

[NYAPRS Enews] Take 15 Minutes First Thing Today to Choose Peace Over Fear

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on behalf of

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Take the next 15 minutes to get centered and calm and hopeful thanks to NYAPRS' Ruth Colon-Wagner's wonderful mindfulness sessions.

Please use the corrected link at <https://www.nyaprs.org/> to experience today's meditation throughout the day.

Here's a sample at <https://www.youtube.com/watch?v=Df3JtrOwhCg&feature=youtu.be>. Enjoy.....