

Mindfulness Meditation

Transform your life with the power of awareness

Feel balanced, joyful and empowered to meet challenges with ease and clarity from this 6-week mindfulness meditation training*

*Sessions are an hour a week, in-person or online



Everything is better when shared 😊. Learning to meditate in a group helps to build habit and form friendship.



Kim Seow

Kim's greatest passion is to share the mindfulness practices and evidence based psychological skills that helped her to overcome adversities and to transform her life to one filled with gratitude, compassion and meaning. She brings to her training a blend of Western psychology and Eastern spiritual teachings.

Kim has taught yoga and meditation to people from all walks of life for nearly 10 years. She is also a Master Trainer for SAHMRI Be Well Co where she has trained thousands of people on evidence-based psychological and resilience skills for the past 6 years.