

Pause. Breathe. Reset.

Monthly Newsletter



Happy 2024! We are so excited to have our ZENworks instructors back in the classrooms teaching yoga and mindfulness to the students of the Cleveland Metropolitan School District. The team is eager to explore themes of kindness, communication, belonging, gratitude and more. We are currently in 8 schools serving students from preschool to high school. We cannot wait to see what this year has in store!



This month we also hosted our ZENworks winter retreat at Apothecary Verde in Old Brooklyn. The ZWY team was able to connect, set intentions, and prepare for the new year. They were also able to practice self care with a guided yoga practice, and by making face masks, salt scrubs, and customized essential oils. It was a perfect way to begin 2024.



ZENworks Winter Retreat
January 7th, 2024
Apothecary Verde, Old Brooklyn



We are continuously grateful for your support and cannot wait to connect in the new year! If you are not already make sure to follow us on social media to stay updated. To follow us on Instagram and Facebook click the icons below.



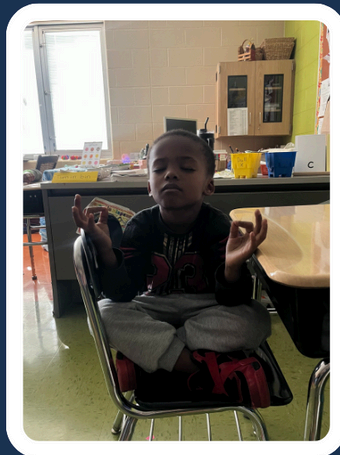
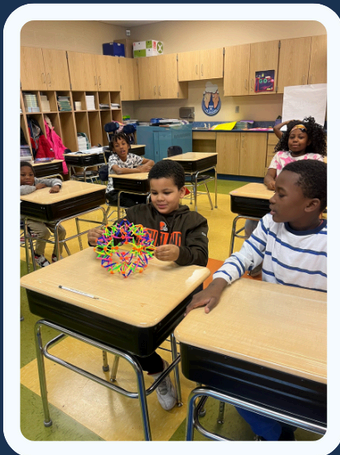
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This makes fundraising on behalf of ZWY easy by providing a step-by-step guide for fundraising, graphics, and talking points!



6575 Dorset Lane, Solon, OH
44139

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