



Yoga 4 Change 2nd Quarter Report April – June 2023

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.



This report shares Yoga 4 Change key findings for the period from April 1, 2023, to June 30, 2023. The data below indicate the average change for individuals’ self-ratings of stress, mood, and pain (for adults) and stress and mood (for youth). Outcomes compare ratings prior to class to ratings after class participation. To learn more about the work Yoga 4 Change is doing, visit the Research, Data & Evaluation page at www.y4c.org/impact.

Overall Change

Pre/Post Class

For program adult participants, there was a significant increase in mood ($p = .000$), significant decrease in stress ($p = .000$). For adults, there was a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Adult Population

4 Scale	Average % Change
Mood	19%
Stress	30%
Pain	19%

Total adult participants from April 1, 2023 to June 30, 2023: 4,227

(Figure based on # of adults taught in each class. Adults were counted each time they participated).



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Population Focus: Individuals Living with Mental Health Conditions or in Recovery

Each quarter we focus on one of the unique populations that Yoga 4 Change serves. For the second quarter we do a deeper dive into our work with Individuals Living with Mental Health Conditions or in Recovery.

Pre/Post Class

For mental health/recovery participants, there was a significant increase in mood ($p < .001$), a significant decrease in stress ($p < .001$), and a significant decrease in pain ($p < .001$).

Mental Health/Recovery Population

4 Scale	Average % Change
Mood	15%
Stress	28%
Pain	16%

Total mental health/recovery participants from April 1, 2023 to June 30, 2023: 2,452
(Figure based on # of participants taught in each class. Individuals were counted each time they participated).

Individuals Living with Mental Health Conditions or in Recovery Qualitative Shares

“RELIEVED STRESS FROM MY CURRENT SITUATION.”

“GIVE ME LOVE, GIVE ME HOPE, LET ME COPE W/THIS HEAVY LOAD.”

“Standing tall and declaring "Here I am" to feel more courageous today was just what I needed.”

“A bit relaxed and less tense and stress.”