

The Azamra! Program and Holy Self-Esteem

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The Azamra! Program for women is inspired by the unique psychospiritual concepts in Azamra, one of Rebbe Nachman of Breslov's most well-known teachings, as well as other Breslov teachings. Preempting positive psychology and cognitive behavioral techniques by nearly 200 years, Rebbe Nachman's foundational lesson describes the spiritual force of positive thought and action which compose our personal soul *niggun* (melody), the key to holy self-esteem. Through the experience of Azamra, we heal our relationship with the Creator, each other, and most significantly, our self. Each participant takes home real tools for positive spirituality and holy self-esteem. Come be inspired with Azamra! Program lectures, experience Hasidic meditation, creative, hands-on workshops, and more.

For more information or to book an Azamra! Program in your town, call 347-271-9539 or email briewomen@breslov.org.

[Read about our last Azamra! Program.](#)