



NANA-Supported SKY Teens Program Successfully Concluded

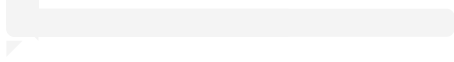
Description

North Avondale Neighborhood Association in partnership with IAHV (International Association for Human Values) successfully completed its first SKY Youth programs for teens. This program was attended by 16 teens. Over the four days, participants learned breathwork and meditation for better focus, a stress free mind, leadership skills, and resilience. Thank you to North Avondale Montessori school for making the school available for the venue. We will have more programs coming up for teens soon. [Check here for the SKY program for 8-12 year olds coming up this weekend.](#) More details will follow after the second program in the SKY series is completed.





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A post shared by Rupa Chordia (@rupa.sam15)

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