



Nov. 2021 - Oct. 2022

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.



WHAT YOGA 4 CHANGE PARTICIPANTS ARE SAYING AFTER CLASS

"Before going to prison I always felt that everything happens for a reason. I spent most of my 5 years of incarceration waiting for that reason to be made apparent to me. That never happened, but what did happen was I found that sometimes things can happen for many reasons. My being able to help Yoga 4 Change is one of those reasons."

"I love this class and my teachers make me feel better about myself. I love yoga"

"After my second overdose, I was left with a restless muscle disorder (student constantly shakes). This [after yoga] is the first time I've been able to feel still since then."

"The stressors of being here [in jail] have me cry inside sometimes because this isn't who I am and that is what motivates me to keep coming back to yoga class"



PROGRAM UPDATES

NORTHEAST FL
7869 individuals served
35-42 classes weekly
30 facility partners

SOUTH FLORIDA
5,425 individuals served
15-20 classes weekly
23 facility partners

CENTRAL FLORIDA (Tampa Bay and Orlando)
6231 individuals served
22-25 classes weekly
8 facility partners





Yoga 4
Change

YEAR IN REVIEW

RESEARCH SPOTLIGHT

The Yoga 4 Change Research team, Dr. Danielle Rousseau and Dr. Jennifer Bourgeois, presented on Yoga 4 Change's Chartrand Correctional Study data at two conferences; a round table discussion at The American Society of Criminology conference and a poster presentation at The International Association of Yoga Therapists Symposium of Yoga Research at Kripalu Center for Yoga and Health. For the first time, the Yoga 4 Change research team was able to deliver customized evaluations reports for every partner facility, which allowed for further proof of programmatic impact.



Dr. Danielle Rousseau
Assistant Facilitator



Dr. Jennifer Bourgeois
Assistant Facilitator

DATA PER POPULATION

Average percent change for mood, stress, and pain



Mental Health

3,610 individuals served

18% Increase in mood

29% Decrease in stress

18% Decrease in pain



Youth

1,721 individuals served

19% Increase in mood

29% Decrease in stress



Military Veterans

274 individuals served

25% Increase in mood

32% Decrease in stress

24% Decrease in pain



Incarcerated Individuals

3,615 individuals served

13% Increase in mood

27% Decrease in stress

14% Decrease in pain



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