

A new SKY Teens program is open for registration for December workshop

Description

default watermark

The NANA-supported SKY Kids program successfully concluded another workshop on October 14th. Youth participated over the long, holiday weekend in yoga, meditation, breathwork and games through this free program designed for 8-12 year olds. Youth also discussed the golden keys to leading happy and successful days ahead. The SKY Kids program gives children the tools they need to thrive and meet lifeâ??s challenges with a smile. Through breathing techniques, games, yoga, creative projects, problem-solving strategies, interactive processes and service projects.





The next program geared towards teens is open for registration. The December event is scheduled from 12/6-12/9/2024.

The SKY Teens program helps students discover greater self-confidence, resilience and tools to carry them through lifeâ??s ups and downs. Through meditation, breathing techniques and interactive processes, students learn to:

- Access a stress-free mind at any time
- Boost focus and concentration for test-taking
- Explore values, such as respect and responsibility
- Enhance leadership skills through team activities

Students who practice the breathing and meditation techniques taught in SKY Teens have shared that they have more confidence while handling difficult situations and that itâ??s easier to focus and excel at school. Theyâ??ve also reported being better at navigating relationships.

SKY Teens is December 6-9, 2024, with the following schedule:

- Friday: 5:30 â?? 8:00 p.m.
- Saturday and Sunday: 2:00 â?? 5:00 p.m.
- Monday: 5:30 â?? 8:00 p.m.

For more information, contact Rupa Samdaria, rupa.chordia@iahv.org or (513) 237-6373.

Date Created
November 25, 2024
Author
sandesh-samdaria