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**NOV. 2020 –
NOV. 2021**

Yoga 4 Change achieves lasting, demonstrative change for veterans, incarcerated individuals, youth, and people living with mental health conditions through a purpose-driven yoga curriculum.

PROGRAM UPDATES

NORTHEAST FL

1375 individuals served
28 classes weekly :: 18 facility partners

CENTRAL FL

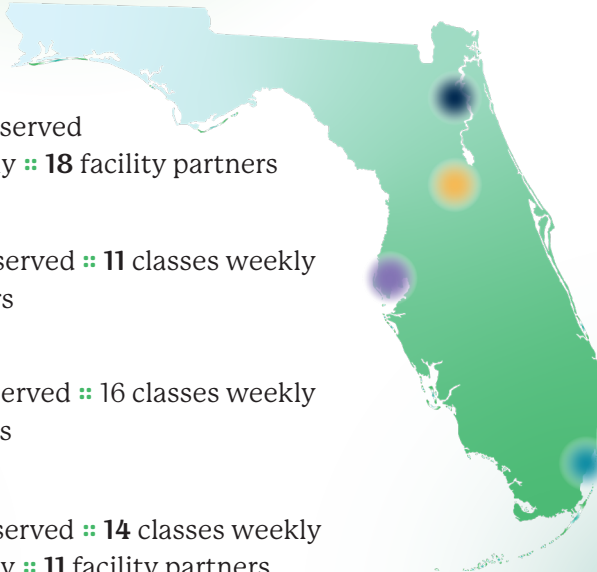
505 individuals served :: 11 classes weekly
4 facility partners

TAMPA BAY

752 individuals served :: 16 classes weekly
7 facility partners

SOUTH FLORIDA

945 individuals served :: 14 classes weekly
2 classes monthly :: 11 facility partners



TEAM UPDATE

- 6 Full-time
- 2 Part-time
- 62 Contracted teachers



It's been an exciting 9 months filled with major transitions, community growth and great success. New and exciting opportunities have stemmed from the finalization of a 3-year opioid study funded by the Florida Blue Foundation, new veteran-specific grant funding, continued research on the impact of Yoga 4 Change programs and innovation to sustain organizational growth. Our students share that they are continuing to see significant positive change in their own lives, and show up consistently to weekly classes. We have developed new partnerships across the state with other non-profits, corporations, and businesses, allowing Yoga 4 Change to spread the mission and serve more individuals. Our team has grown in each region across the state, resulting in the creation of the Lead Teacher position to assist with oversight of the regional teams. Yoga 4 Change has handled the COVID-19 Pandemic with resilience and has emerged into the public safely, through small in-person fundraising events and community engagement activities. I am thrilled about the coming year for Yoga 4 Change.

Thank you for your continued support!



Michelle LeClair
Executive Director

STUDENT QUOTES



"I feel that i have grown to understand my problems more thoroughly, and been given the tools to both be successful in my recovery, but also to be aware of relapse signs/symptoms."

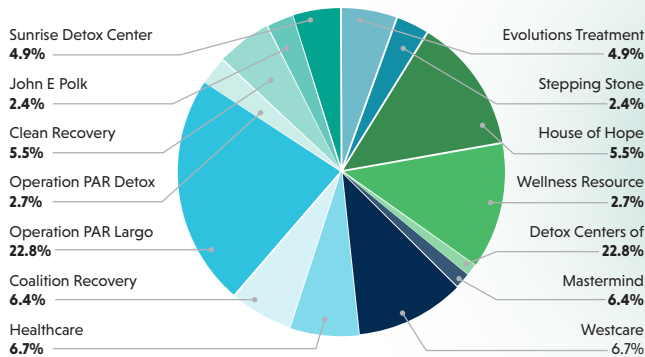
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"Yoga has certainly helped me out and understanding how to take control of my mind, body and spirit. To keep in touch with myself. Learn about new ways and techniques to improve myself physically and spiritually. Yoga can be used as a positive force to help me build my life a lot better and feel better at the same time. Thank you for letting me share."

FLORIDA BLUE FINAL REPORT

This report shares key findings from the collaboration between the Florida Blue Foundation and Yoga 4 Change in implementing opioid-specific interventions for the period from October 2019 through September 2021.

With generous support from the Florida Blue Foundation, Yoga 4 Change was able to develop, implement, and evaluate a trauma-informed embodied mindfulness curriculum to specifically address opioid-use impacts in Florida. This funding expanded Yoga 4 Change's reach into three new areas - South Florida, Tampa Bay, and Central Florida and established the new Yoga 4 Recovery curriculum.

Partner Facilities Where We Taught Yoga



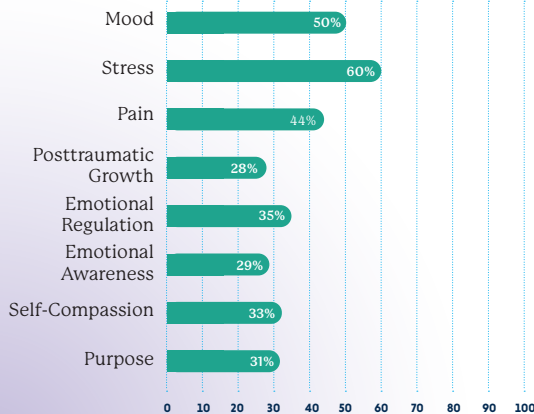
Significant Changes in Pre/Post Curriculum Outcomes

- 18%** Increase in mood
- 27%** Decrease in stress
- 18%** Decrease in pain

OVERDOSE 2 ACTION GRANT X 2

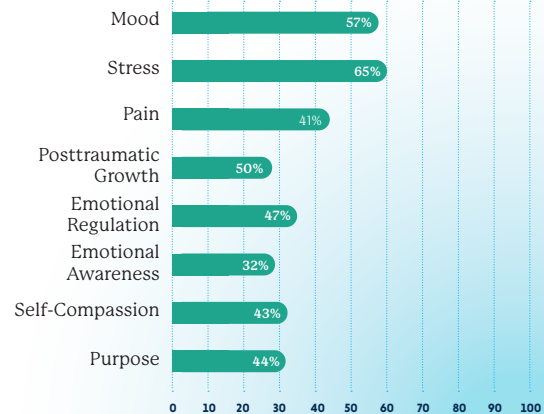
This report shares key findings from the Overdose 2 Action Grant for the period from September 1, 2020 to August 31, 2021. Yoga 4 Change worked with **justice involved individuals participating in specialty courts including drug court and veteran's court.**

Percentage of Participants That Met Their Goals



This report shares key findings from the Overdose 2 Action Grant for the period from March 1, 2021 to August 31, 2021. Yoga 4 Change worked with individual in treatment in **behavioral health facilities in Jacksonville, Florida.**

Percentage of Participants That Met Their Goals



The Department of Health in Duval County's Overdose Data to Action (OD2A) program funded the production of this report and the programs mentioned in it. OD2A is a grant program with 100% of its funding from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS or the U.S. Government