

Introduction

This report shares Yoga 4 Change key findings for the period from April 1, 2022, to June 30, 2022. 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 envisions a future where underserved individuals are healed and empowered to live with hope, self-esteem, and confidence through the integration of real-life tools (movement, breathing exercises, quiet time) provided by the yoga practice.

Yoga 4 Change provides structure, empowerment, and results. Yoga 4 Change 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. Our professionally trained instructors go directly to the source, introducing yoga and mindfulness as powerful tools for overcoming trauma. Our highly trained instructors are encouraged to assess each situation and teach according to the needs of the individuals in each class. This approach allows us to better connect with the four diverse populations we work with. We believe that empowered instructors create empowered students and lasting change. We have implemented Yoga 4 Change in more than 80 facilities throughout five counties since 2014. Participants are able to work through, and release their negative emotions, as they learn to calm mind and body, find inner strength, and master their breathing. Each class includes a therapeutic writing component based on relevant themes, giving participants the ability to document, confront, and openly discuss their feelings. We are a results-driven organization motivated by the change we see in our students.









Yoga 4 Change Second Quarter Report, 2022 Prepared by: Dr. Danielle Rousseau and Dr. Jennifer Wyatt Bourgeois



Meeting Goals

Throughout the 2nd Quarter (April - June 2022), specific goals were set and documented monthly. These goals are detailed below along with the overall precent of participants who met each goal for the months April - June 2022.

(Adult Population)

Scale	Goal	Total # of Participants	Total # of Participants Who Met Goal	Total % of Participants Who Met Goal
Mood	On average, Yoga 4 Change participants will report a 10% increase in mood as measured by Mood Scale. (notecards pre vs post)	3237	1794	55%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	3193	1843	58%
Pain	On average, Yoga 4 Change participants will report a 10% decrease in pain as measured by the Pain Scale. (notecards pre vs post)	3199	1306	41%

(Youth Population)

Scale	Goal	Total # of Participants	Total # of Participants Who Met Goal	Total % of participants Who Met Goal
Mood	On average, Yoga 4 Change participants will report a 10% increase in mood as measured by Mood Scale. (notecards pre vs post)	630	342	54%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	627	336	54%



Overall Change

Pre/Post Class

For program participants (adults and youth), there was a significant increase in mood (p < .001), significant decrease in stress (p < .001), and significant decrease in pain (adult only, p < .001) after participation in class as compared to before. Data include outcomes for Yoga 4 Change students across all programs for the period of April through June 2022.

Adult Population

Scale	Average % Change
Mood	19%
Stress	30%
Pain	18%

Youth Population

Scale	Average % Change
Mood	20%
Stress	31%



Participant Feedback Second Quarter 2022

The program is good idea for the people with a depression and anxiety.

I think the class was very stress soothing and creating a sense of relaxation and comfort to the body spirit and soul.

It was really relaxing to get Yoga and meditation 2-3 times a week. It was nice and so were instructors.

Overall, the program is challenging me to use coping skills, well as learning new ones. This facility program has been difficult; however, I am finding to be well serving to the changes in my life at this juncture. The yoga was a great and necessary aspect in my personal recovery.

Meditation associated with yoga is highly recommended.

The program has helped me understand that I am not alone.

I'm happy with the program and it's making me relaxed.

Very relaxing!

The program is a great program and a way to teach individuals a different approach to whatever they are dealing with.

Very inspirational and motivated me to positive realm of consciousness, I recommend Yoga 4 Change to anyone who is who is open to a world of optimism.



The Yoga 4 Change was very helpful with my physical therapy. The yoga teachers were very respectful and very helpful.

I am really grateful. Thank you.

I enjoy yoga as an exercise, so it was nice being able to stretch, breathe, and focus on core strength. I wish my fellow inmates were more incline with the teachings and the benefits of the class, but one cannot always choose their community. However, after class I am in a better mood and enjoy the rest of the evening, while getting a great nights rest.

I love the class. Thank you so much!!!

I enjoy the session and its benefits of stress relief.

All qualitative data from OD2A grant population April through June 2022.

Yoga 4 Change Second Quarter Report, 2022
Prepared by: Dr. Danielle Rousseau and Dr. Jennifer Wyatt Bourgeois