

ZENWORKS YOGA



ANNUAL IMPACT REPORT

2021-2022 _____

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



ZENworks Yoga officially became a non profit organization in 2013, three years after it was founded. Our mission has remained unchanged; to provide access to mindfulness and yoga based life skills to students, educators and families in under-resourced school communities in Northeast Ohio. The core values that lay the foundation of our work include: access, belonging, trauma informed care, empowerment and accountability. Since returning to the classroom in person in the fall of 2021, we have witnessed the complex and chronic impact of the pandemic on the social emotional wellness of the communities that we serve. School administrators have embraced and acknowledged the critical need for the skills that we teach, and have welcomed us back into their buildings with open arms.

In fact, the demand for our programs has increased exponentially over the last 12 months in particular, for both in and out of school time classes. Not only are we grateful for the trust that our school and community partners place in our expertise and leadership in wellness, but we also see this as a huge step forward on a broader scale. We believe that this shift toward centering the mental health and relational needs of our children, educators and families is essential to create strong, resilient and thriving communities.

ZENworks is beyond honored to continue to be part of this movement, and to have the great joy of sharing the life changing skills of mindfulness and yoga with more than 3000 young people each and every week. As financial and culture climates continue to evolve in our "post pandemic" world, we look forward to continuing to meet the challenge of growing in this space to further shift the wellness narrative in Northeast Ohio.

Megan Davis

Megan Davis

ZENWORKS YOGA

VISION

Our vision is to inspire **all bodies** to **connect, belong, and flourish.**

MISSION

We are 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 yoga and mindfulness programming.



PROGRAMMING



3,500 students
served weekly

300 + teachers
served weekly



17 Schools
15 CMSD, 1 Euclid, 1 Akron

1,200 +
online teaching
minutes



"I am so pleased with the ZENworks program. It is such a special part of our week. It also gives me a lot of ideas and resources to use on my own with my class"

-2022 School Teacher

VALUES

Mental Wellbeing

Education

Community Engagement

Equality

Inclusivity

Professional Development

Physical Wellness

Accessibility

Personal Growth

OUR PRESENCE



Students Say Our Programs Make Them Feel...

CONFIDENT

PEACEFUL

SAFE

AWESOME

EXCITED

COOL

CALM

GREAT

HAPPY

REFRESHED

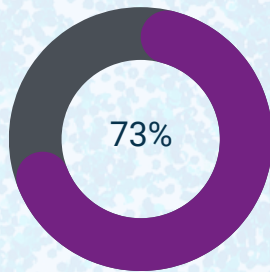
STUDENT DATA



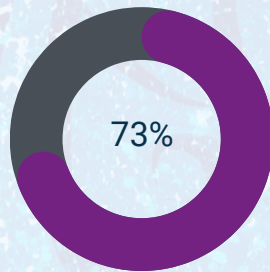
of students who practiced yoga in the past, said they enjoyed it.



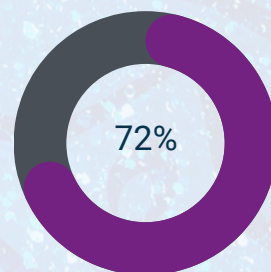
of students said they used calming down strategies to help them.



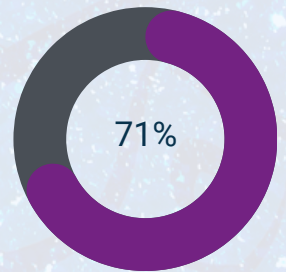
of students said yoga has helped them care for their own space and the space around them.



of students said yoga has helped them notice what they think and feel.

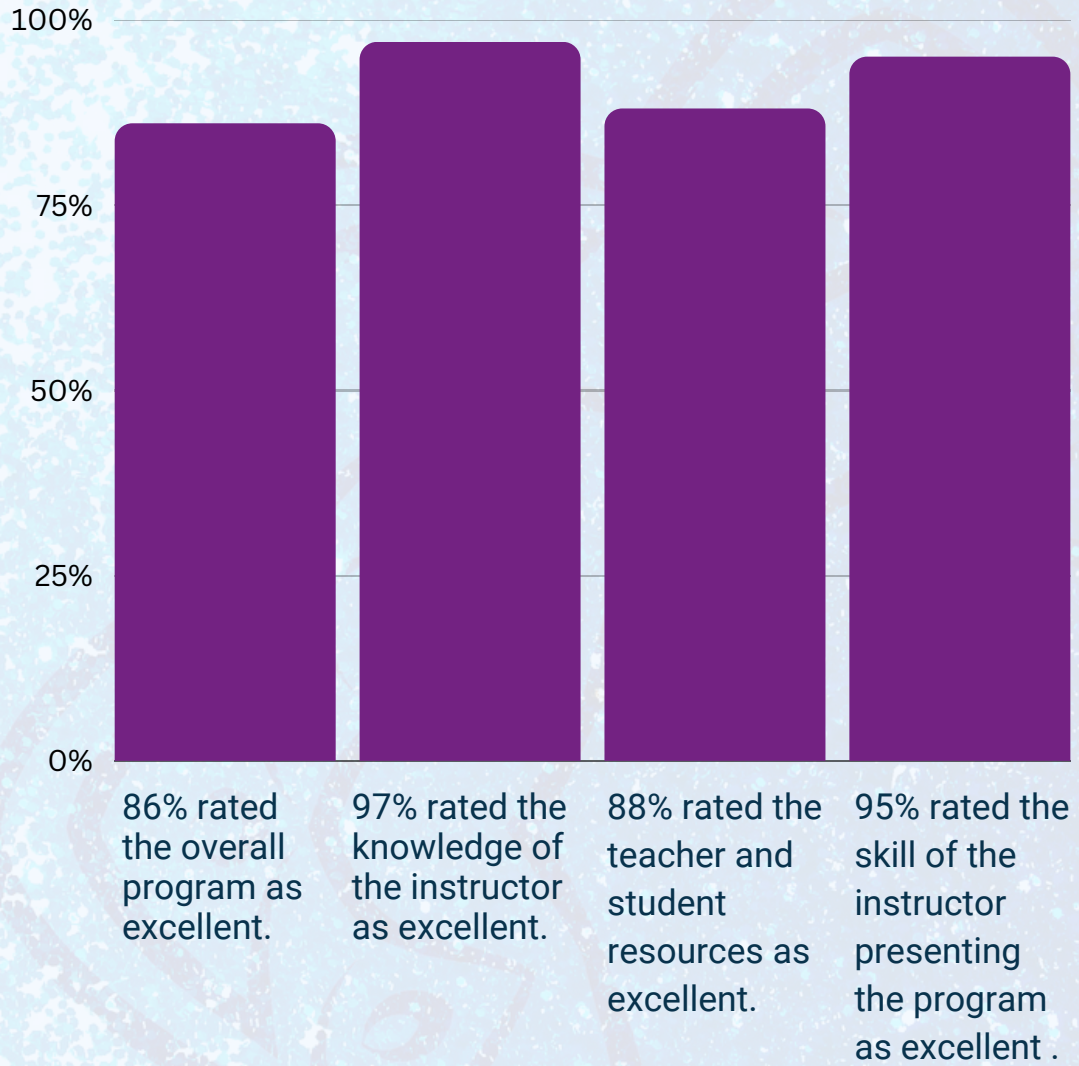


of students said yoga has helped them use strategies to rest/restore their body and mind.

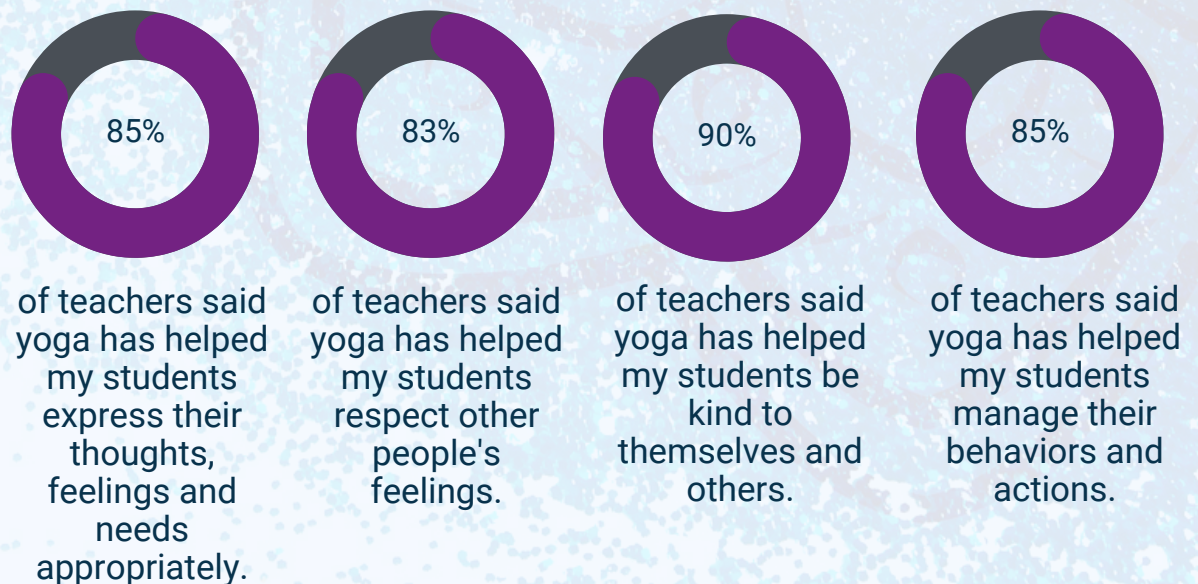


of students said yoga has helped them recognize and appreciate the people, places, and things in their life.

General Program Satisfaction



Program Effectiveness



FINANCES



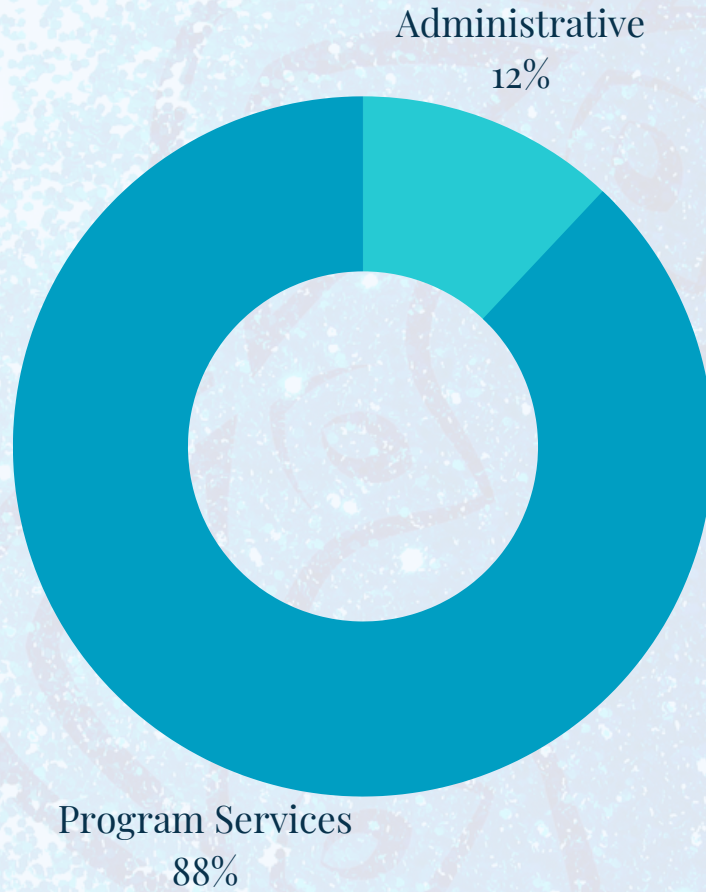
GROSS REVENUE

Contributions & Grants	\$33,938
Program Service Fees	\$13,732
Fundraising Events	\$19,538
Total Revenue	\$67,208

For fiscal year 7/1/2021 - 6/30/2022

*The financial data is presented using the accrual method of accounting, which provides a historical, accurate overview of receipts, expenses, and earnings.

FINANCES



EXPENSES

Program Services	\$59,981
Fundraising	\$0
General & Administrative	\$8,076
Total Expenses	\$68,057

For fiscal year 7/1/2021 - 6/30/2022

*The financial data is presented using the accrual method of accounting, which provides a historical, accurate overview of receipts, expenses, and earnings.



BEING PRESENT NOW, IMPROVES OUR FUTURE

ZENworks Yoga is honored and privileged to continue to make a difference in the lives of our students and communities through our mindfulness and yoga programs. We are so grateful to the companies, organizations and individuals who make this possible for us, through grants, donations and more. Thanks to their continued support, we are thrilled to have the opportunity to expand our impact through integrated school programs, educator professional development, community education and more.

Our gratitude to the following ZENmakers who supported us during the 2021-2022 SY by donating \$500+

- Amit and Sonya Patel
- Baker Hostetler LLP
- Chhagan and Indu Bapna
- Cleveland Cavaliers Foundation
- Deepti and Anup Patel Foundation
- Gwen Herman
- Jaimin and Elizabeth Rangwalla
- John Manke
- Kamala Bafna Foundation
- Laura Dutt
- Mary Weatherhead
- Megan Johnston
- Neha and Raj Patel
- Nikhil and Karen Patel
- Quickly Inc.
- Sumit and Anitha Bapna
- Suzanne Hanselman
- Tammy Oliver
- Thomas White Foundation
- Vijay and Neeti Sharma

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