



TALKING POINTS

- 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.
- ZENworks Yoga focuses our efforts on in-school programming, virtual programming, teacher programming, and family programming. When we come together as a community, we can really make a difference. We're better together.
- We focus our programming around the following core values - Accessible programming, belonging - the right for all bodies to belong, empowerment - helping reach our max potential, and accountability - remaining a stable presence in our student's and communities' lives.
- ZENworks Yoga officially became a 501(c)(3) organization in 2013. Over time, ZENworks Yoga has continued to grow and tailor our programs to the ever-changing needs of our students, families, and communities. The dynamic support of our programs empowers and encourages students for lifelong success. Over the past year and a half, we were able to fully transition our programs to a complete virtual experience, so we wouldn't miss out on the opportunity to work with our youth in our schools, when they may have needed it most. This has propelled ZWY into an additional market reaching students and families outside of our CLE community.
- ZENworks Yoga is driven by our changing culture, where children are faced with rising expectations and constant stimulation, compounding upon the stress and demands of normal childhood development. This is leading to a mental health crisis, especially for urban populations that additionally face trauma, scarcity, and instability associated with poverty and urban dangers.
- We are committed to creating change and growth in a child's life through four core competencies (Physical, social, intellectual, and emotional). We do this via implementing a vetted curriculum aimed to EMPOWER and CONNECT students by introducing the following objectives aligned with social-emotional learning standards.

- Cleveland's urban youth also have unique social-emotional risks associated with poverty, street violence, family instability, and fighting, peer-based violence, prejudice, and discrimination. As children are exposed to traumatic stress, they face many health disparities that are out of their control and are specific to their environment, such as impaired nervous system development, delayed learning, and poorer mental and physical health. While the school provides academic support, ZENworks Yoga intervenes to teach students to develop emotional regulation skills that are essential for academic success and lifelong resiliency.
- 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
- Transcending gender, race, and socioeconomic status, yoga provides a fun, non-competitive way for students to pause, breathe, and reset.
- ZWY is not only committed to the students in our community but the staff as well. When our staff is better prepared and more developed personally and professionally, they will have a greater impact on our youth, ultimately benefiting our community. We offer student and family programming, professional development programs as well as educator workshops.
- ZWY wouldn't be where we are today without our amazing instructors, our sponsors, our individual donors, our ambassador committee, and our community. Each one of these entities plays a massive role in the work we do!