



SKY Kids Program returns in October

Description

Congratulations! It's official. NANA has been approved and allocated to receive \$5000 from Hamilton County administration for the SKY Youth Programs. Sandesh and Rupa Samdaria and the Art of Living Volunteers are working to schedule the courses over the next 12 months. The next Sky Kids program takes place October 11-14.

The SKY Kids program gives children the tools they need to thrive and meet life's challenges with a smile. Through breathing techniques, games, yoga, creative projects, problem-solving strategies, interactive processes and service projects.

The 12 hours spread over four days provide children with tools and skills to:

- Release stress and negative emotion
- Boost concentration and memory
- Build self-confidence
- Handle peer pressure and bullying
- Strengthen human values and social skills

When children know how to manage their own stress and emotions, they're able to excel in all areas of life and their natural talents can emerge.

Many parents and kids notice they're more creative, their performance in school and sports improves and they are better at navigating relationships. As a result, their leadership abilities blossom, and they're able to be of service and help others in their communities.

WHEN:

October 11-14, 2024

WHERE: Community Friends Meeting, 3960 Winding Way, Cincinnati, 45229

TIMES:

Friday: 4:30 pm - 7:30 pm

Saturday & Sunday: 2:00 pm - 5:00 pm

Monday: 9:00 am - Noon

COST: Please Contact Rupa for scholarships @ 513-237-6373.

MORE DETAILS and REGISTRATION [here](#).

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