



Moments of Connection, Inspiration, and Belonging



Dear Friends,

May is Mental Health Awareness Month, a time to prioritize mental wellness and spread awareness about the importance of self-care. At [ZENworks Yoga](#), we're dedicated to fostering mental and physical well-being in underserved communities through mindfulness and yoga programs.

In recognition of Mental Health Awareness Month, we invite you to explore the resources and offerings available on our website and social media platforms. From guided meditation sessions to yoga practices for children and adults, to simple brain breaks, we provide accessible tools to support you and your children's journey to optimal health, mentally and physically!

As a Cleveland-based 501(c)(3) non-profit organization, ZENworks Yoga is committed to supporting the mental and physical wellness of students, staff, and families in underserved schools and community organizations through mindfulness and yoga programming. By connecting with and participating in our community programs you're not only investing in your own well-being but also contributing to our mission of empowering individuals!

Let's come together this May and prioritize mental health. Visit our website and follow us on social media [@zenworksyoga](#) to discover how you can join us in spreading awareness and fostering a culture of self-care and compassion!



[DONATE](#)

# Videos

Daily opportunities for students, staff, and families to

## PAUSE | BREATHE | RESET

Sign up today for complete access to over 200 videos including short brain breaks for the classroom or at home, longer activities that can be enjoyed as a family, or reset moments for students and adults.

**BONUS:** Almost all of the videos can be completed without any extra equipment. Just press play!

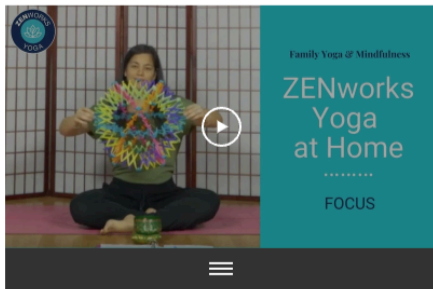


### Brain Breaks

Our easy-to-use platform helps you choose just the right videos for your students based on their current mood. Videos feature real students, are less than 5 minutes, and are the perfect brain break!

Use during transitions, before or after lunch and recess, during morning meeting or before tests.

[SEE MORE VIDEOS](#)

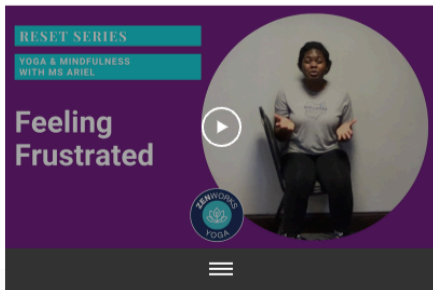


### Full Length Classes

Join our ZENworks Yoga instructors as they lead us through a series of breathing exercises, yoga movements, and mindfulness activities in these full-length 30 minute classes. These can be done on a yoga mat, a large towel or blanket or any soft floor. No special equipment is needed!

Perfect for families or children in grades k-5.

[SEE MORE VIDEOS](#)



### Reset Series

Follow along with our Reset series, as our ZENworks Yoga instructors take you through family-friendly yoga and mindfulness techniques that can be done anywhere, anytime.

Whether you or your children are feeling frustrated, anxious, overwhelmed and/or having trouble sleeping, this short series of videos provides yoga practices to help you manage these feelings without any special equipment.

[SEE MORE VIDEOS](#)

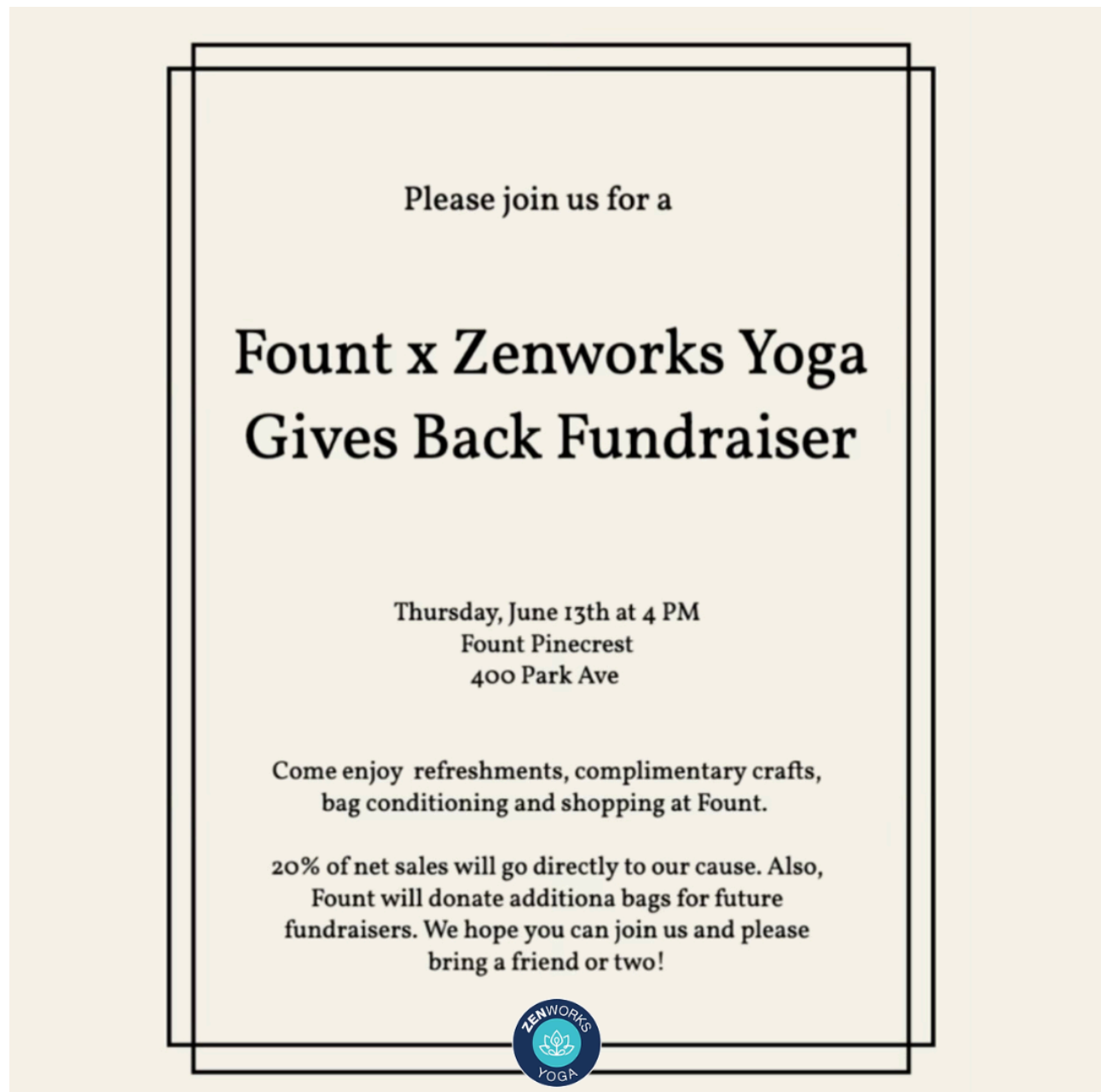
## Visit our Resources

## We are excited to announce we have a FUNdraising event coming up!

Join us for an evening of champagne and beautifully crafted leather handbags. ZENworks Yoga will partner with [Fount](#) to host a fun shopping event at their Pinecrest Location. 20% of proceeds will be donated to ZENworks Yoga. We'd love to see you there!

**Can't attend in person?** Shop [online](#) and use the code "Pineship"

For more information, or to RSVP please email Joy, [joy@zenworksyoga.com](mailto:joy@zenworksyoga.com)




Please join us for a

# Fount x Zenworks Yoga Gives Back Fundraiser

Thursday, June 13th at 4 PM  
Fount Pinecrest  
400 Park Ave

Come enjoy refreshments, complimentary crafts, bag conditioning and shopping at Fount.

20% of net sales will go directly to our cause. Also, Fount will donate additional bags for future fundraisers. We hope you can join us and please bring a friend or two!





It's important that our team all gets together for moments to CONNECT. Hosting gatherings like this, is a part of our culture committees efforts to ensure everyone feels like they belong and are valued in the organization. Thank you to [Forest City Shuffleboard](#) for creating such a fun atmosphere!

A huge THANK YOU you to the Cleveland Cavaliers for Swag Bags that we were able to distribute to our community partners!

Want to support ZENworks Yoga?

Don't forget about our [Social Media Toolkit](#) online.

This makes fundraising on behalf of ZWY easy by providing a step-by-step guide for fundraising, graphics, and talking points!



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Share on social



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