



New Creation
International
SELF DISCOVERY

Spring Self-Care Journey for Women

Session 1: (04/23) - What do we mean by Being Me?
Session 2: (04/30) - Who takes my decision within - fear, strength or love.
Session 3: (05/07) - Do I listen deeply? Listening deeply is an act of love.
Session 4: (05/14) - Shifting our Thinking from Small to Big. Expanding your sense of identity to create space for new possibilities.

STARTING
APRIL 23 ■ **MAY 14**
7:30-8:30 PM CST

About the Facilitator:

Uma is a seasoned practitioner of Integral Yoga and has lived in Auroville since 1994. As a visionary social entrepreneur, radical transformation leadership (RTL) facilitator, expressive art practitioner, filmmaker, coach, and fashion designer, Uma brings a wealth of experience and insight to guide you on this empowering journey.

Reserve Your Spot!

