

# BRAIN AWARENESS WEEK

13<sup>th</sup> March to 19<sup>th</sup> March, 2023



*“Your mind is a doorway  
to limitless possibilities.”*

Your brain is an intricate network of networks, an integrated system that manages complex operations involving billions of units. Brain Awareness Week invites us to celebrate the awe-inspiring workings of the human mind.

Join us for a unique experience that brings together time-honoured spiritual wisdom with cutting-edge brain science.

## JOALI BEING



## ***A Journey of Matcha & Mind Health Ceremonial Matcha Preparation Workshop***

Going back centuries, the formalised rituals around Matcha are deeply meditative and mindful. At this interactive workshop, discover traditional preparation techniques and learn how the compounds within Matcha influence the Mind Pillar.

Our Tea Sommelier will also share fascinating reasons for the popularity of this prized green tea, and explain how you can choose a variety that best suits your wellbeing needs.

***March 14, 2023***

***11:00 am to 11:30 am / SAI***

*Complimentary (maximum 4 guests)*

## ***An Introduction to the Mind Wellbeing Conversation***

One of the Four Pillars of **JOALI BEING**, the Mind is responsible for our emotional, psychological and social wellbeing. The Mind determines how we express ourselves, handle stress and relate to others.

Join our resident expert to learn how you can support and strengthen the Mind Pillar through a variety of treatments, therapies and experiences.

***March 19, 2023***

***3:00 pm to 4:00 pm / Inspiration Room***

*Complimentary*

*For more information or reservations, please contact your Jadugar.*

