

# Pause. Breathe. Reset.

Monthly Newsletter



Dear Friends,

ZENworks Yoga is going strong in 2024, and our mission has remained unchanged; to provide access to mindfulness and yoga based life skills to students, educators and families in under-resourced school communities in Northeast Ohio. **The core values that lay the foundation of our work include: access, belonging, trauma informed, empowerment and accountability.** We are excited to share with you the [2022-2023 Annual Report](#) for you to dive deeper into our impact from the past school year.

## Download our Annual Report

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Are you looking for a way to give back, connect with like-minded individuals, and expand access and awareness to our programs and services?

This Spring season we will be bringing back Friends of ZENworks (Friends of ZWY).

**Stay tuned** for more information on Friends of ZWY soon, but you can always email Kristin at [community@zenworksyoga.com](mailto:community@zenworksyoga.com) to join the waitlist!

# JOIN US!

# BECOME A FRIEND OF ZENWORKS YOGA!



Join our fundraising team to help expand and sustain our programs and services throughout Northeast Ohio.

Help raise awareness, drive connection and educate our community.

### OUR MISSION:

ZENworks Yoga is a Cleveland-based 501(c)(3) non-profit organization committed to supporting the mental and physical wellness of students, staff, and families in underserved schools and community organizations through mindfulness and yoga programming.



**Contact Person:**

Kristin Mulcahy

Marketing Consultant

[community@zenworksyoga.com](mailto:community@zenworksyoga.com)

## Monthly Mindfulness Practice:

After a typical Northeast Ohio winter, many of us feel low in energy and motivation- take a 5 minute reset to destress, tune in and recharge.

### 5 Minute Reset

- Sit tall. Close or soften eyes.
- Slowly inhale through nose, sigh out through mouth. Repeat 3-5 times.
- Bring chin toward chest, rock head side to side.
- Bring right ear to right shoulder, pause. Repeat to the left.
- Come back to center, draw shoulders to ears, give a gentle squeeze and inhale.
- Release shoulders back down, exhale.
- Breathe in steady and slow through nose, sigh out fully through mouth.
- Notice how you feel.



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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!



6575 Dorset Lane, Solon, OH  
44139

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