



Dear Friends,

Happy Spring! Make sure to look at the end of this newsletter for a few poses to celebrate!

As our ZENworks programs are wrapping up for the school year, we have two exciting opportunities to expand our mission and impact!

We are currently looking for instructors to join our team to facilitate our core curriculum in schools, as well as volunteers to join the Friends of ZWY volunteer team.

Our **ZENworks Yoga Instructor Intensive** is an immersive training that certifies folks to facilitate our signature yoga based curriculum. This 45 hour intensive is for *anyone* who has interest or experience in mindfulness, yoga, mental health, education or a related field. Our specialized immersion focuses on the nuance of working within under resourced school communities through a trauma informed, empowerment based lens.

Learn More and Apply for 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!**

Dates:

July 16th, 23rd, 30th, August 6th, 13th
from 9am-4pm; Sep & Oct from 9am-
1pm (dates tbd) + school-based
practicum

For more information:

Contact Sara Kelly at
sara@zenworksyoga.com



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)

Friends of ZENworks Yoga is our growing team of committed volunteers who are dedicated to supporting sustainability via fundraising events, raising program awareness and educating the community about the work that we do! If you are interested please fill out the form below.

Friends of ZWY
This form is for people interested in joining Friends of ZENworks in the Spring of 2024.

*Fields are required questions

Name *
 Your answer

Email *
 Your answer

Address *
 Your answer

Friends of ZWY

This form is for people interested in joining Friends of ZENworks in the Spring of 2024.

JOIN US! **BECOME A FRIEND OF ZENWORKS YOGA!**



LEARN MORE ABOUT HOW YOU CAN VOLUNTEER WITH ZENWORKS YOGA TO FURTHER THE MISSION OF PROVIDING YOGA AND MINDFULNESS TO UNDERSERVED SCHOOLS AND COMMUNITY ORGANIZATIONS IN THE CLEVELAND AREA.

GET STARTED TODAY BY FILLING OUT THE FORM "FRIENDS OF ZWY"

Spring is here, and we have three poses perfect for the season for you to try with your family today!

3 Yoga Poses to do with your Family to Celebrate Spring!



Butterfly Pose:

Start by sitting on the floor, or a cushion. Bring the soles of your feet together & try to sit up as straight as you can. Hold onto your feet with both hands and gently move your knees up and down as if your legs are butterfly wings.



Tree Pose:

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not on your knee), and balance. You can keep your hands at your heart or stretch your arms up to the sky like you are growing your branches. Switch sides and repeat the steps.



Partner Boat Pose:

Sit facing your partner with bent knees and soles of the feet touching. Hold hands with your partner, arms on the outside. Press your feet together and begin to straighten them.



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

Share on social



Learn More 

Pause. Breathe. Reset.

Monthly Newsletter



Dear Friends,

We have had a great April with many programs where we were able to connect to the community in very meaningful ways! In the beginning of the month ZENworks partnered with the Cleveland Public Library to offer 2 free classes for families. We also recently participated in the Homeless Stand Down at the Cleveland Public Auditorium. This is an annual one-day gathering providing essential goods and services to those experiencing homelessness in our community. We were able to provide mini chair yoga and mindfulness programs during this event.

ZENworks also recently partnered with the Cavs in celebration of the Women's Final Four in Cleveland, with a skills clinic for nearly 200 students from the Cleveland Metropolitan School District. We got to reunite with some current and former yoga students and teach these young women about the power of mindfulness, breathing, and body awareness on and off the court. Moondog even surprised one group and showed off his yoga skills with us! See pictures below for a glimpse into this special event!



As we wind down our programs for the school year, we are gearing up for our next Instructor Intensive program, beginning this July.

**Don't miss out on the Early Bird rate, expiring May 15!
Limited scholarships available, to ensure access for all.**

Our cohort will meet weekly in the Vitrolite building (home to Harness Cycle, Soul Yoga & Patron Saint cafe) in Ohio City, for a transformative experience to prepare new instructors to lead our signature program in urban schools!

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Yoga and mindfulness can be experienced anywhere! To soak up the warmer days ahead, here are 6 ways to practice mindfulness outside.

Invite your kids, a friend, or enjoy these practices solo!

6 Ways to Practice Mindfulness Outdoors



1. Gardening 2. Watching the Clouds 3. Playing I-Spy
4. Reading Outside 5. Blowing Bubbles 6. Observing Wildlife

Mindfulness is paying attention on purpose to what is happening in this present moment, without reacting.

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