



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



Dear Friends,

In case you missed it, this month we had a great turnout at our Fount X ZENworks Yoga Gives Back Fundraiser, thank you to everyone who stopped in the store or shopped online! Fount was able to help us raise nearly \$2,000 for our programming! Stay tuned to our social media channels and be sure you're checking out our newsletters to see other fundraisers and events we have coming up!

Now that the 23-24 school year has wrapped up, we are pleased to share that 65% of our students reported they practice ZENworks Yoga strategies *sometimes or more* during the school day with their teacher, and 63% reported they *sometimes or more* practice them on their own! With a few transitions throughout our organization this past year, we are really excited about the impact we were able to have throughout our CLE community and love to see our students taking ownership of the tools we share with them! In the next few months, our annual report will be coming out with a more in depth overlook of the impact we had over the last year, so keep your eye out for it!

If you are looking for yoga or mindfulness activities or practices to do with your kids or students this summer, check out our [FREE resources](#)! On our website we have blogs with activity ideas, mindfulness practices, and other wellness tips as well as fun comics for wellness and self care practices and a whole database of short and full length videos with brain breaks and yoga exercises! Our resources are all accessible through our website and can often times be found across our social media channels as well! These resources provide parents, teachers, camp counselors and chaperones an opportunity to expose yoga and mindfulness practices to younger generations, offering them tools to improve their mental, physical and emotional wellness!

**Visit our Resources**





Thank you to [Fount](#) for hosting this amazing FUNdraiser! It was so great to get our ZWY team together with the community for an event at Pinecrest!



Whether you're indoors or outdoors, try this fun exercise with your kids!



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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