

ZIONWELL

YOUR JOURNEY TO SELF BEGINS WITHIN



SUMMER 2020 NEWSLETTER

REVISITING ZION WELL'S MISSION

COWRITTEN BY AUBREY + ART

Recently we took some time to revisit our initial vision and goal set for Zion Well, as well as refine our mission statement. From day one our mission has been rooted in self discovery.

"Zion Well exists to explore the nature of yourself. We provide universal tools and education that support the alignment of mind, body and spirit. We trust that by unearthing your higher purpose you will compassionately serve your community."

Not only do we hope that you will be inspired to create a lasting effect on your community but we are investing time, money and energy into our local community as well. Karma yoga is yoga in action. We believe it is a yogi's duty to do good for humanity. To serve on behalf of all beings.

Social impact is one of our core values at ZW. As the world continues to evolve, we will main connected to our truth and stand up to injustices. Zion Well can **ONLY** support equality for all.

We want to clearly express that we are ANTIRACIST, ANTIHOMOPHOBIC, ANTIBIGOT, ANTIHATRED and we stand up in the name of love. These words do not come without action.



We understand the biases in the wellness industry and are taking steps to dismantle. We have created an inclusivity plan that we look forward to sharing. This work starts in our own community. Stay tuned for more information regarding donation classes, sponsorships and scholarships.



MEET KENDRA

LOCAL TO YPSILANTI

We are so happy to welcome Kendra to the Zion Well family! She is local to the Ypsilanti community and cannot wait to share her experience with us. Not only has she been teaching yoga for 4 years but she also has extensive training in prenatal yoga.

Look forward to seeing Kendra on the schedule in a variety of classes. Kendra is very passionate about expecting mothers as well as children's yoga so look out for kids yoga on the schedule in the future!

