



Program Overview

NCAI is committed to providing American Indian and Alaska Native youth opportunities to assist in their continued development as the next generation of leaders. NCAI is fulfilling this vision by providing students ages 8-24, physical/behavior health curriculum, youth leadership development, and healing through movement.

We are excited to share that we have established partnerships with Indigenous Lotus, Native Health Initiatives, and We R Native to enhance movement in our daily lives.

Calendar

April 5, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
April 12, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
April 19, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
April 21, 2022	4PM MST	Native Health Initiative: 30 min of Movement
April 26, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
May 3, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
May 10, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
May 17, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
May 19, 2022	4PM MST	Native Health Initiative: 30 min of Movement
May 31, 2022	4PM MST	Yoga & Journaling provided by Indigenous Lotus
June 13, 2022	7:30-9AM	Obstacle Course at NCAI Mid Year Convention
June 16, 2022	4PM MST	Native Health Initiative: 30 min of Movement

