



## Community Update

Hello ZENworks Community,

As we step into the new year, we're excited to **unveil a brand new look for ZENworks Yoga!**

Over the past few months, we've spent countless hours reflecting on who we are, what we stand for, and how we can better serve our community. **Our new brand** isn't just a fresh logo or a new color palette—it's a **renewed commitment to our core mission**: supporting the mental and physical wellness of students, staff, and families in underserved schools and community organizations through mindfulness and yoga programming.

## What's *Brand New*?

### A Vibrant New Look

We've updated our logo, color schemes, and design elements to reflect the energy and mindfulness that defines our community. Expect a bright, welcoming visual experience that mirrors the positive spirit of ZENworks Yoga.

### A New Website

We've made navigating our website easier than ever, so you can quickly access the resources that benefit everyone—teachers, parents, students, educators, and caregivers alike. Check out new pages that showcase Our Impact ([hyperlink](#)), our Services that make it easy to select the program that's right for you, and an easy route to support our mission by Donating([hyperlink donate](#)).

## Why the Change?

Simply put: **you inspired us**. Your dedication, feedback, and growth has pushed us to evolve. We wanted to create a brand experience that better represents our collective journey—a place where everyone feels welcomed, supported, and inspired.

Thank you for continuing to grow with us. We truly value every member of our community, and we can't wait for you to experience this new chapter of ZENworks Yoga.

If you have any questions, feedback, or just want to say hello, don't hesitate to [email us](#) or reach out on social media. We're always here to support you.

[Visit our New Website](#) | [Follow on Instagram](#) | [Like on Facebook](#)

Visit our New Website

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## Volunteer with Us at The Cavs Game!

We are thrilled to announce that ZENworks Yoga has been invited once again by the CAVS Foundation to participate in their exciting 50/50 Raffle event!

After the previous opportunity was postponed, we now have a new date to look forward to, and we need YOUR support to make it a success - **February 2, 2025**. This is a **DAY-GAME** starting at 3:30 pm, arrival time for volunteers will be 1:15 pm.

This is a fantastic fundraising opportunity for our nonprofit, and we're counting on the generosity of our community to help us reach our goal. The CAVS Foundation partners with local organizations like ours to sell raffle tickets during the game, and in return, we receive a generous 20% of the proceeds. On average, this event has raised between \$2,000 - \$4,000 for us, which helps us continue our mission to support the mental and physical wellness of students and educators in underserved communities.

#### Here's How You Can Get Involved:

- Invite your friends and family – the event is open to **everyone** in the community, so feel free to bring loved ones along for a fun day out! (Minors under 18 must be accompanied by an adult at all times.)
- Volunteer with us – we'll be selling raffle tickets in pairs during the game, with some volunteers stationed at booths and others walking around. Volunteers can leave after the 3rd quarter or stay to watch the game from the Budweiser section (standing-room only).
- Enjoy the event – not only will you be supporting a great cause, but you'll also have the chance to interact with the community, make new connections, and enjoy an exciting game!

If you are interested, please fill out our google form ---> [CAVS 505/50 Volunteer Form](#)

We can't wait to see you there and share this fun, impactful experience with you. Thank you for being a part of our journey to create healthier, more resilient communities!

## CAVS 50/50 Raffle Form

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## Organizational Updates!

We're thrilled to start the new semester with two incredible new partnerships: Mercer Elementary in Shaker Heights and William C. Bryant Elementary in Cleveland! These schools will be joining the growing number of communities we support with our mindfulness and yoga programming, and we couldn't be more excited about the positive impact we'll be making together.

As we grow, we are grateful for the support of our community, volunteers, and partners who make it all possible. Thank you for being part of this exciting journey as we continue to expand our reach and bring wellness to more students and educators in need.

Is your company, school, or organization interested in hosting ZENworks Yoga for a Professional Development session, or Yoga and Mindfulness in the classroom? Reach out to Liz, our Director of Operations. You can email her, [here](#).

### **Here's to a semester full of growth, mindfulness, and success!**

We're also excited to announce that our Winter Cohort of the Instructor Intensive officially kicked off on January 7th, and we couldn't be more thrilled with the incredible group of dedicated individuals joining us this session. These new participants are eager to learn, grow, and eventually bring mindfulness and yoga into classrooms across the community.

This cohort represents a new wave of educators and practitioners who are ready to make a lasting impact in the lives of students, educators, and families. Over the coming weeks, they will be honing their skills, learning best practices, and preparing to step into classrooms with the tools to support emotional well-being and resilience.

We can't wait to welcome these new instructors into our network and see the positive change they'll bring to schools and organizations in the near future.

## **Bring ZWY to You!**



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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.

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