



### Body with Soul May Newsletter (Family harmony)

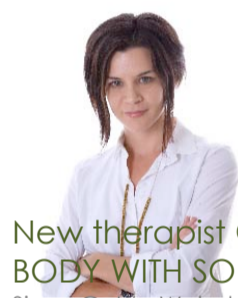
Body with Soul is a new concept in total healthcare in Singapore. We have brought together an international team of talented and established healthcare professionals housed in heritage buildings in a gorgeous tropical setting. By achieving this, we are able to provide a comprehensive solution for the health and wellbeing of your whole family. We offer up-to-date, evidence based treatments and health programs. Together we will optimize your health for you to live your life to the full!

#### LATEST NEWS



#### Classes

Varieties of group classes are available now!  
Yoga for kids starts May 15th...  
Post-natal yoga May 14th...  
**Find out more .....**



**New therapist @  
BODY WITH SOUL**  
Sivan Golan Weinstein

**Find out more about Sivan >>**



#### SSNAP

Singapore Special Needs And Parents is a network of parents with special needs children...

**Find out more >>**



#### First Aid Courses @ CHI

Classes available for helpers & parents April 28th & May 5th  
10am-12pm  
[firstaidclass@chi-health.com.sg](mailto:firstaidclass@chi-health.com.sg)

For more information please email us at:  
[enquiries@bodywithsoul.com](mailto:enquiries@bodywithsoul.com)

Or call us at:  
**+65 6779 0660**

#### Mother's Day Celebration 9th MAY



#### Draw a special moment that you share with mummy

"Give your child the chance to honor you"

All the kids from 2 to 13 years old are invited to participate to this event,

We will receive the art works from the April 26th to May 10th and will be displayed in our clinics waiting rooms, all our visitors are invited to vote and each entry will receive a corresponding gift.

#### Express yourself...with Art Therapy

Art has the potential to change lives and often in profound ways. When words are not enough, we turn to images and symbols to tell our stories. In telling our stories through art, we can find a path to health and wellness, emotional reparation, recovery and ultimately transformation

Art Therapy is especially suitable for Singapore because it can help overcome the growing stress related to the modern lifestyle in Singapore in general and the psychological challenges and effects of expatriation in particular.

**Find out more >>**

#### Upcoming ...

As you might have noticed, our green café is closed since a couple of weeks.

We are really sorry for the inconvenience this might cause you, and we are strongly committed in finding the perfect partner in order to deliver you very soon ...the healthiest and tastiest solution for your breakfast, snacks, tea,

A brand new experience in catering and educating people for a complete healthy lifestyle. **"food is your best friend"**



#### Sanctuary House Babies

We are a Volunteer Welfare Organization, Institute of Public Character and Registered Charity. We provide crisis pregnancy services and emergency foster care services because we believe every child deserves a loving family.

Sanctuary House and the ones we help can always use your support. This can range from material donations to your financial support.

Sponsorship needed for our Women's Walk

**More details here >>**

