

**BALANCE YOUR BODY**

**BALANCE YOUR MIND**



## Zoevera Jackson

FOUNDER/CEO

Happy | Healthy | Healing

## About Zoey

Zoevera is a Military Veteran, Minority Owned Business Owner, Black Female Entrepreneur, Fitness Model, Yoga Teacher, Holistic Health Coach and Plant Based Nutrition Consultant & Researcher. She is an experienced Yoga teacher with Yoga Alliance and is a Yoga Teacher Certification Trainer.

## Our Mission

Our mission is to uplift, engage, and encourage underserved, underprivileged, and underrepresented populations to achieve optimum health and wellness using community-based yoga, meditation, self-image seminars, and other educational outreach programs.

We work closely with veterans, at-risk youth, and low-income persons that desire to achieve better health through self-reflection common in yoga, meditation, writing, public speaking, and positive self-image training workshops and seminars.

## Service Area

Proudly serving the Fredericksburg community with yoga and meditation programs to boost positive self-awareness, self-respect, and resiliency

## Who We Are

A community-based yoga and meditation non-profit organization offering programs to help people achieve positive self-awareness, self-respect, and resiliency.

### Services

#### Yoga Classes

Yoga sessions are customized for one-on-one, small groups, book clubs, girl scout troops, writing clubs, teen lunch breaks, running clubs, elementary school before and after school programs and home-school P.E. replacement.

#### Youth Mentoring

We use various yoga experiences to mentor foster children & other community children. Yoga styles and specialties include: Gentle Yoga, Adaptive Yoga, Restorative Yoga, Yin Yoga, Restorative Yoga

#### Yoga & Food Training

Yoga for beginners, persons with limited mobility and trauma survivors. You will experience mindfulness through self-care techniques, healthy food recipes and meditation.

## Your Support

We would be incredibly grateful if you would sponsor *Our Mission*. Your generous donations and support will enable us to expand and enhance the programs we provide to the community. Donations are welcome in the form of monetary funds, time and/or meeting/event space.

100% of the proceeds will go towards the support of our organization and guarantee success of our future.

## Contact



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