



Annual Impact Report

2023- 2024

ZENworks Yoga

Together We Pause, Breathe, & Reset

www.zenworksyoga.com

A Word From Our Directors

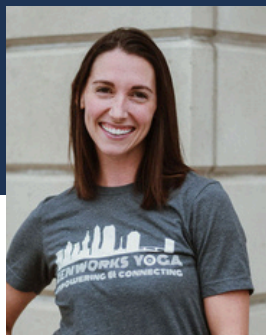
ZENworks Yoga officially stepped into its second decade as a nonprofit in 2023, amidst continued growth and evolution. Prior to the start of the '23-'24 school year, Megan Davis stepped away as Executive Director to return to her passion of social work out in the community. We thank her for her years of service to the organization.

We joyfully welcomed Liz Kardamis and Sara Kelly as Co-Directors of the organization, both of whom bring a wealth of experience. Many in the community know them for their work as instructors for ZENworks Yoga. Liz serves as our Director of Operations, masterfully puzzling together all of the logistics required for working with our partners to set up and manage all of our programs. Sara operates as our Director of Curriculum and Instruction, where she leads recruitment, training, and support of our instructors and other team members, as well as ongoing curriculum updates and culture building with the entire organization. We are grateful to be living our values and working collaboratively to support the next iteration of ZENworks Yoga.

As we continue to implement our working strategic plan, we remain committed to the growth of our in-school student programs, expansion of varied offerings, and building and sustaining the culture and effectiveness of our dedicated team. We are so proud of the advancements made in the organization this year as we position ourselves as the leader in school-based yoga and mindfulness in NEO and grow for a prosperous future. A few key accomplishments this year include:

- 1. Cultivating High-Quality Instructors:** We have increased access to our training by removing the requirement of a 200-hour yoga certification, offering scholarship opportunities, and expanding the content within our instructor intensive to specifically prepare folks of varying backgrounds to lead our unique trauma-informed programs.
- 2. Deepening Key Partnerships:** We deepened relationships with key partners such as Say Yes to Education, the Mental Health Support team at Cleveland Municipal School District, the Kevin Love Foundation, Cavs Youth Sports, and many others. These connections supported our expansion into both familiar and 'new to us' schools & communities for shorter-term programs, staff professional development sessions, and summer camp offerings, which were met with resounding success.
- 3. Stewardship for the Future:** As the post-pandemic funding landscape shifts, it has become necessary to seek new funding streams. 2023-2024 was the first school year we asked schools to tap into their budgets to deliver our program, and many were able and willing to bring the value of ZENworks back to their students. Fortunately, we were able to contribute 50% of the program cost for each program, and supported efforts to access funding when schools were unable to do so. We plan to continue this model to create a sustainable future for ZENworks.

We know that our yoga and mindfulness sessions continue to be an outlet and a brave space for our students to feel empowered, and we will make every effort to ensure ZENworks Yoga can grow our impact and maintain our connection within the community. We are exceptionally grateful to the individuals, organizations, and foundations who have and continue to share their resources to enhance our success, and look forward to a dynamic year ahead.



Sara Kelly

Director of Curriculum & Instruction



Liz Kardamis

Director of Operations



WHO WE ARE

For the past ten years, ZENworks Yoga has fostered educational equity by bringing the transformative power of yoga and mindfulness directly into classrooms in underserved communities. As the industry leader in this area, we empower youth to thrive by teaching essential tools for physical and emotional resilience. Since our inception, we have earned the trust of students and faculty alike, teaching evidence-based practices in mindfulness, breathwork, and movement to tens of thousands of learners—techniques that are scientifically proven to positively impact the nervous system and support overall well-being, as well as academic achievement.

Our classroom programs are designed to support Social and Emotional Learning (SEL), providing students with the tools to navigate the complex challenges of today's world. Our programs are not just about immediate relief, but rather about equipping students with the skills they need to achieve long-term emotional resiliency, academic success, and a centered, balanced life. Trained instructors deliver ZENworks' trauma-informed curriculum in ways that offer students and their communities caring, calming, and consistent opportunities to pause, breathe, and reset.

MISSION

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.

VISION

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

CORE VALUES



ACCESS



TRAUMA-INFORMED



BELONGING



EMPOWERMENT



ACCOUNTABILITY

OUR WORK IN ACTION



My favorite part of ZENworks yoga is learning yoga poses and learning how to channel my energy and emotions.



WHO WE SERVE

In the 2023-2024 School Year, we partnered with eight scholarship schools to bring yoga, mindfulness, and breathwork activities to 1,350 students & served an additional 800 participants through other community partnerships.

CLEVELAND METROPOLITAN SCHOOL DISTRICT

- Douglas MacArthur Girls' Leadership Academy
- Hannah Gibbons Elementary
- Joseph Gallagher Elementary
- Marion Sterling Elementary
- Robinson G Jones Elementary
- Tremont Montessori Elementary
- Wilbur Wright Elementary

EUCLID PUBLIC SCHOOLS

- Chardon Hills Elementary

+ 22 COMMUNITY PARTNERS & SCHOOL OFFERINGS

- The Cavs Foundation
- Cleveland Public Library
- West Side Catholic Center
- You Can You Will Foundation
- Garrett Morgan High School
- High School of Digital Arts
- John Adams College and Career High School
- Cleveland Play House
- Esperanza, Inc.
- Harvey Rice Elementary
- Robert H. Jamison Elementary
- Frederick Douglass High School
- Marion Seltzer Elementary
- Urban Community School
- Miles Elementary
- Mary Church Terrell Elementary
- Denison Elementary
- Miles Park Elementary
- Oliver H. Perry Elementary
- Natividad Pagan Academy
- Almira Elementary
- Campus International School



8 | 2,150 | 396 | 2 | 22

SCHOLARSHIP
SCHOOLS

UNIQUE
STUDENTS

PROGRAM
HOURS

DISTRICTS

COMMUNITY
PARTNERS

STUDENT OUTCOMES

Building Routines to Recharge and Reset

Students who participate in ZENworks Yoga programming gain breathing and mindfulness strategies that help them manage stress and anxiety, cope with difficulties, and become more adaptive overall. Building these habits has been shown to improve outcomes in school and life beyond. [Read more about the research behind ZENworks Philosophy on our website.](#)

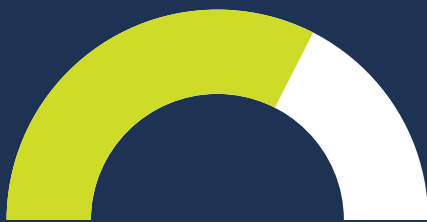
At least 1/2 of our students reported having a personal ZENworks Yoga coping strategy.



65% of students reported practicing ZWY on their own during the school day besides in their classroom sometimes or more.

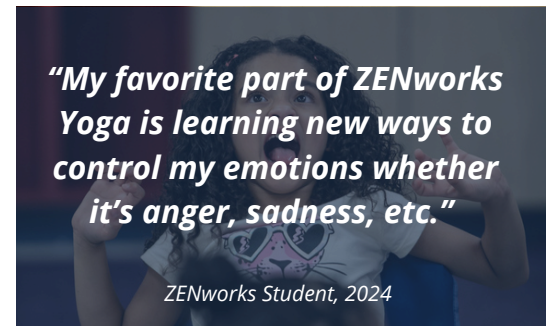
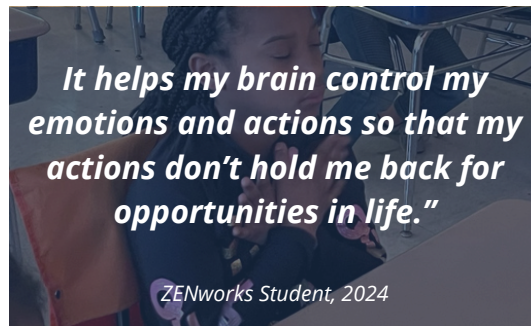
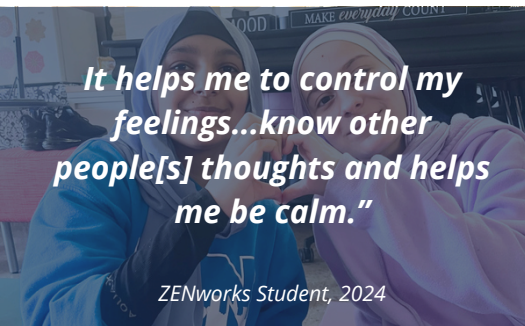
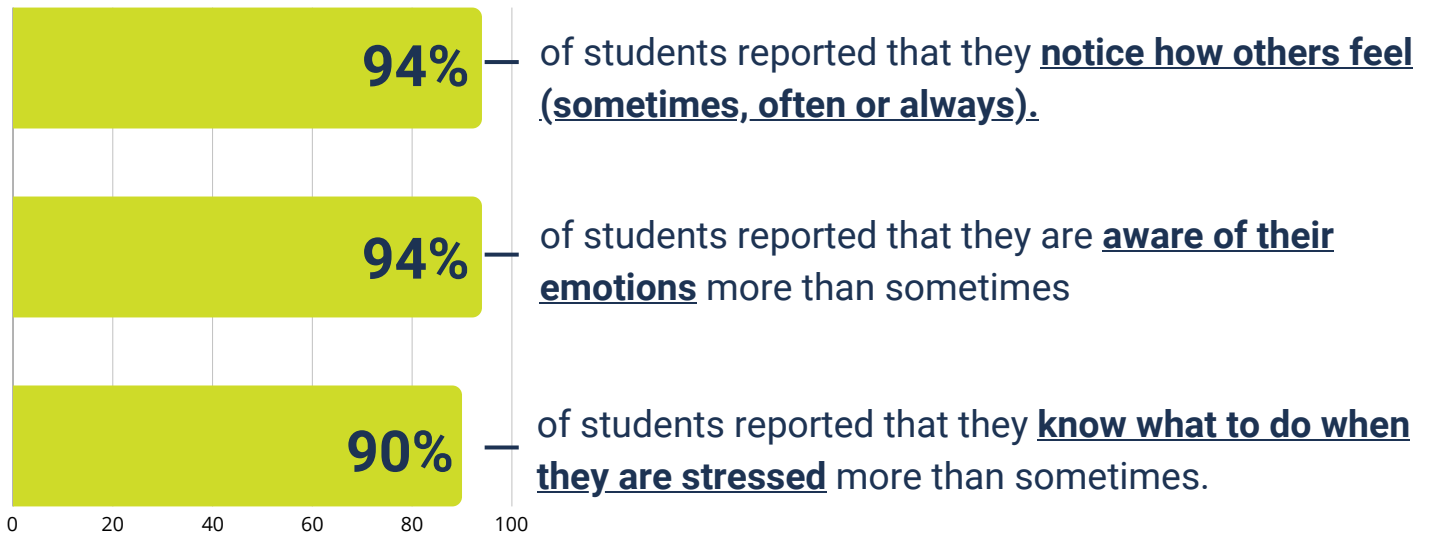
63% of students reported practicing ZWY Strategies during the school day with their classroom teacher sometimes or more.

60% of students reported that they practice ZWY strategies at home or outside of school.



Building Emotional Awareness

ZENworks Yoga builds students' awareness of their emotions and the emotions of others. Our social-emotional learning strategies help students thrive in their social environments and have the tools to self-regulate when they feel strong emotions.



Fostering Resiliency Outside of School



"At my house and outside it's overwhelming to be near others, but when I do yoga and practice the breathes it makes it a bit easier to tolerate things."

-ZENworks Yoga 7th Grade Student, 2024

EDUCATOR OUTCOMES

What Educators Say...

"We love yoga! Now the students say, "I'm so happy we have yoga today" "I could really use some peace time." We love [our instructor]! I wish we had more minutes."

"I really appreciate the way students have made progress towards understanding their feelings and strategies to calm their bodies."

"I love the idea of all the students at any age learning how yoga strategies/ideas can benefit them. I personally appreciate the vocabulary embedded into each lesson."

95%

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

98%

agree or strongly agree that their students can identify ZENworks strategies.

93%

of ZENworks educators feel confident in their ability to guide students in ZENworks practices.

93%

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

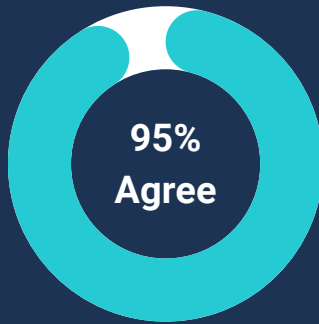
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What Educators Say...

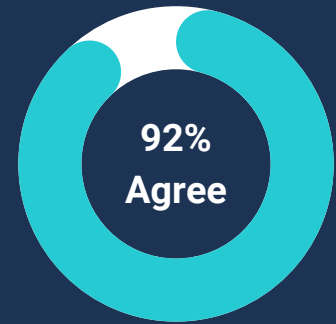
Educators agree or strongly agree that ZENworks Yoga improves **KEY SOCIAL EMOTIONAL SKILLS**, including:



Self Awareness



Self Management



Decision Making

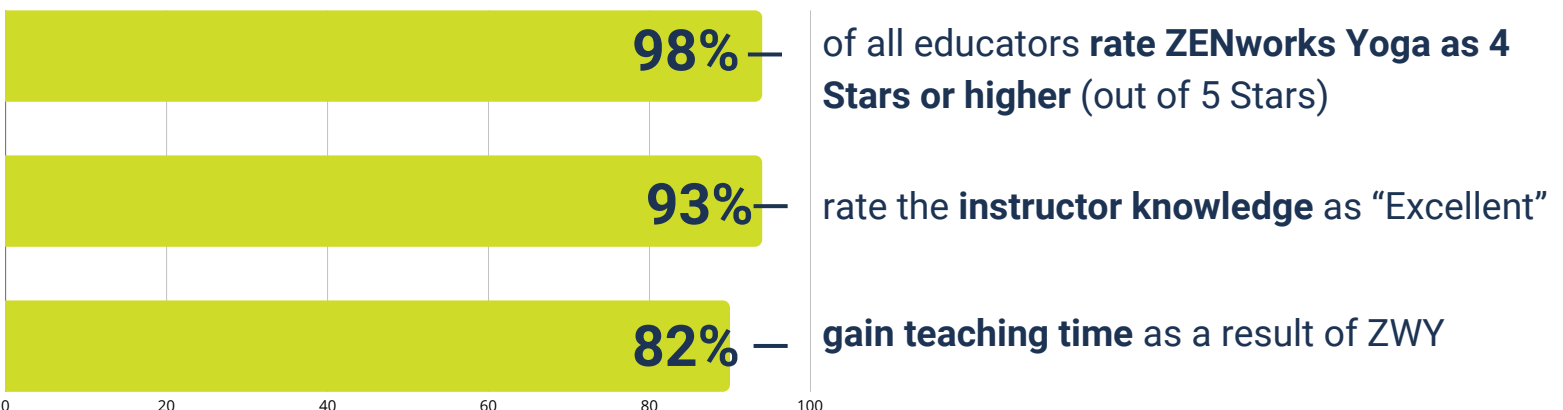
What Educators Notice

“Yoga has started our day on Thursdays this year, and I have noticed that the children are much calmer on Thursdays. It has been wonderful to watch my students use breathing strategies, when upset, to calm themselves down.”

85% of teachers working with ZENworks report that **at least 8 of 10** of their students in their class are benefiting from learning ZENworks strategies.



PROGRAM SATISFACTION



FINANCES

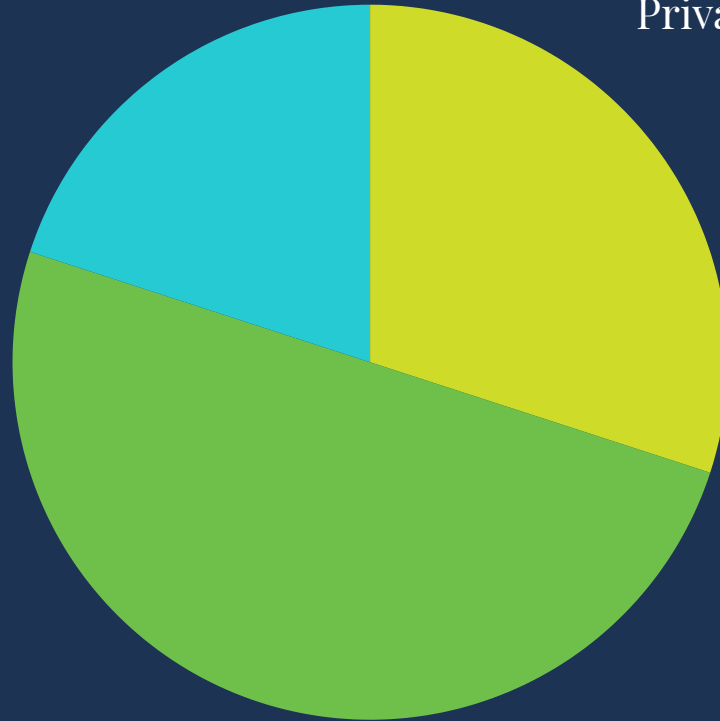
Revenue

Corporate Contributions

20%

Private Donations

30%



Programming Fees

50%

GROSS REVENUE

Programming Fees

\$46,237

Private Donations

\$27,082

Grants & Corporate Contributions

\$18,412

Total Revenue

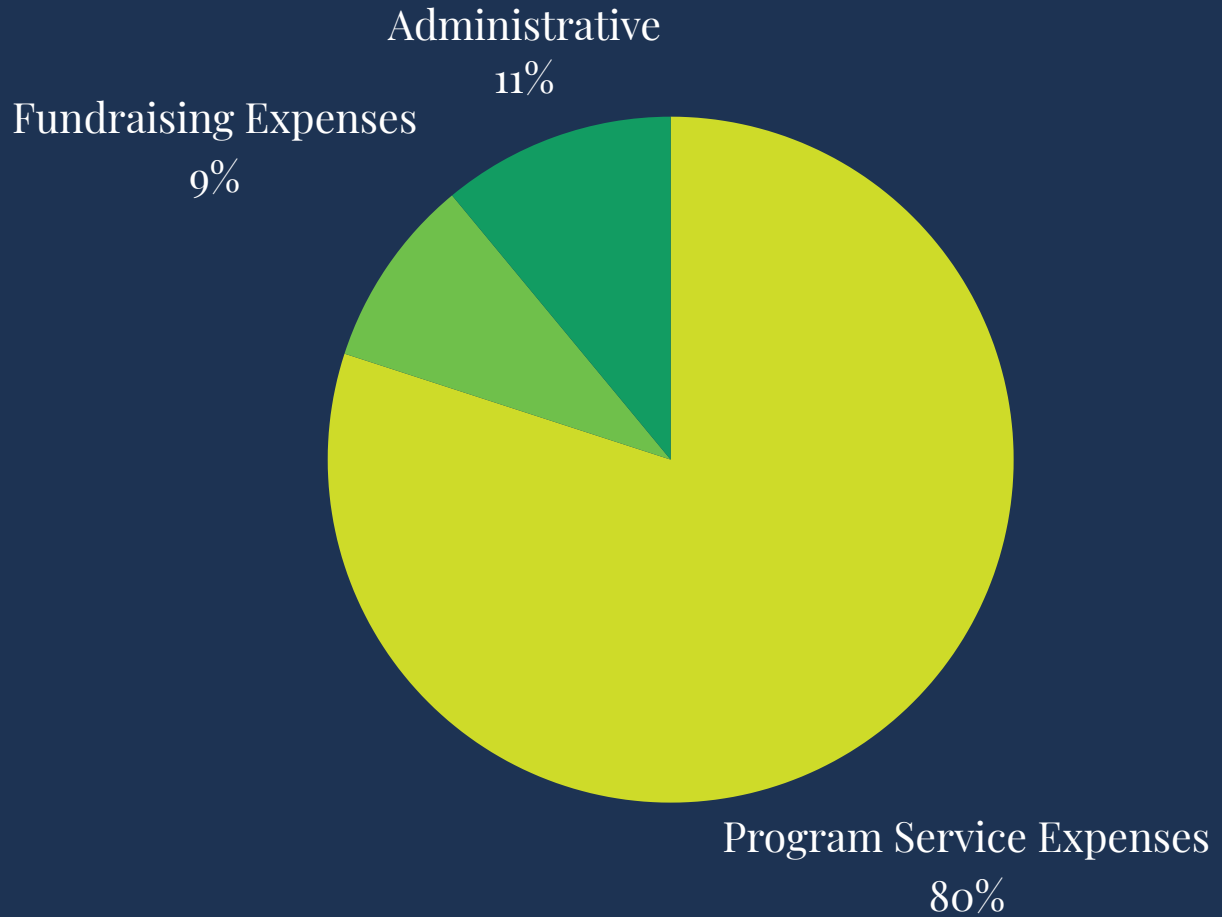
\$91,731

For fiscal year 7/1/2023 - 6/30/2024

*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 Service Expenses	\$62,792
Fundraising Expenses	\$7,158
General & Administrative	\$8,533
Total Expenditures	\$78,483

For fiscal year 7/1/2023 - 6/30/2024

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

Recognition & Appreciation



ZENworks Yoga extends heartfelt thanks to everyone who supported and partnered with us this past year. Your community, connection, and belonging fuel our mission, and we're grateful to be part of your schools, homes, and hearts. We look forward to a brighter future together, continuing to shift the wellness narrative in Northeast Ohio.

Special thanks to our ZENmakers who donated \$500+ during the 2023-2024 school year.

- Amit and Sonya Patel
- Ariel Jordan
- Cavaliers Operating Group
- Chhagan and Indu Bapna
- Cleveland Foundation
- Covesa Gragg
- Deepti and Anup Patel Foundation
- Geon Performance Solutions
- Fount LLC
- Jaimin and Elizabeth Rangwalla
- Jon Manke
- Kamla Bafna Charitable Foundation
- Kate Dolanksy
- Mary Weatherhead
- Megan Johnston
- Tammy Oliver
- Spark Hotels LLC
- Vijay and Neeti Sharma

Board of Directors

- Ariel Jordan
- Covesa Gragg
- Jon Manke
- Kate Dolansky
- Mary Weatherhead
- Megan Johnston
- Sonya Bapna Patel, Founder + Board Member
- Tammy Oliver

Staff

- Sara Kelly, Director of Curriculum & Instruction
- Liz Kardamis, Director of Operations
- Mackenzie Clark, Marketing Consultant
- Catherine Bous, Strategy Consultant

Instructors

- Alexis Albro
- Alicia Diesch
- Amy Ewing
- Erika Embry
- Fran McIntyre
- Kristin Mulcahy
- Lauren Powell
- Leslie Moss
- Margaret Stamm
- Mary Conway
- Theresa Zele
- Valerie Williams
- Wanida Balankura, Instructor

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