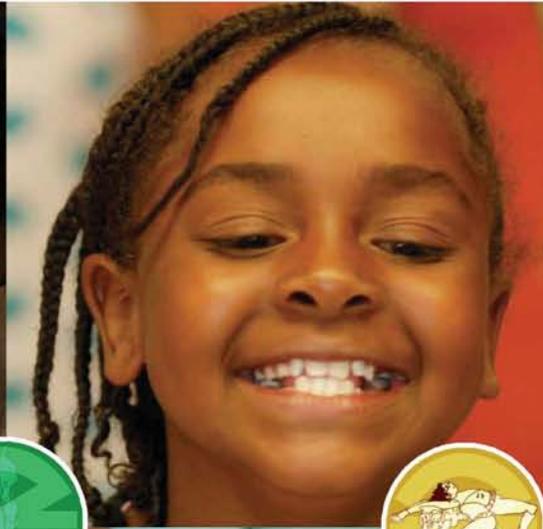


You've Got the Power!



It's Time to Empower Our Kids

What if someone told you that you had superpowers?

That you could be strong, healthy, and confident, simply by tapping your own unique inner potential. Sound good?

That's the empowering message Zenergy® sends kids. And it's exactly what they need to learn – and believe – about themselves to meet the challenges they face every day.

Using a completely unique approach that connects yoga with superpowers boys and girls love, Zenergy® empowers kids physically and mentally. By helping them see their potential as their personal “superpower,” Zenergy® lets kids discover that they can take ownership of who they are – and the choices they make – so they can be superheroes every day. With Zenergy®, kids realize that they can excel in today's challenging world. And that keeps kids who are hungry for affirmation coming back for more.

With Zenergy®, kids gain resources they can use every day – inside and outside the classroom. It not only strengthens bodies and encourages healthy choices, it builds the self-confidence and self-esteem that lead to those special words anyone involved with children loves to hear:

“I can do it!”

“We play really fun games and learn the poses. It's fun doing Zenergy with your friends.”

—JULIA

[ZENENERGY® STUDENT]

GRAVITY DEFIER Standing balances. Improves coordination and performance in team sports and gymnastics.

how it works

Zenergy® connects yoga poses and superpowers through games, themes and props. Kids enjoy a fun physical workout while learning to focus on goals, work as a team, and tap their potential. Bending, balancing and breathing have never been so much fun.

code of conduct

The Zenergy® Code of Conduct encourages kids to take pride in owning their actions and behaving responsibly. The Code is simple and clear: Have **FUN. FOCUS** with your body, mind, and eyes. **BE SAFE** on the inside and the outside.

SEVEN SUPERPOWERS

TIME FREEZER Builds endurance and gives kids tools for staying calm under stress.

HEAT-BUILDER Increases energy and stamina, raises heart rates and lung capacity. Builds confidence.

MINDBENDER Teaches relaxation for concentration and focus. Develops the ability to listen.

SHAPE SHIFTER Increases agility and flexibility of body – and mind.

THE ZENERGY® MISSION

Take the healthy life approach that yoga provides and offer it to kids in a way that is interesting, involving and fun.



Put the Power of Fun to Work

of their life – while they’re learning to make choices for a healthy life.

How does it work? Zenergy® connects the poses, themes and personal growth of yoga to superpowers kids relate to. They’re not just stretching—they’re gaining “shape-shifting powers.” They’re not just focusing – they’re becoming “Mindbenders.” And they’re not just breathing – they’re becoming “Time Freezers” who can remain calm in stressful situations.

Zenergy® incorporates public school physical-education standards by engaging and affecting every muscle in the body, safely stretching muscles and extending range of motion and building children’s understanding of and appreciation for how their bodies work as a whole.

It’s good for them – wrapped up in a good time, too. Each class uses a game wheel, games, themes, props and superhero pose cards to communicate yoga poses and life goals in ways kids understand and can use in their daily lives. It’s fun that keeps them interested, empowerment that keeps them inspired, and variety that keeps them motivated.

themes

Each Zenergy® class introduces a theme such as honesty, kindness, acceptance, courage, teamwork or community to show kids how their behavior makes them superheroes every day – to everyone they know.

games

From “Zip Zap Zop” to “Boom Chicka Boom,” dozens of Zenergy® games use music, rhythm, movement and concentration to promote teamwork, boost confidence, and engage and motivate kids while they build physical and mental skills.

WALL CRAWLER Strengthens upper and lower body. Builds physical confidence. Teaches inner strength.

GEMINI (Partner Work) Encourages the generosity, thoughtfulness and flexibility to work as a team.

“The themes, like community and honesty, that Zenergy uses, really have a great impact on the kids.”

—MAGGIE
[ZENENERGY® TEACHER]

Zenergy® helps kids see their potential as their personal superpowers. We wrap up focus, exercise and life values in high-energy fun, so kids tune in – not out – while they:

- Develop strength and flexibility, coordination and balance.
- Learn to make personal choices to be healthy through good nutrition and exercise.
- Understand how their minds and bodies work together for a healthy, happy life.
- Discover positive, personal ways to handle stress.
- Express their creativity, imagination and energy.
- Apply values like honesty and respect to their behavior, and take pride in their ability to make positive choices.
- Find ways to relax body and mind and discover the positive way they feel when they reenergize with quiet reflection.
- And most of all – find their “Zenergy®” – that power inside that tells them –

“Yes! You can!”

“The training is in-depth. There's a lot of support. And it's fun for the staff.”

—HONG
[ACTIVITIES CONSULTANT,
WOODCRAFT RANGERS]

Tap Into the Power

Zenergy® is designed to work for you.

We recognize the issues you confront in selecting effective programs. Issues like time, cost and ease of implementation, and staff training. Plus, you need innovation and variety to keep kids motivated so retention rates stay high.

We've streamlined Zenergy® so it's ready to use and easy to start up. We not only train the staff to instruct students – we also teach them how to run the program on an ongoing basis. (And we've found a high level of staff enthusiasm for using the techniques in their own lives, too.) So, while we stay actively involved, Zenergy® is self-contained and self-sustaining.

We also provide all the materials – ready to use – including incentives such as power bands,

coloring sheets, and more to encourage growth and reward physical and mental achievements. After all, kids like to be rewarded for their super-power efforts! Three class kits are available: The Base Pack, which contains everything needed for a rewarding program, plus a Power Pack and an Incentive Pack with additional tools and incentives.

Most important, Zenergy® meets a need to provide kids with fun that's safe, beneficial and empowering. Whether they're in the classroom, on the playground or at home, Zenergy® helps kids learn to tap their potential and do what they love to do – only better than ever.

We invite you to visit our website to learn more, and to share our information with your colleagues. Then stretch your imagination and give us a call.



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