



# ZENWORKS YOGA

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**Corporate Partnership Opportunities:  
Scholarships & Support**

Our mission is to provide access to yoga and mindfulness programming for children and families in underserved schools and community organizations.

# HELPING CHILDREN FIND CALM IN THE STORM

Today, children face heightened expectations and increased exposure to stimuli, compounding daily stress. In Northeast Ohio's urban cores, children are also frequently exposed to poverty-related adversity including instability, racism and violence. This, plus significant uncertainty and strain from the pandemic, has led to a **mental health epidemic**.

Zenworks provides critical support of the social and emotional well-being of children and families by teaching them mindfulness and wellness techniques that will extend beyond a crisis and into a lifetime.

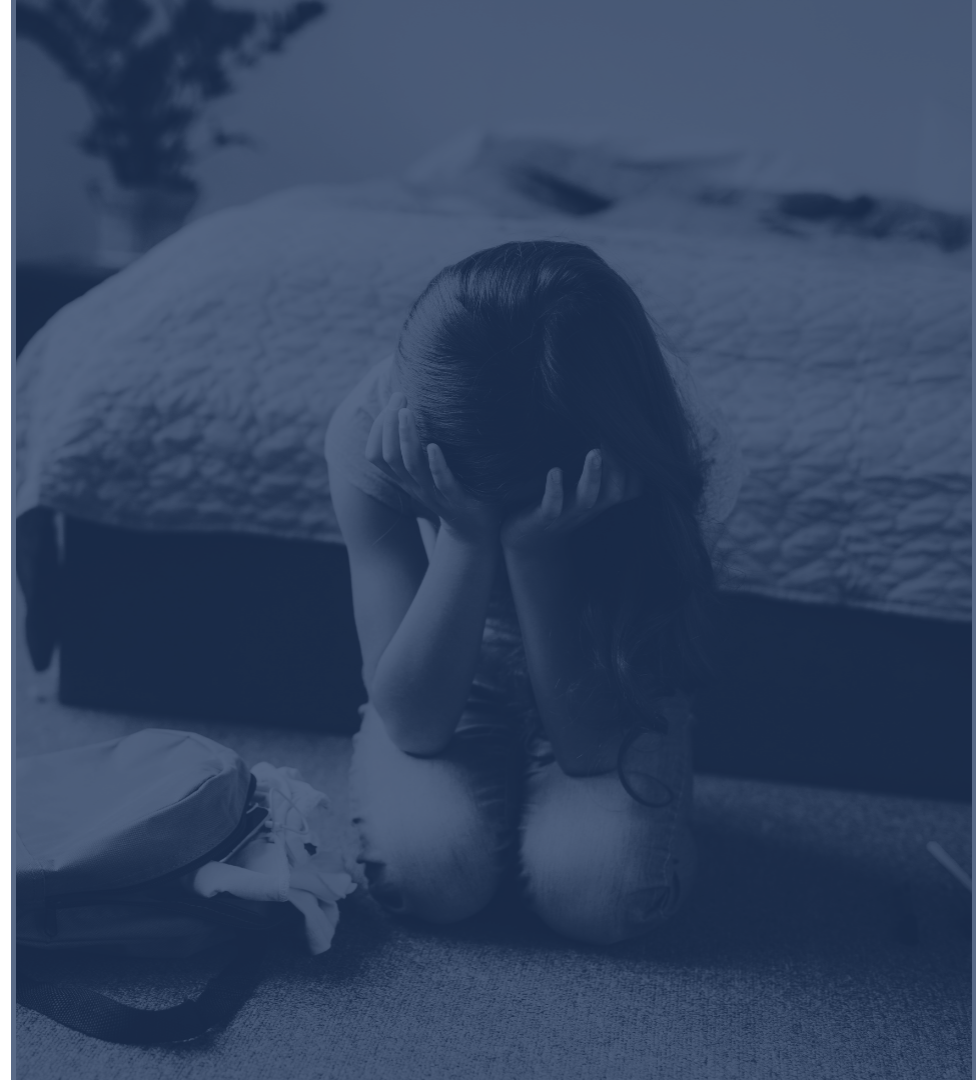
# CHILDREN EXPOSED TO TRAUMATIC STRESS

ARE LIKELY TO EXPERIENCE

**01** | Impaired Nervous System  
Development

**02** | Delayed Learning

**03** | Poor mental health and  
physical health



# COMMUNITY SNAPSHOT

CLEVELAND METROPOLITAN  
SCHOOL DISTRICT

**100%**

Students economically  
disadvantaged

**4,000**

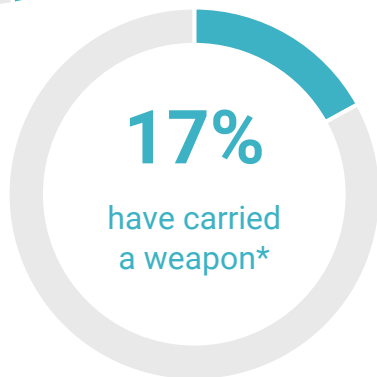
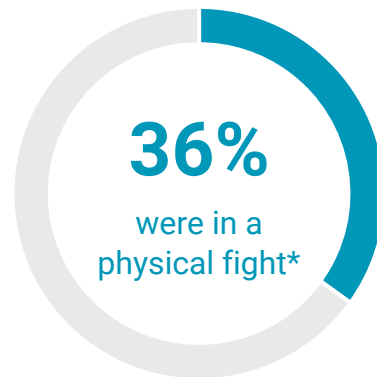
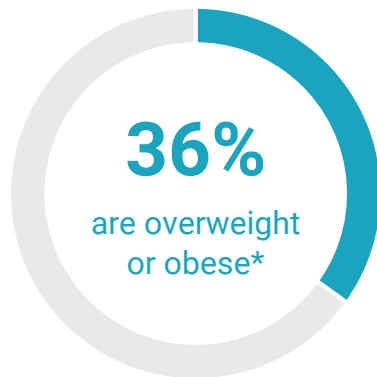
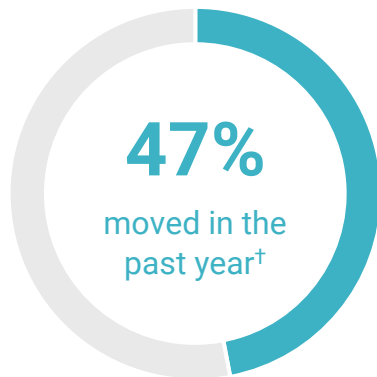
Homeless students

**2nd**

Highest poverty rate in  
the nation



# OUR STUDENTS



‡ Reported by the Ohio Department of Education

† Results of ZENworks Yoga 2017-2018 evaluation

\* Result of CDC Youth Risk Behavior Surveillance 2017

# PROVEN TO DEVELOP COGNITIVE, PHYSICAL AND EMOTIONAL SUCCESS



## Improves attention and cognition

Yoga encourages self-regulation, one of the strongest predictors of academic achievement.



## Builds resilience and provides tools

These tools help students cope with stress. Teaching children to pause, breathe, and reset before reacting.



## Reduces stress and anxiety

Leading to a dramatic decrease in violence and aggression and can reverse the effects of trauma.



# MORE THAN A SCHOOL PROGRAM

IMPACTING ENTIRE COMMUNITIES, ONE CHILD AT A TIME



## Non-profit organization

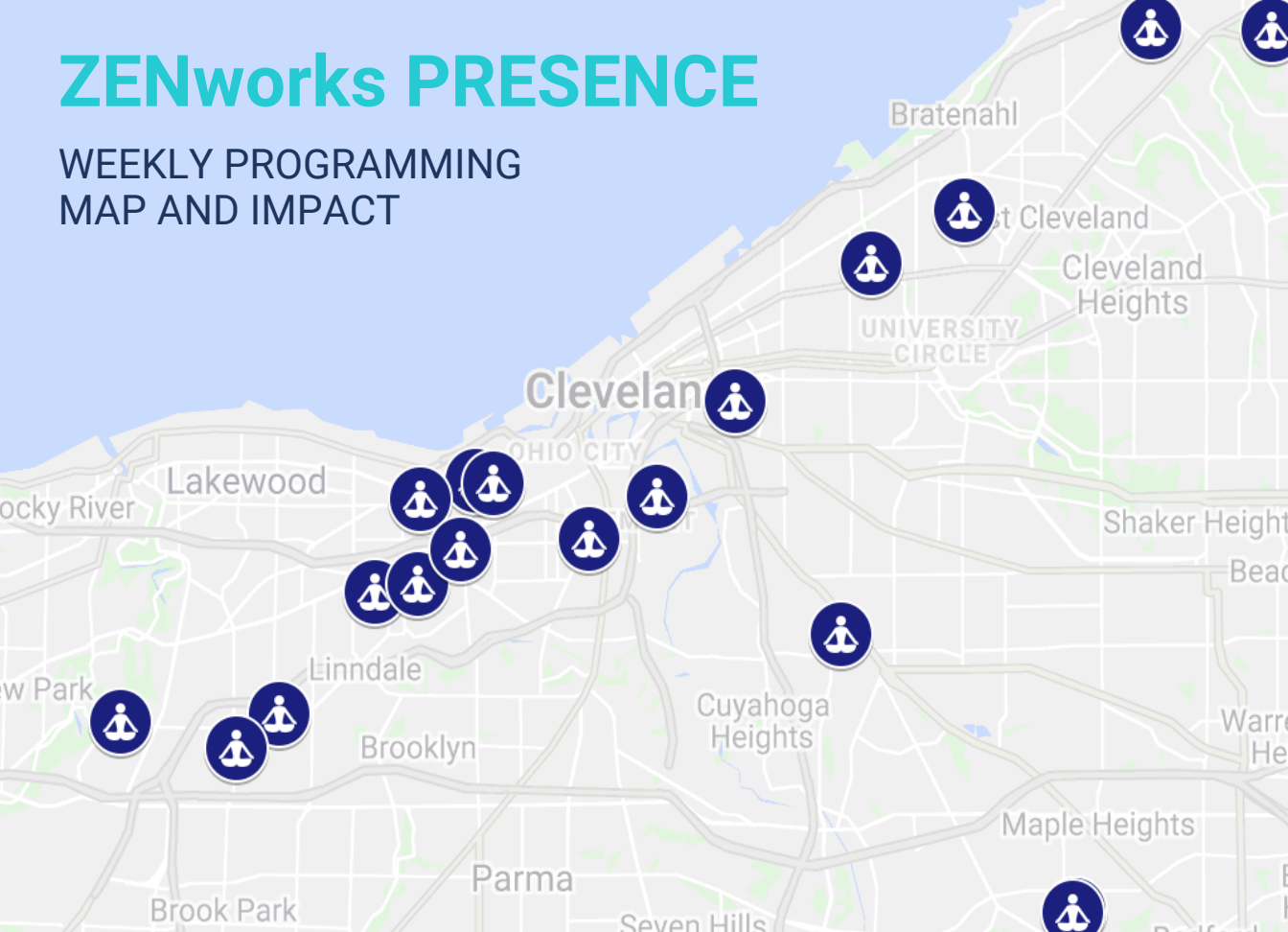
with vetted pre-k –12 curriculum that incorporates Social Emotional Learning standards taught by highly trained and certified instructors.

## Through yoga and mindfulness

we create change and growth in the community, resulting in a ripple effect of a stronger, more resilient society validated through surveys and data collection.

# ZENworks PRESENCE

WEEKLY PROGRAMMING  
MAP AND IMPACT



3,500  
Students



800 Teachers



20 Schools

4,200 Teaching  
Minutes



\*Map represents schools with scholarship-based programming\*



# ZENworks METHODOLOGY

OUR PROGRAMMING USES EVIDENCE-BASED RESEARCH TO SUPPORT CHILDHOOD DEVELOPMENT, RESILIENCE, AND FAMILY TOGETHERNESS.



## In-school Programming

reaches more than 3,500 students on a weekly basis. Each group receives 20 sessions.

## Online Programming

is available to all students, teachers, and families in the schools we serve.



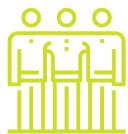
## Teacher Programming

offers professional development and support to the educators that shape students' lives.

## Family Programming

offers after-school programs to inspire students and families to take time to stop, breathe and reset together.





62%

said yoga helped work together with teammates



64%

said yoga helped focus and pay attention more



72%

said they will use yoga in the future



70%

said yoga helped calm down when upset

\*BASED ON 2018-2019 SCHOOL YEAR STUDENT AND TEACHER DATA



WHAT ARE STUDENTS SAYING?

**ZENworks WORKS!**



**85%**

can get in more teaching minutes



**93%**

personally benefitted from the sessions

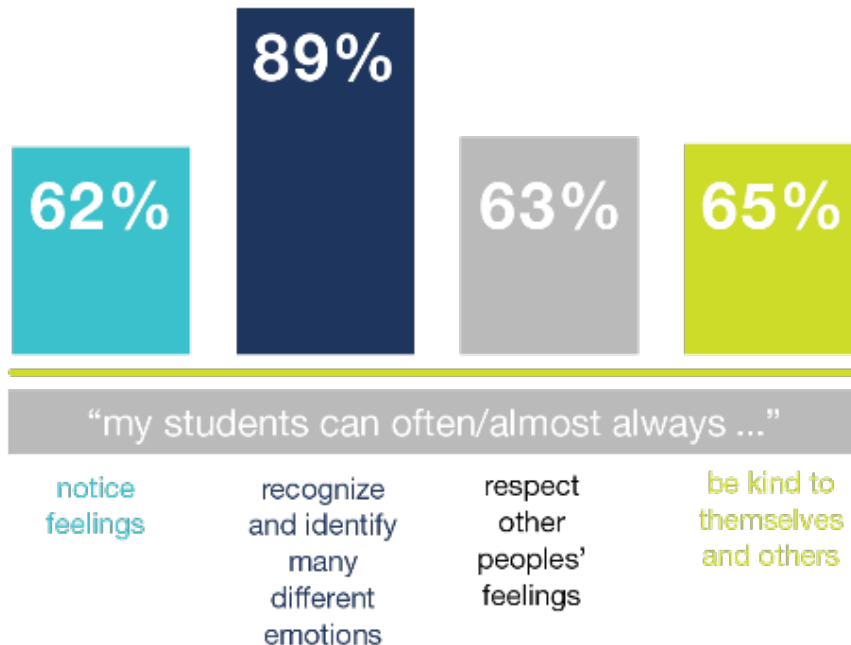


**68%**

better able to connect with their students

\*BASED ON 2018-2019 SCHOOL YEAR STUDENT AND TEACHER DATA

## WHAT ARE TEACHERS SAYING? **ZENworks WORKS**



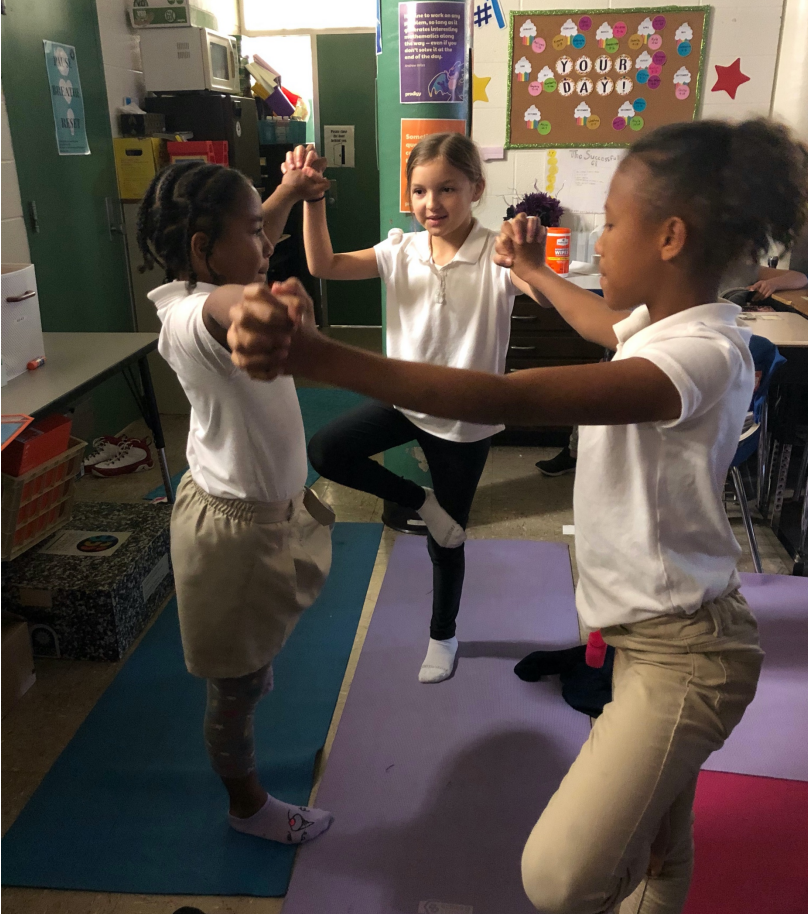


# GROWING OUR IMPACT

ZENworks Yoga is generously funded through grants, philanthropic partnerships and corporate scholarship support.

Driven by a fierce sense of urgency during an unprecedented time, we are determined to help students combat stress and achieve success. With your help, we can empower students to find their calm in the storm and increase their odds for success.





# SCHOLARSHIP REQUESTS

BE THE CHANGE YOU WANT TO SEE IN YOUR COMMUNITY

Scholarship includes weekly in-person instruction, online programming for the entire school, materials for teachers and families as well as learning workshops.

**\$10,000**

**Program Champion**  
supports 300 students

**\$5,000**

**School Champion**  
supports 100 students

**\$1,000**

**Class Champion**  
supports 20 students

**Your generous support of ZENworks will be acknowledged with recognition on ZENworks website, social media platforms, and in program video credits.**

# THANK YOU

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