

NANA sponsors N. Avondale, Avondale, and Paddock Hills youth to attend upcoming SKY Kids + Teens Breath and Meditation workshops

Description

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NANA is offering the SKY Kids and SKY Teens youth empowerment programs for youth ages 8â??17 in our area over two long weekends coming up in January and February.

- SKY TEENS for ages 13-17 on the Martin Luther King, Jr. weekend January 12 â?? January 15
- SKY KIDS for ages 8-12 on Presidentâ??s Day weekend February 16 â?? February 19

The SKY programs help students discover greater self-confidence, resilience, and a set of tools to manage stress.

Benefits of the program include â??

- Boosting focus and concentration for test-taking
- Exploring values like respect and responsibility
- Enhancing leadership skills through team activities

High school can be an intense time for learning to balance the pressures of school, new social situations, college entrance, family dynamics, and activities. These pressures all happen while trying to figure out who you are, what youâ??re passionate about, and what is important to you.

Students who practice the breathing and meditation techniques taught in SKY programs have shared that they have more peace of mind and confidence handling difficult situations, itâ??s easier to focus and excel at school and in activities, and theyâ??re better at navigating relationships. They also said that being more in touch with yourself helps you find your voice, get involved in your community, speak out on issues important to you, and make your ideas a reality.

The course is taught for 3-4 hours each day for four days. The workshops will be held in the North Avondale Montessori School gymnasium.

Scholarships are available to youth in North Avondale, Avondale, Paddock Hills and surrounding communities on a first come / first served basis.

Please contact Rupa Chordia-Samaria at rupa.chordia@iahv.org or (513) 237-6373 for more details.

View this video to learn more about the SKY Programs for kids and teens.

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