

*Inspired Learning for a
Global New Tomorrow*



New Creation
International
SELF DISCOVERY

Reduce Anxiety

This 45-minute session will guide you through breathing exercises designed to help you calm your mind, reduce anxiety, and foster healthy ways of being in all aspects of your life.

Facilitated by Amir Azulay
February 8, 2022

5:30 PM PST / 7:30 PM CST / 8:30 PM EST

Register @ <https://tinyurl.com/2p93zvju>

**info@newcreation-international.org
newcreation-international.org**

To maximize the workshop experience for all participants, the sessions will begin, and the Zoom will lock, promptly at 7:30 CST.

