

Slow Saturday
Image Credit: Lines

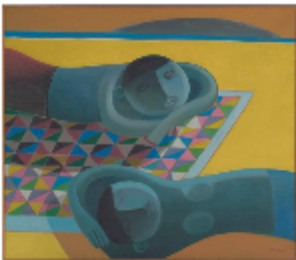
Soundscapes of Art Listening space	
	Jaster Laiff 1988 1988 Acrylic on canvas, 150 x 150 cm Collection of National Gallery Singapore © Jaster Laiff Family
	Tan Ping Chiang 1975 1975 Bamboo, wood, bamboo, mirror and metal, 91 x 85 cm Gift of the artist Collection of National Gallery Singapore © Tan Ping Chiang
	Khoo Sui Hwa Sunbathing on Quills 1977 1977 Oil on canvas, 75.5 x 87.4 cm Collection of National Gallery Singapore
	Abdul Ghani Ismail The Face in Skeletoform 1975 1975 Oil on canvas, 61 x 98 cm Gift of the artist Collection of National Gallery Singapore

National Gallery Singapore Launches Slow Saturday on 3 October

Description

Museums are not the first places most of us picture when we think about wellbeing, but National Gallery Singapore wants to change that. Ahead of World Mental Health Day on 10 October, the Gallery is launching Slow Saturday, a new initiative on 3 October 2026 that invites visitors to slow down and experience art at a gentler pace.

Slow Saturday
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Soundscapes of Art listening space	
	Jaafar Latiff <i>Vision 1/86</i> 1986 Acrylic on canvas, 150 x 150 cm Collection of National Gallery Singapore © Jaafar Latiff family
	Tan Ping Chiang <i>Music</i> 1979 Paint, wood, bamboo, mirror and metal, 91 x 85 cm Gift of the artist Collection of National Gallery Singapore © Tan Ping Chiang
	Khoo Sui Hoe <i>Sunbathing on Quilts</i> 1977 Oil on canvas, 75.5 x 87.4 cm Collection of National Gallery Singapore
	Abdul Ghani Hamid <i>The Face in Meditation</i> 1975 Oil on canvas, 61 x 86 cm Gift of the artist Collection of National Gallery Singapore

Slow Saturday debuts at National Gallery Singapore on 3 October. Image: National Gallery Singapore

A day to rest and reconnect

The first edition of Slow Saturday brings dedicated programmes together with the Gallery's existing offerings, encouraging visitors to take time for themselves and discover how art and museum spaces can support reflection, connection and rest. It builds on the Gallery's work as a People's Museum committed to being an accessible and welcoming space.

"Art has a unique ability to encourage us to stop, look, and be present," said Aun Koh, Assistant Chief Executive, Marketing and Development, National Gallery Singapore. "Slow Saturday brings this idea to the fore, inviting visitors to experience the Gallery at a different pace and discover how art can create space for reflection, creativity, and rest."

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The programme spans yoga, soundbaths, workshops and family activities. Image: National Gallery Singapore

What to expect

Visitors can look forward to a meditative yoga and soundbath session, a panel discussion on feminine wellness, drop-in workshops, free sketching sessions and dedicated programmes for children and families. There will also be a pop-up with local wellness brand Moom, and a new listening space.



A new listening space debuts Music for Mindfulness. Image: National Gallery Singapore

Music for Mindfulness debuts

Making its debut is Music for Mindfulness: The Gallery Edition, a collaboration between National Gallery Singapore and The TENG Company. It features four original compositions inspired by artworks in the Gallery's collection, offering a restful way to round off a Slow Saturday visit.

For more gentle days out, see our guides to [things to do in Singapore](#) and our wider [health and wellness](#) coverage.

If you or someone you know is struggling, support is available in Singapore, including the Samaritans of Singapore (SOS) 24-hour hotline at 1767.

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