



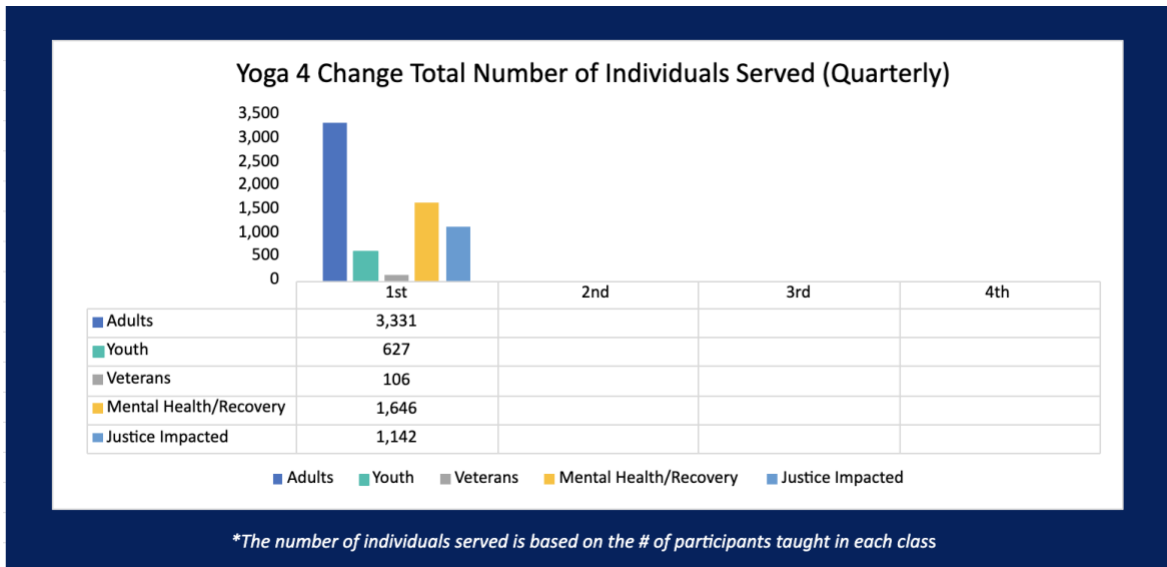
Yoga 4 Change 1st Quarter Report January – March 2024

Introduction

Yoga 4 Change is a non-profit organization that aims to achieve lasting, demonstrative change for veterans, individuals who are experiencing incarceration, youth, and people living with mental health conditions. Yoga 4 Change provides structure, empowerment, and results and is built on an established, purpose-driven curriculum that pairs yoga movements with thematic teachings tailored to the physical and emotional needs of each population we serve. To learn more about the work Yoga 4 Change is doing, visit the Research, Data & Evaluation page at www.y4c.org/impact.



This report shares Yoga 4 Change key findings for the period from January 1, 2024 to March 31, 2024. The chart below displays at a glance the trends with categories for Adults and Youth, and then broken down into subpopulations: Veterans, Mental Health/Recovery, and Justice Impacted. The number of individuals served is based on the count of participants taught in each class.






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Adults

Pre/Post Class

For program adult participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$), and a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Adults Population

|  Scale | Average % Change |
|---|------------------|
| Mood | 14% |
| Stress | 30% |
| Pain | 19% |

Total adult participants from January 1, 2024 to March 31, 2024 = 3,331

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Adults Qualitative Shares

- “VERY RELAXING”
- “THANK YOU FOR THE STRESS RELIEF”
- “THIS CLASS WAS NICE. IT OPENED ME UP A LITTLE.”
- ““IT WAS REFRESHING TODAY”
- “HELPED CALM AND SOOTHE ME”
- “BEFORE: "OVERSTIMULATED" AFTER: "I CAN HELP MYSELF AND MY BABIES WITHOUT GUILT”
- “MADE ME FEEL CALM”
- “GREAT CLASS BLESSED AND GRATEFUL”
- “STRETCHING ALWAYS HELPS/CURES MY TENSE MUSCLES :)”
- “Wonderful class! Thank you.”




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Youth

Pre/Post Class

For youth, there was a significant increase in mood ($p < .001$) and a significant decrease in stress ($p < .001$).

Youth Population

|  Scale | Average % Change |
|---|------------------|
| Mood | 21% |
| Stress | 30% |

Total number of youth participants from January 1, 2024 to March 31, 2024 = 627

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Youth Qualitative Shares

“Favorite pose this week was all the warrior poses.”
“favorites this week: humble warrior and Goddess Flow. Affirmation I am Fearless”
“I picked Strong as my affirmation word, because this place has made me stronger mentally.”
“I feel more relaxed”
“I felt loved and got a good nap”
“ Chill and relaxed”




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Veterans

Pre/Post Class

For program veteran participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$), and there was a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Veterans Population

|  Scale | Average % Change |
|---|------------------|
| Mood | 24% |
| Stress | 32% |
| Pain | 23% |

Total veteran participants from January 1, 2024 to March 31, 2024 = 106

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Veterans Qualitative Shares

“After: I liked learning more about meditation and knowing I wasn't doing it wrong.”

“I feel better”

“It is a great way to practice mindfulness.”

“It was relaxing!”

“My first yoga class ever. Loved everything from it.”

“Calmed my anxiousness.”

“Brought me calm & peace which is elusive with PTSD. Thank you!”




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Mental Health/Recovery

Pre/Post Class

For program mental health/recovery participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$), and there was a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Mental Health/Recovery

|  Scale | Average % Change |
|--|------------------|
| Mood | 20% |
| Stress | 30% |
| Pain | 18% |

Total mental health/recovery participants from January 1, 2024 to March 31, 2024 = 1,646

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Mental Health/Recovery Qualitative Shares

“Courage helps me to keep taking the steps to be a better me even though its hard”

“Very peaceful and fun”

“laying down closing my eyes i felt like i was taken to another world”

“To help me push through tough times”

“Wish I could have done more this class”

“Feeling more grateful and connected.”

This class really opened me up on the different levels my mind and body can go! Very much needed!”



**Yoga 4
Change**


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Justice Impacted (Incarcerated & Court Involved)

Pre/Post Class

For justice impacted participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$), and there was a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Justice Impacted

|  Scale | Average % Change |
|---|------------------|
| Mood | 22% |
| Stress | 32% |
| Pain | 21% |

Total justice impacted participants from January 1, 2024 to March 31, 2024 = 1,142

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Justice Impacted Qualitative Shares

“Grateful for yoga.”

“I FEEL AT PEACE”

“THANK YOU SO MUCH!”