

SKY Kids and Teens Breath and Meditation workshop scheduled for MLK weekend 2024

Description

default watermark

NANA is offering the SKY Kids and SKY Teens breath and meditation. program for youths (ages 9 â?? 18) in our community from January 11th-15th, 2024.

The SKY programs help students discover greater self-confidence, resilience and a set of tools that will carry them through all of lifeâ??s ups and downs through meditation, breathing techniques, and interactive processes.

Students learn tools and skills to:

- Access a stress-free mind at any time.
- Boost focus & concentration for test-taking
- Explore values ex. respect and responsibility.
- Enhance 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.

Please contact Rupa Chordia-Samaria at rupa.chordia@iahv.org or (513) 237-6373. Learn more information about the SKY Programs from this video. This program is open to youth in North Avondale and surrounding communities on a first come / first served basis.

Date Created

December 9, 2023
Author
eccanova

default watermark