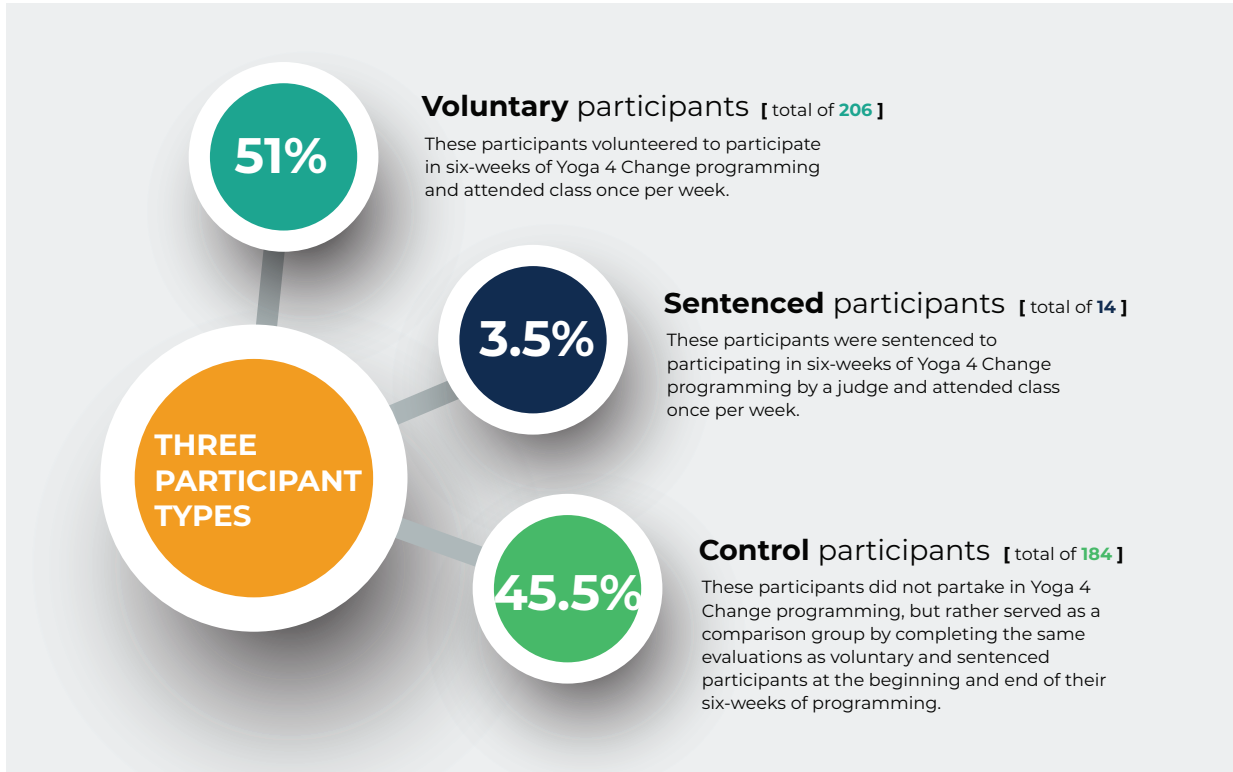
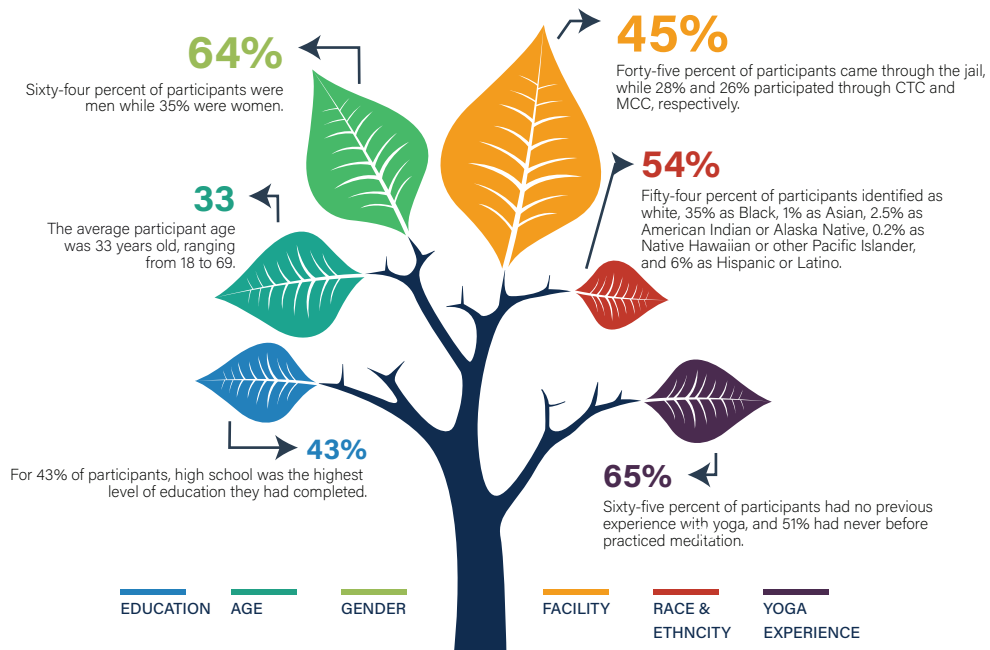


Over the past year, we examined the effects of participating in six weeks of Yoga 4 Change programming for incarcerated individuals. Three incarceration facilities and more than 400 individuals incarcerated in the Jacksonville area participated in the study. This short report highlights our key findings.



Demographics



We evaluated all participants (voluntary, sentenced, and control) on a range of measures assessing general health and well-being, interpersonal strengths, regulatory strengths, and meaning-making strengths both before and after a six-week time period. We then compared participants' scores on the pre- and post-measures.

■ Voluntary
 ■ Sentenced
 ■ Control

		Significant change?	Scale Result Summary
Self Compassion	Voluntary Sentenced Control	✓ ✗ ✓	Self-compassion is showing oneself kindness and understanding when confronted with personal failings, and after six weeks of Y4C programming, participants showed significantly higher levels of self-compassion. While those in the control group also showed a change, the improvement was much greater for voluntary participants.
Posttraumatic Growth	Voluntary Sentenced Control	✓ ✗ ✓	Posttraumatic Growth (PTG) refers to positive outcomes as described by individuals who have experienced adverse or stressful events. This measure assesses increased strengths, spiritual change, new life possibilities, and appreciation of life. Although both voluntary and control participants showed change, the impact for voluntary participants was much greater.
Compassion	Voluntary Sentenced Control	✗ ✗ ✗	Compassion is an important interpersonal strength, referring to the degree to which an individual displays care and concern for others and is motivated to help them. Participants did not show statistically significant increases in compassion after completing programming.
Forgiveness	Voluntary Sentenced Control	✓ ✗ ✗	Forgiveness has long been considered an important interpersonal strength. The third and final stage of the forgiveness process is characterized by the wronged person moving on from the incident. Voluntary participants showed an increased ability to forgive and move on after completing six-weeks of Y4C programming.
Anger Management	Voluntary Sentenced Control	✓ ✗ ✗	Anger management is a regulatory strength. After completing six weeks of Y4C programming, voluntary participants demonstrated a significant increase in their ability manage their anger.
Anxiety	Voluntary Sentenced Control	✓ ✗ ✓	The frequency of individuals' general anxiety symptoms was assessed before and after six weeks of programming. While control participants also showed a decrease in their anxiety, voluntary participants demonstrated a much more significant decrease.
Emotional Regulation	Voluntary Sentenced Control	✓ ✗ ✗	Negative emotions are inevitable and the ways an individual responds to them has strong implications for mental health and well-being. Emotion regulation is one's ability to maintain stability and manage distressing feelings. After completing six weeks of programming, voluntary participants were much better able to regulate their emotions.
Emotional Awareness	Voluntary Sentenced Control	✓ ✗ ✗	Everybody experiences a range of emotions, but individuals vary in the degree to which they pay attention to and understand their emotional experiences. Emotional awareness is the ability to monitor and identify one's own feelings. Voluntary participants showed a significant increase in their emotional awareness after completing six weeks of Y4C programming.
General Health and Well-Being	Voluntary Sentenced Control	✓ ✓ ✗	After six weeks of programming, both voluntary and sentenced participants reported an increased use of healthy coping behaviors (e.g., self-talk, exercise, breathing, etc.) and a decreased use of unhealthy coping behaviors (e.g., substance use). Voluntary participants also reported improved general health, better quality of sleep, and significantly fewer poor physical and mental health days per month, contributing to the "Bold Goal" initiative.