



ZENworks Yoga

PROGRAMMING FOR EDUCATORS

CREATE MOMENTS TO
PAUSE. BREATHE. RESET.

A Cleveland-based 501(c)(3) non-profit organization committed to creating change and growth in a child's life by teaching skills based on the practice of yoga and mindfulness. Our mission is to provide access to yoga and mindfulness programming for children and families in underserved schools and community organizations.





YOGA FOR SELF CARE

Reduce stress and build resilience with yoga classes open to any member of your school staff. Each class will focus on gentle yoga movements, mindfulness, and space to re-set.

DETAILS

- Regularly scheduled 1-hour yoga and mindfulness classes on school grounds (this series is available with weekly, monthly, or quarterly options as well as virtually)
- Each participant will receive additional materials and resources to support their learning and continued practice
- Each 60 min class includes gentle movement, breathing practices, mindfulness meditation, and space to rest. All levels and abilities welcome
- Classes are led by certified yoga instructors who have experience working with school communities
- Instruction is suited for all levels and can be modified to fit the needs of staff
- Classes can be done with or without mats based on preference
- Classes can be scheduled before, during, or after school

*Interested in having us at your school or have questions?
Contact Liz Kardamis at liz@zenworksyoga.com*





CONTINUING EDUCATION FOR EDUCATORS & SUPPORT STAFF

Lifelong learning opportunities for school professionals. Topic-specific continuing education programs designed to provide participants with a deeper understanding of the impact each has on learning, self-regulation and awareness, classroom culture and connection.

DETAILS

- 60-90 minute professional development programs offered on-site, to meet the needs of your team. Current programs available
 - Elements of a Trauma-Informed Classroom
 - Stress and the brain
 - The science of breathing
 - ZEN Dens (creating space to Pause, Breathe and Reset)
 - COVID-19 (processing the impact of a pandemic)
- Participants will receive additional resources to further support the integration of content and future learning
- Programs led by certified trauma-informed yoga instructors and mental health/education professionals

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YOGA & MINDFULNESS PROFESSIONAL DEVELOPMENT WORKSHOPS

Workshops designed for educators and support staff to learn the "why" and "how to" of school-based yoga and mindfulness and successfully integrate practical tools into the classroom, special education setting, or supplemental service space.

DETAILS

HALF DAY

- Our half-day program includes an overview of the benefits of yoga and mindfulness, trauma-informed care, and practical application of simple desk-based breathing and mindfulness exercises.
- Staff will learn how to integrate exercises into their regular schedules to support student social-emotional wellness via practice teaching, group discussion and self-reflection.
- The program includes resource materials for use in the classroom.

FULL DAY

- This program will incorporate everything from our half-day program and will ALSO include a more in-depth discussion on the following topics:
 - Impact of trauma and toxic stress on the brain
 - Yoga and mindfulness as tools for nervous system resilience
 - Additional breathing and mindfulness practices
 - Simple desk-based yoga postures
 - The day will end with a gentle yoga class to embody the skills practiced and nurture participants' own nervous systems as an act of self-care. Each participant will receive additional materials and resources to support their learning and continuing education
- Classes are led by certified instructors with experience leading educators and school professionals

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STAFF WELLNESS DAY

Wellness is an active process of making choices towards a healthy and fulfilling life. This program will offer self-care and wellness tips to help improve the overall health of your staff.

DETAILS

HALF DAY

- Staff will be engaged in activities centered on self-care and self-compassion, including the opportunity to create an individual self-care plan
- Time will be spent both independently and in the community to focus on values and goals to build school staff wellness
- Program is designed to create awareness of the importance of each person's unique contributions to the school family and his/her impact on its wellness
- Each participant will receive additional materials and resources to support his/her learning and continuing education

FULL DAY

- Includes all components of the half-day program
- An afternoon of conference-style programming, allowing participants to learn more about the brain/body/breath connection and its impact on health
- Each component and session throughout the day will provide tools to help build each participant's "wellness kit" for continued self-care in the classroom and beyond

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