QUALIFY FOR A \$100 REBATE

Take your first step to better
mental wellness here:

bit.ly/mentalwellnessapr19



For more information,



visit shanyou.org.sg



email info@shanyou.org.sg



or call 6741 9293

Organised by

SHAN YOU

9.15AM - 11AM

Breath of Yoga

This programme reacquaints individuals with their physical bodies and guides them on the inward journey towards well-being.

"This programme stays true to the practice of Yoga. It helped me to integrate holistically the physical and psychological aspects of being fully human."

-Yvonne Chen, past participant



11.15AM - 1PM

Movement from an Existential Point

This programme develops mindfulness through awareness in the body and of self and others.



"A powerful experience where you are put in touch with your body and emotions."

- Hui Min, Past Participant

2.30PM - 4.15PM

Art of Being Present

This programme utilizes the visual arts to cultivate insights and enhance our sense of well-being.



"Art of Being Present is a relaxing and therapeutic way of getting in touch with yourself. The process felt safe and easy for the soul. Happy to feel connected with my whole being."

-Dalea, Past Participant

Note: Information is correct at the time of printing and is subject to change without prior notice. Shan You Counselling Centre reserves the right to cancel the group prior to its commencement.