



Hello Again Friends,

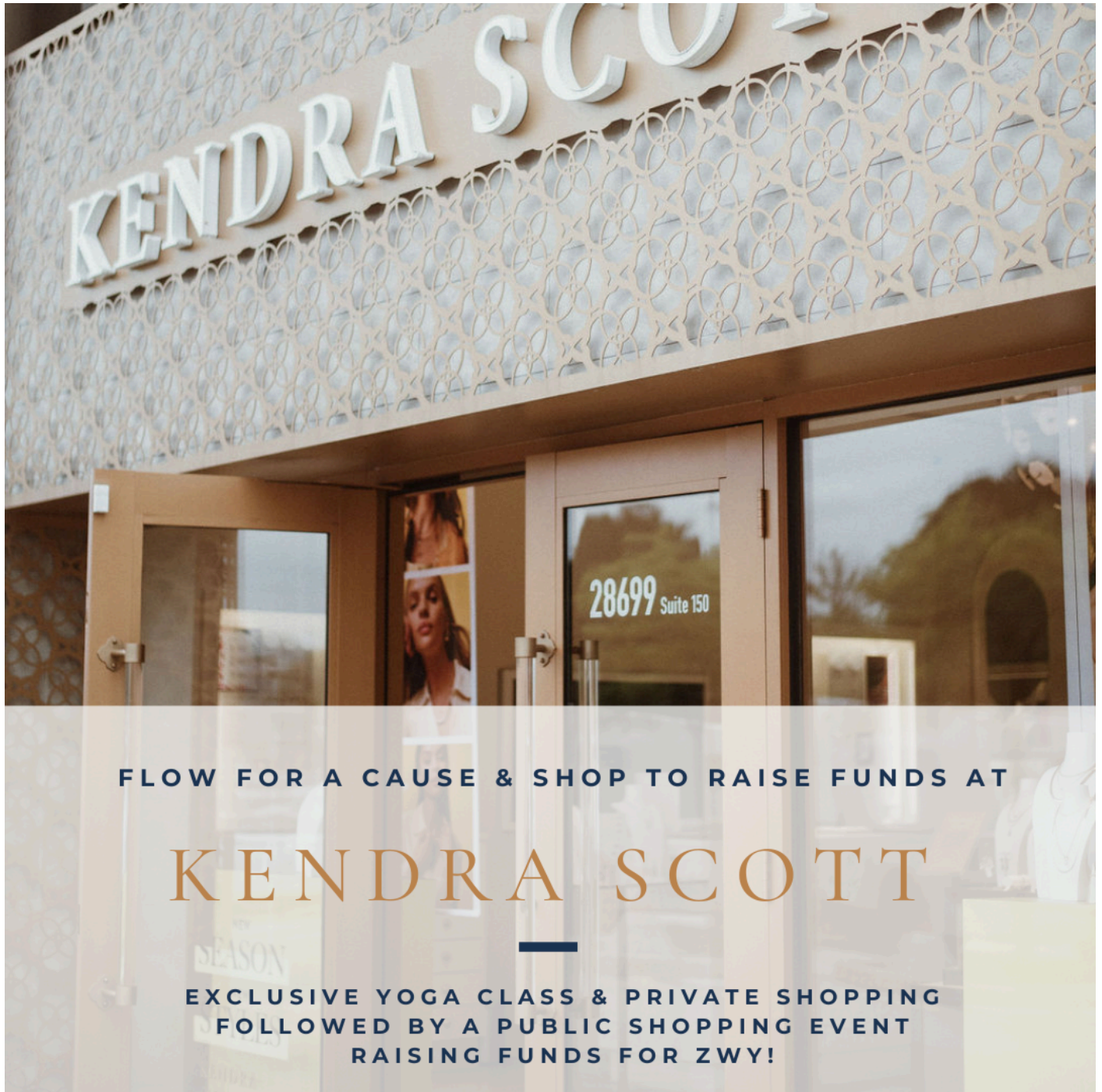
Mark your calendars for September 15th! Join us for a special event that combines self-care with the spirit of giving. The day will kick off with our exclusive "Flow for a Cause" yoga session at 10am, designed to rejuvenate both body and mind. With space limited to just 10 participants, you'll enjoy a personalized and serene experience led by two of our expert ZENworks Yoga instructors, Liz and Sara!

Grab your spot [here!](#)

After finding your zen, indulge in a private shopping experience where you can browse and purchase unique items before the general public. Kendra Scott is a jewelry boutique known for customizable jewelry in a range of colors. This is a great time to treat yourself, spoil someone you love or get holiday gifts!

Starting at noon, the doors open to the public for a shopping spree until 2 PM. Remember to mention ZWY at checkout, and 20% of your sale will be donated to ZENworks Yoga, supporting our incredible programs.

Don't miss this opportunity to do a little self-care and shopping while making a positive impact. We can't wait to see you there!



FLOW FOR A CAUSE & SHOP TO RAISE FUNDS AT

KENDRA SCOTT

**EXCLUSIVE YOGA CLASS & PRIVATE SHOPPING
FOLLOWED BY A PUBLIC SHOPPING EVENT
RAISING FUNDS FOR ZWY!**

Register For Our Exclusive Yoga Class Here!

ZENworks Yoga Updates

We're filled with so much gratitude for the latest cohort of brand new ZWY instructors who recently completed their instructor intensive and are ready to begin their practicum in the classrooms!

A huge shoutout to **The Vitrolite** for hosting us in their bright and cheery classroom space. Our residents in training dive into topics like yoga philosophy, youth development, trauma-informed instruction, ZWY's values in action, and of course lots of fun, hands-on practice time getting ready for our time in the schools!

Does this sounds up your alley? Make sure you're checking out newsletters monthly to be the first to hear about our next training opportunity.

Learn More About ZWY!



Thank You
For Hosting

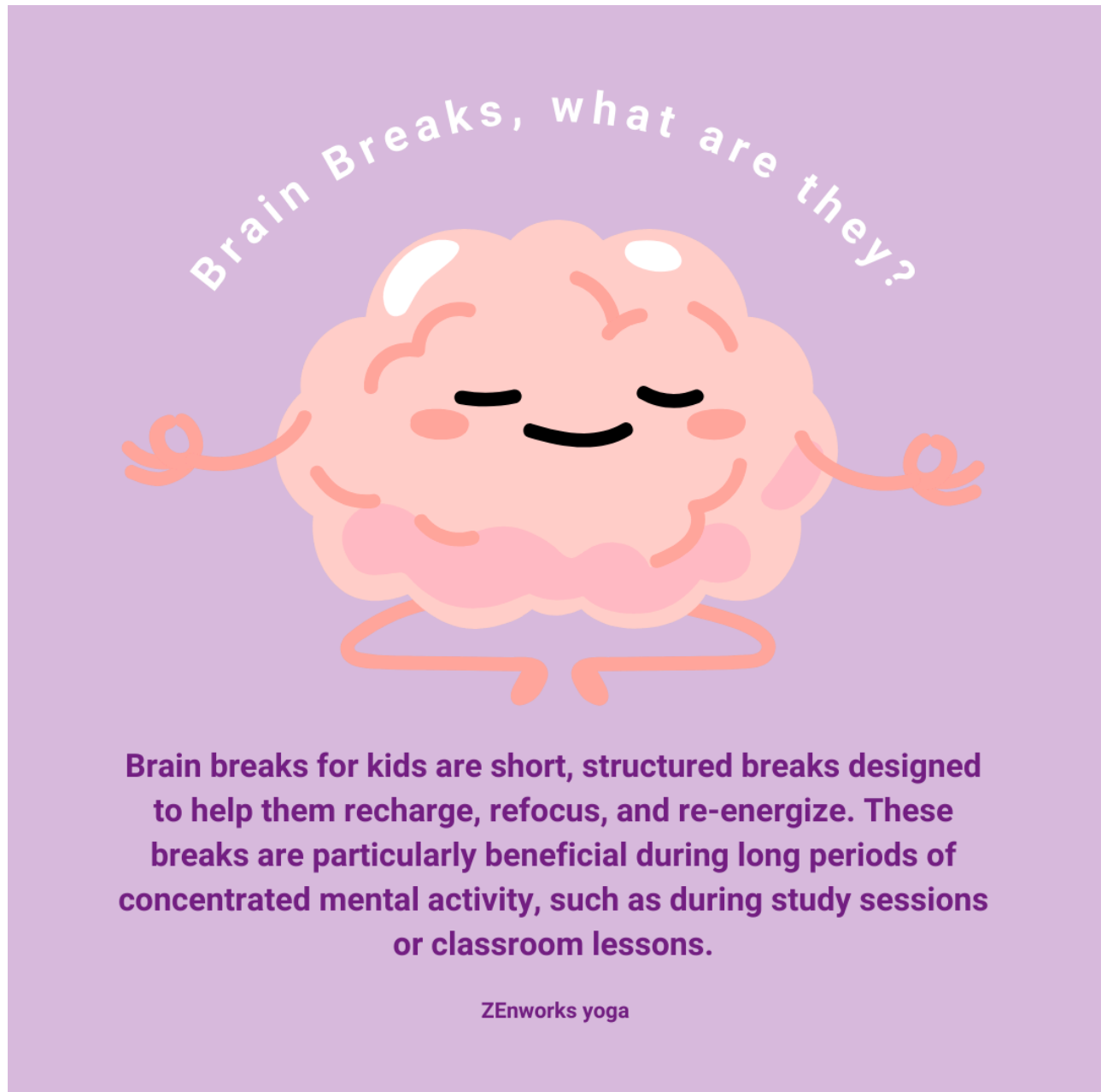


Support Us

Help us amplify our impact by sharing our mission and programs with your network. Whether it's through social media, word of mouth, or community gatherings, your advocacy plays a crucial role in spreading awareness. By encouraging friends, family, and colleagues to engage with our initiatives, you help us reach a broader audience and invite more people to experience the benefits of yoga and mindfulness. Together, we can grow our community and make a positive difference in more lives. Your support in raising visibility is invaluable and directly contributes to our goal of making yoga accessible to everyone.

We have a social media toolkit on our website to help with content and graphics, share our social media posts on your account, and attend our Kendra Scott event on September 15th - **We challenge you to do one of the three over the next month!**

Donate Now!



Did you know we have a large, online database of brain break videos for you to use in your classroom or at home? These are great for transition periods throughout your day! Watch them [here!](#)

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!

6575 Dorset Lane, Solon, OH
44139

Share on social



Learn More 