

ANNUAL REPORT



A WORD FROM OUR EXECUTIVE DIRECTOR

ZENworks Yoga was welcomed back into our partner school districts, and beyond, for another year of mindfulness and yoga in September of 2022 for what felt like the first “normal” fall since 2019. As an organization, we were excitedly moving closer toward our tenth year of service as a non profit organization, aligned with our strategic goal to develop deeper connections with our schools and districts. At the same time, what we quickly recognized was that the imprint of the trauma and stress brought on by the pandemic was still very much alive in our students, educators and even our instructors. This gave us an opportunity to utilize our expertise and look at ways to more effectively nurture not only those we were serving, but our own team as well. We know from the research on connection and resilience that relationship is the single most important factor in building resilience. We completely redesigned our vetted, 20 week curriculum to more directly align with the Ohio Department of Education’s social emotional learning standards, with an emphasis on connection. We curated specialized classroom and educator resources and wellness practices that were shared weekly, with over 125 staff across 3 school districts. In the Cleveland Metropolitan School District, we had an opportunity to support wellness at the district level, working with the transportation team, school psychologists and summer program staff. At the same time, we created initiatives to bolster our internal culture building, driven by our core values and shared vision for all bodies to belong, thrive and flourish.

We are immensely proud of what our organization has accomplished in the last year, and grateful for the continued support and partnership of local school districts and the community. We will continue to uphold our core values, in particular that of accountability, as we pause- breathe- and reset to meet (ourselves) and our school communities right where they are at.

Megan Davis
MEGAN DAVIS
EXECUTIVE DIRECTOR

WHO WE ARE



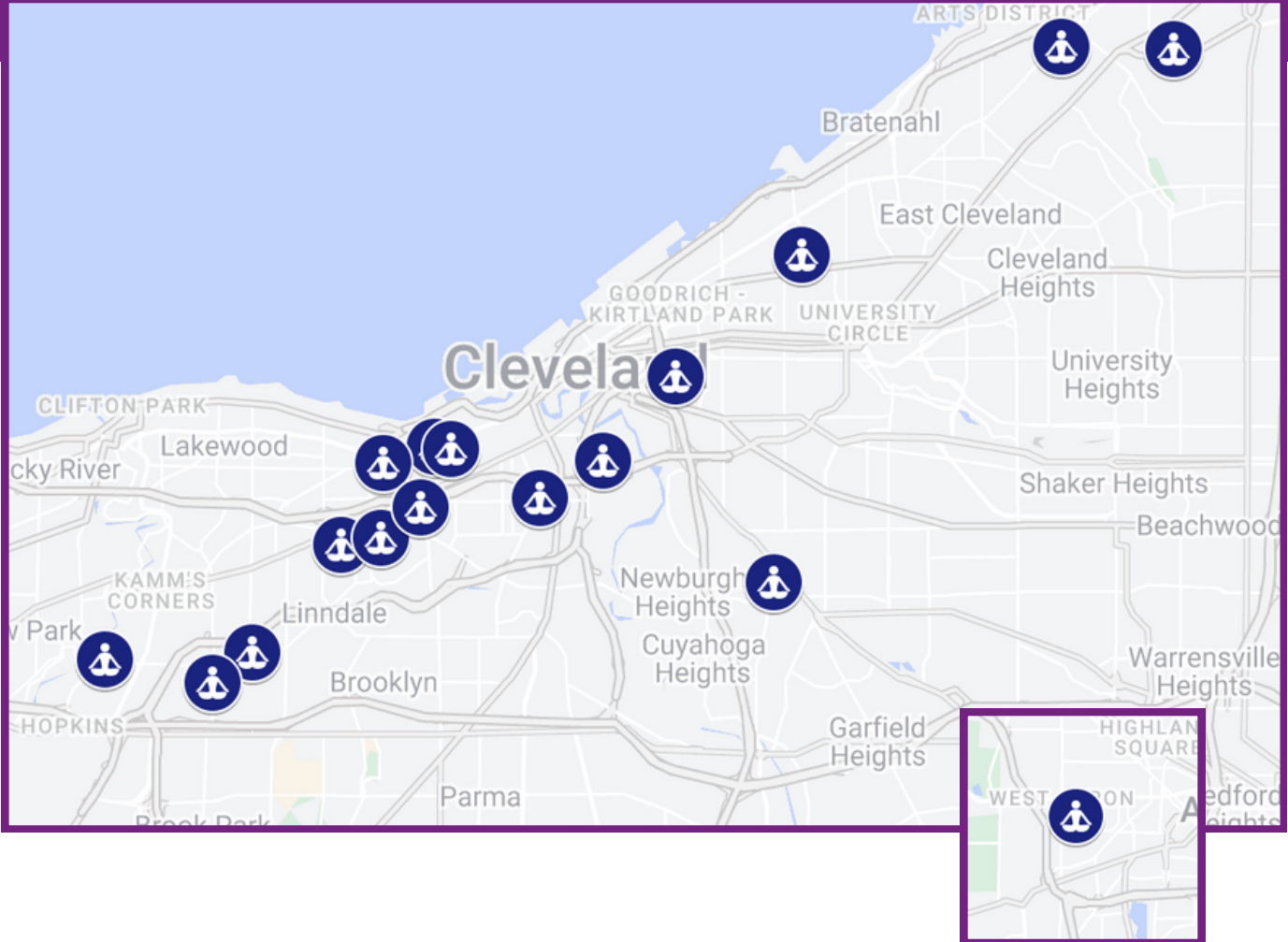
VISION

It is our vision to inspire all bodies to **CONNECT | BELONG | FLOURISH**

MISSION

We are committed to supporting the mental and physical wellness of students, staff, and families in underserved schools and community organizations through mindfulness and yoga programming. We offer trauma informed, evidence based practices via our vetted, 20-week curriculum.

WHO WE SERVE



OUR PRESENCE

Akron Public Schools: Schumacher Elementary

Cleveland Metro School District: AB Hart, Almira, Artemus Ward, Douglas MacArthur, Halle, Hannah Gibbons, Joseph Gallagher, Marion Seltzer, Marion Sterling, Robinson G Jones, Tremont Montessori, Walton, Waverly, Wilbur Wright, Willson

Euclid Public Schools: Chardon Hills Elementary



17 SCHOOLS



3 DISTRICTS

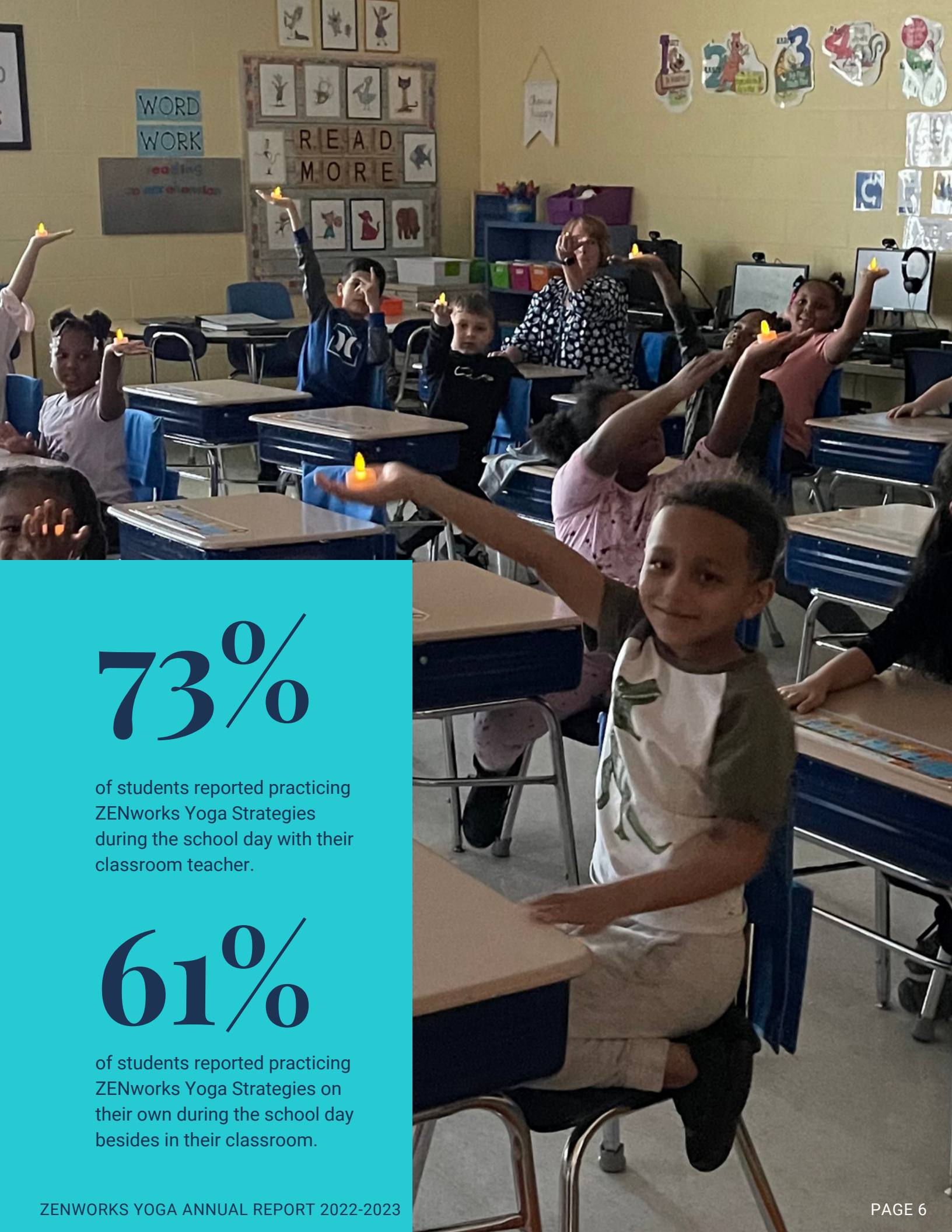


2,500 STUDENTS



125 EDUCATORS





73%

of students reported practicing ZENworks Yoga Strategies during the school day with their classroom teacher.

61%

of students reported practicing ZENworks Yoga Strategies on their own during the school day besides in their classroom.

STUDENT OUTCOMES

Over 40% of our students reported having a **PERSONAL** Zenworks Yoga coping strategy



93% OF STUDENTS

are aware of their emotions *more than sometimes*



86% OF STUDENTS

can control their emotions *more than sometimes*



89% OF STUDENTS

Know what to do when they have a big feeling *More than sometimes*



87% OF STUDENTS

know what yo do when they are stressed *more than sometimes*

STUDENTS SAID

If I'm stressed, ZWY gives me a time to take a break to breathe.

-5th Grade Student

ZENworks keeps me calm.

-4th Grade Student

ZWY strategies helped me in my life by helping me learn what to do when I get stressed, sad, anxious, or angry.

-6th Grade Student

FOSTERING RESILIENCY OUTSIDE OF SCHOOL

75%

of ZENworks students know 3 or more ZENworks Yoga strategies

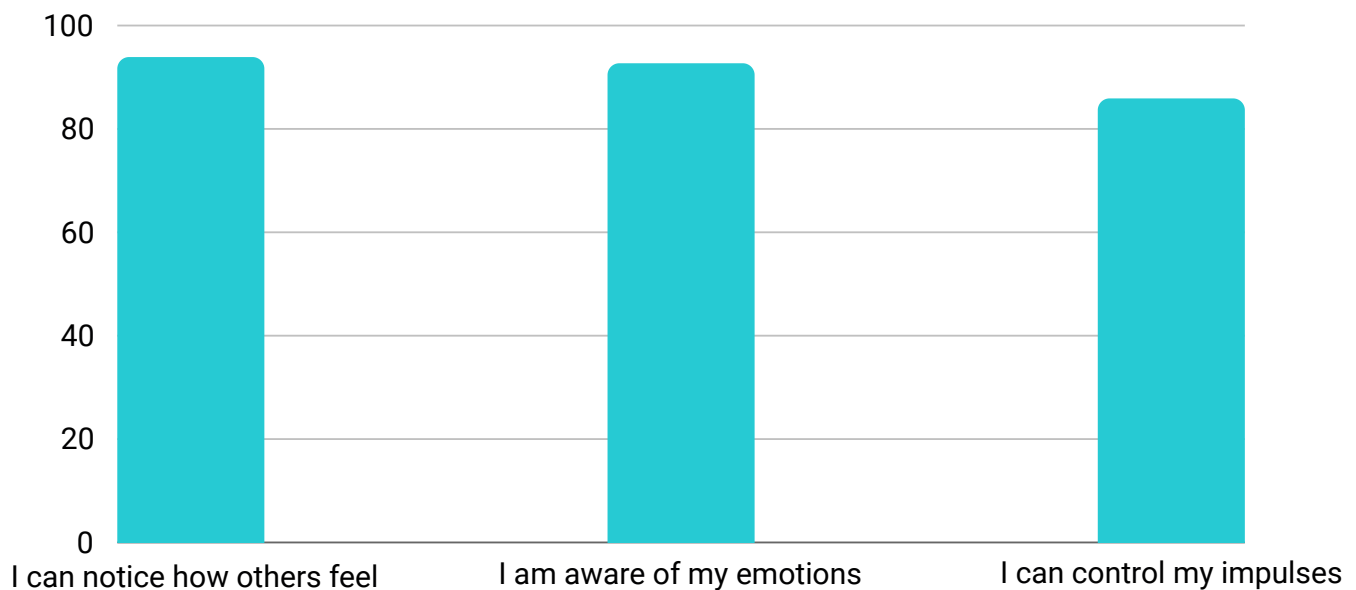
64%

of students reported practicing ZENworks Yoga strategies at home or outside of school at least sometimes.



Over half of our students reported talking about ZENworks Yoga at home.

HOW OUR STRATEGIES HELP STUDENTS



EDUCATOR OUTCOMES

98%

of ZENworks educators at least sometimes implement ZENworks' strategies through the day

97%

of ZENworks educators agree / strongly agree that their students apply ZENworks' strategies throughout the day

94%

of ZENworks educators believe it is easy to incorporate ZENworks' strategies in their teaching

EDUCATORS SAID

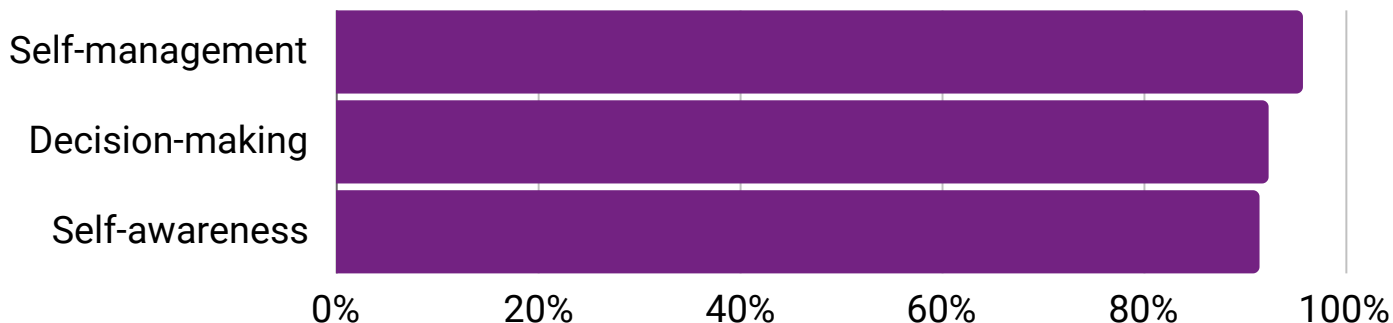
“ Since using yoga and your methods I now have a totally different class from the beginning of the year. They have learned how to release their anger and frustrations without having outbursts. Now, they can learn and grow in a positive manner. ”

“ My students with anxiety or hyperactivity respond very well to the breathing techniques and poses used during our sessions. ”

“ My class has many students with "short fuses". Our ZENworks instructor taught the students a variety of ways to take a breath and calm down to avoid making negative decisions. ”

“ My kids really enjoy this. I see kids doing breathing activities to calm down when they're upset. ”

Over 90% of all educators agree or strongly agree that ZENWORKS YOGA improves KEY SOCIAL EMOTIONAL SKILLS, including:



PROGRAM SATISFACTION



rate the Zenworks Program
"Excellent" (4 or 5 out of 5)

94% of Educators rate the
Zenworks instructors knowledge
as "excellent"



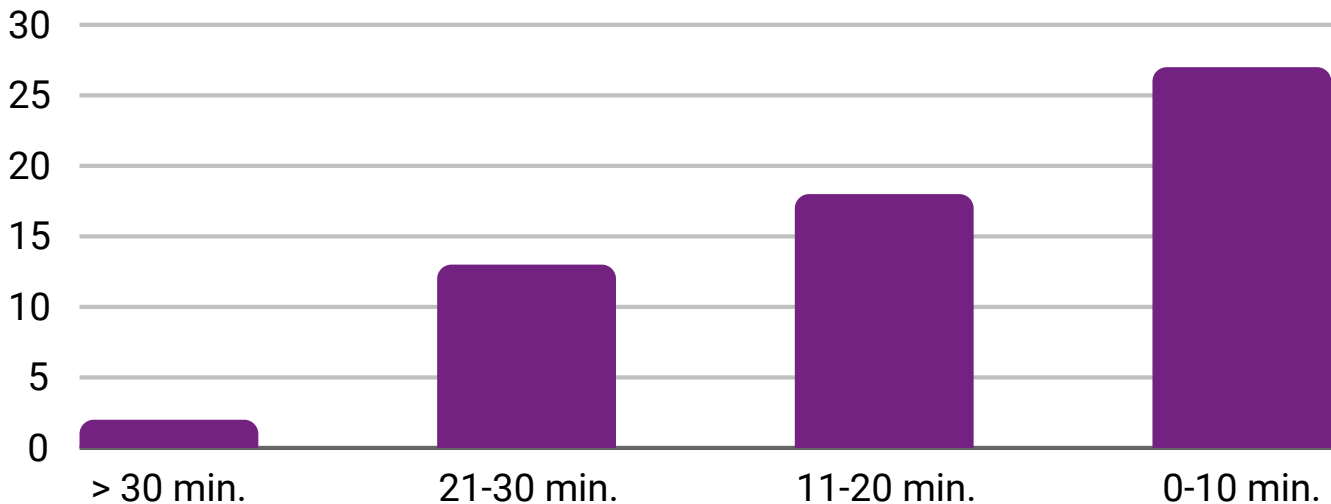
82%

Educators reported that they believe the program benefited at
least 8 out of ever 10 students in their class.

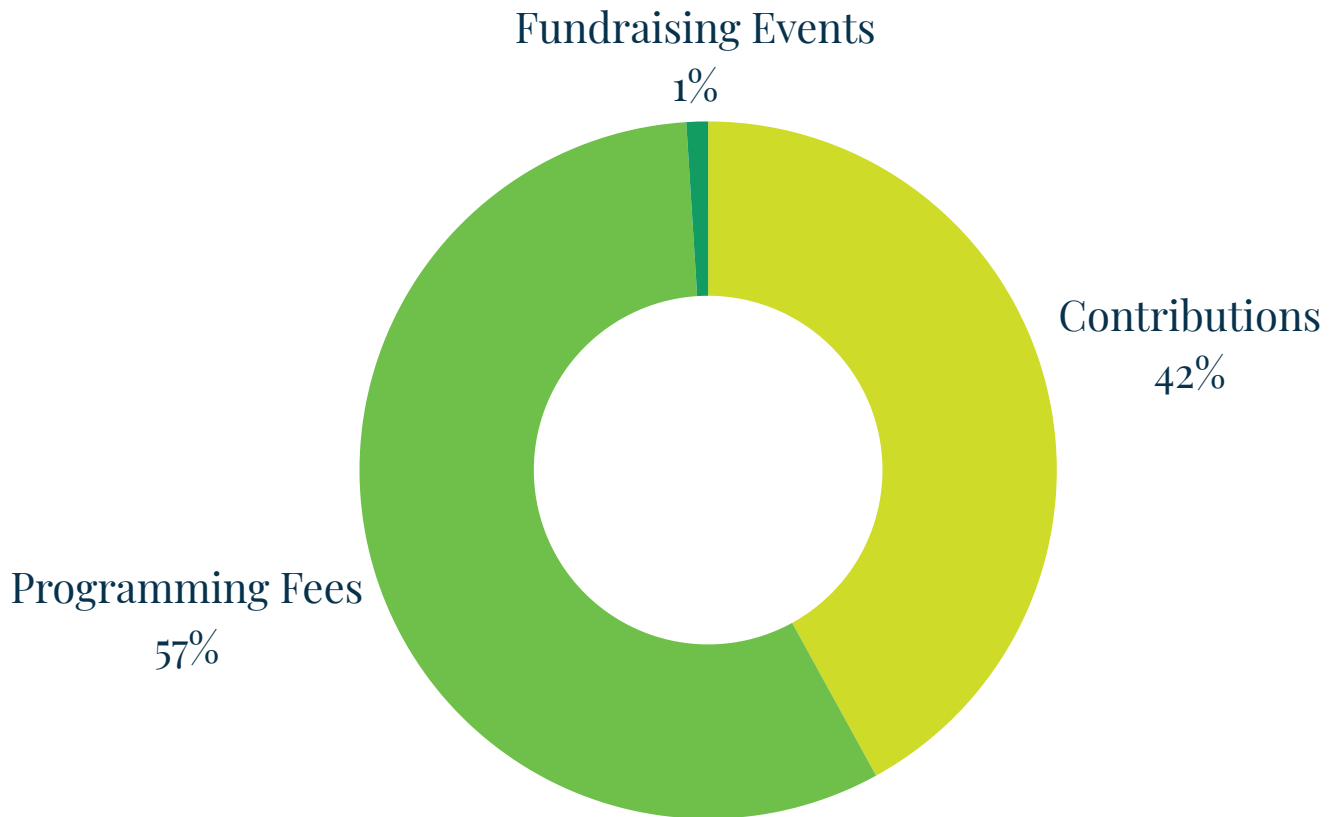


84% of all teachers believe they gained teaching time as a result of
ZENworks Yoga

TEACHING TIME GAINED



Finances: Revenue



GROSS REVENUE

Contributions & Grants	\$53,289
Program Service Fees	\$71,680
Fundraising Events	\$1,512
Total Revenue	\$126,481

For fiscal year 7/1/2022 - 6/30/2023

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

Finances: Expenses



EXPENSES

Program Services	\$67,641
Fundraising	\$0
General & Administrative	\$8,802
Total Expenses	\$76,443

For fiscal year 7/1/2022 - 6/30/2023

*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 would like to thank all of those who have supported, advocated for and partnered with, our organization throughout the past year. We thrive on community, connection and belonging and are so grateful to continue to be welcomed into your schools, homes and hearts. We look forward to walking toward a brighter future with you, as we continue to shift the wellness narrative in NEO.

Our gratitude to the following ZENmakers who supported us during the 2022-2023 school year by donating \$500+

- Amit and Sonya Patel
- Bruening Foundation
- Cavaliers Operating Group
- Chhagan and Indu Bapna
- Deepti and Anup Patel Foundation
- First Commonwealth Bank
- Jaiman and Elizabeth Rangwala
- Kamla Bafna Charitable Foundation
- Kate Dolanksy
- Mary Weatherhead
- Megan Johnston
- Tammy Oliver
- Spark Hotels LLC

BOARD OF DIRECTORS

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Operations Support

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Board President

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SAMANTHA SOPKO*

MARY WEATHERHEAD

*Board terms ended prior to
June 2023