

## Mindfulness Sessions

### Mindfulness Tuesdays

8 Oct, 12pm - 12:30pm @ Helios  
Visitor Centre, L12 Helios, BP



Mindfulness Tuesdays is coming to the Helios Visitor Centre. With its breathtaking views of one-north, the space provides the perfect backdrop to cultivate and deepen your practice. Join us to explore meditation, breathwork, and visualisation techniques to cultivate inner calm and focus. Whether you're a beginner or seasoned practitioner, this peaceful environment will support your journey towards wellbeing.

#### Essentials

- Wear comfortable and stretchable attire
- Participants will be sitting on cushions on the floor
- Session is held in-person

### Mindful Moments: Unlocking Inner Peace & Clarity

10 Oct, 3:30pm - 5pm @ Infuse Theatre,  
L14 Connexis South, FP1



This session is specially designed by the Mindfulness Interest Group to deepen your understanding and experience of mindfulness practices. Our scientist, Alessandro (IHDP), will share the science behind mindfulness, exploring how it positively impacts mental wellbeing, focus, and stress management. Members of the Mindfulness Club will take you through various experiential practices, allowing you to cultivate mindfulness in daily life. There will also be a nature-based\* mindfulness component, connecting with the natural world to enhance presence and relaxation. Perfect for beginners or those looking to refresh their practice, this session offers a holistic approach to mindful living.

*\*If weather permits.*

#### Essentials

- Wear comfortable and stretchable attire
- Session may involve walking outdoors if weather permits
- Bring a bottle of water for hydration
- Session is held in-person

## Book a Session



Mindfulness  
Club



The sessions are organised by the A\*STAR-wide staff-led Mindfulness Interest Group. They host weekly lunchtime Mindfulness practice sessions on Tuesdays, led by staff volunteers who are trained Mindfulness facilitators. All are welcome to join, whether you are a seasoned practitioner, or just curious to find out more about this scientifically proven method that improves wellbeing and lowers anxiety and depression levels.

Join the Teams Channel to connect with the community and participate in weekly practices.



#### Organising Team:

- Stephanie Blanchard, EDDC
- Lim Cheng Keong, LCAM
- Alessandro Sparacio, IHDP
- Julienne Cometa, EDDC
- Pierce Lee, BRC
- Saurab Verma, I2R
- Serenella Tolomeo, IHPC
- Varsha Gupta, IHDP
- Viknesvaran Selvarajan, BTI

As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A\*STAR and family. The A\*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

