A little help, goes a long way!

When we educate our youth & focus on their health and success, we are strengthening our future.

FAMILIES

Parents & caregivers are role models for children. As adults, it is our responsibility to model positive behaviors.

ZWY provides families with the tools to incorporate health and wellness into their daily routines while being encouraging & supportive.

2 TEACHERS

Providing our teachers with materials & knowledge to implement yoga & mindfulness into the classroom, helps build academic success and lifelong resiliency.

4 COMMUNITY

Our community is more successful and powerful when it is filled with healthy and educated individuals.

Bethe

support ZENworks Yoga.



Better ter.







BIRTHDAY FUNDRAISER

For my birthday I kindly ask that you help support ZENworks yoga.

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.

Help me in supporting

LENVORKS POGA

www.zenworksyoga.com

Importance of supporting nonprofits







Grow communties

Create more equitable communities

Provide us with a safe space



Help voices be heard



Step in when others won't



Dare us to dream

Make a (ifference)

support ZENworks Yoga.



e cando nings.



ISC. Browne Sochmer Wes

ENGAGEMENT

EQUALITY

ACCESS

IMPACT

MINDFULNESS

BELONGING

FOCUSED

TRAUMA-INFORMED

EMPOWERMENT

ZEN

ACCOUNTABILITY

INCLUSION



CONFIDENT

ZEN in your



www.zenworksyoga.com

ZENworks Yoga has brought ZEN to over 5,500 children in underserved schools & community organizations around Northeast Ohio and access to online resources across the country

www.zenworksyoga.com

