



Moments of **Connection**, **Inspiration**, and **Belonging**



Hey there!

Are you passionate about making a difference in children's lives through yoga, mindfulness, and social-emotional learning? **ZENworks Yoga** is seeking dedicated individuals to join our ***Instructor Intensive Program***, and we want YOU to be a part of it!

This opportunity is perfect for those who:

- Align with our mission to promote wellness, mindfulness, and emotional growth for children.
- Are available to teach during weekdays in an urban school setting.
- Have experience working with children or are excited to bring these skills into your teaching practice.
- Have a background or interest in yoga, mindfulness, social-emotional learning, mental health, education, or related fields.

Certified Yoga Teachers are encouraged to apply, but it's not a requirement! Whether you're an experienced instructor or new to teaching yoga to children, we welcome your passion and commitment.

**What You'll Gain:**

Graduates of our 45-hour Instructor Intensive Program will facilitate our signature 20-week curriculum at partner schools across the Cleveland Metropolitan and surrounding districts. You'll gain the tools and confidence to lead impactful, engaging yoga and mindfulness classes that support children's emotional and physical well-being.

**Special Offer:**

As a Gratitude Special for November, now through November 30th, **we're offering 50%** off the investment price for our Instructor Intensive Program. It's the perfect time to take the next step in your career and help shape the next generation with ZENworks Yoga!

Are you ready to learn more or apply?

**Learn More About our Instructor Intensive**

# ZENworks Yoga Instructor Intensive

We are looking for people with a background or interest in yoga, mindfulness, social emotional learning, mental health, education or related fields. Certified Yoga Teachers are encouraged to apply, but it is not a requirement.

Graduates of the 45-hour training program will facilitate our signature 20-week curriculum at partner schools in the Cleveland Metropolitan and surrounding districts.



**This is a scholarship sponsored program.  
Now accepting applications!**

## Prerequisites:

- Experience working with children, teens, or educators/school systems
- Aligned with ZWY mission
- Availability between 8am-3pm, M-F during the school year (minimum 3 hr./week)

## Dates:

January 7, 14, 21, 28 from 9am-4pm  
 February 4 from 9am-4pm  
 Feb. 18th from 10am-2pm  
 Hosted at a central Cleveland location

## For more information:

Contact Sara Kelly at  
[sara@zenworksyoga.com](mailto:sara@zenworksyoga.com)



## ZENworks Yoga Updates

### Back To School Fundraiser Recap – Thank You!

Thanks to your generosity and support, we successfully concluded our Back To School Fundraiser in October. We raised a little over \$11,500, which will directly benefit our programs and help us expand our reach. These funds will allow us to continue to provide much-needed yoga and mindfulness classes for children, foster social-emotional learning, and create safe spaces where children can develop the skills they need to thrive.

We couldn't have achieved this without you — our amazing community of donors, partners, and volunteers. Thank you for your commitment to helping children find peace, connection, and resilience through yoga and mindfulness programming!

### Learn More About ZENworks Yoga



*It helps my brain control my emotions and actions so that my actions don't hold me back for opportunities in life."*

ZENworks Student, 2024



## Support Us

Mark your calendars! Giving Tuesday is just around the corner—Tuesday, December 3rd, 2024. It's a global movement dedicated to celebrating generosity and inspiring people to give back to their communities, causes, and charities.

Whether you choose to donate, volunteer, or spread the word, this is a day to make a meaningful impact. Here's how you can get involved:

### **1. Donate to Causes that Matter**

Many organizations, including ours, will be looking to maximize their impact and funding on Giving Tuesday. Your donation, no matter the size, can make a real difference in advancing important projects and programs. Keep an eye on your inbox or visit our [website](#) to find out how you can donate!

### **2. Volunteer Your Time**

Generosity isn't just about money. Consider giving your time and talents to support a local charity, help a neighbor in need, or lend a hand at a community event. Volunteering is a powerful way to give back and strengthen the fabric of your community.

### **3. Spread the Word**

Not everyone can give financially, but everyone can help spread the word. Share your support for Giving Tuesday on social media, encourage friends and family to get involved, and amplify the message of giving. We have a [social media toolkit](#) on our website to help you come up with what to say with a database of graphics for you to use to make your social media stand out!

### **4. Matching Gifts & Corporate Support**

Many companies offer matching gift programs that can double or even triple the impact of your donation! Check with your employer to see if they'll match your contribution on Giving Tuesday.

### **5. Give In-kind**

If you're unable to donate money or time, consider giving goods or services. Many organizations need non-monetary contributions, from supplies to professional expertise, to a space to host an event! New, unopened yoga mats are always a welcome donation for ZENworks Yoga.

### **Let's Make a Difference Together**

Your support on Giving Tuesday can create lasting change. Together, we can strengthen communities, lift up those in need, and celebrate the power of giving. We are grateful for your continued generosity and hope you'll join us in this worldwide celebration of kindness.

**Donate Now!**

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At ZENworks Yoga, we believe in the power of community. By connecting with one another, inspiring growth, and fostering a sense of belonging, we create spaces where children can thrive.

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



Learn More 