



New Creation  
International  
SELF DISCOVERY

Inspired Learning for a Global New Tomorrow

## MINDFULNESS IN ACTION

Join us to cultivate Mindful living practices that involves:

- Paying attention to the present moment
- Cultivating a deeper connection with our inner self, others, and the world around us.
- Our focus will start with Gratitude and move on to love and peace for this year.



**Virtual Group  
Sessions**



**Every Thursday Starting  
October 5, 2023 at  
7:30PM - 7:50PM CST**

*Free & Open to all*