



## Yoga 4 Change 1<sup>st</sup> Quarter Report January – March 2022

### Introduction

This report shares Yoga 4 Change key findings for the period from January 1, 2022, to March 31, 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 through purpose-driven yoga curricula. Y4C 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.

Y4C 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.



**Youth**



**Veterans**



**Incarcerated  
Individuals**



**Mental Health**



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### Meeting Goals

Throughout the 1<sup>st</sup> Quarter (January – March 2022), specific goals were set and documented monthly. These goals are detailed below along with the overall percent of participants who met each goal for the months January – March 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 <b>10% increase in mood</b> as measured by Mood Scale. (notecards pre vs post)	2921	1631	56%
Stress	On average, Yoga 4 Change participants will report a <b>10% decrease in stress</b> as measured by the Stress Scale. (notecards pre vs post)	2899	1721	59%
Pain	On average, Yoga 4 Change participants will report a <b>10% decrease</b> in pain as measured by the Pain Scale. (notecards pre vs post)	2919	1230	42%

#### 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 <b>10% increase in mood</b> as measured by Mood Scale. (notecards pre vs post)	390	203	52%
Stress	On average, Yoga 4 Change participants will report a <b>10% decrease in stress</b> as measured by the Stress Scale. (notecards pre vs post)	376	205	55%

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### Overall Change

#### Pre/Post Class

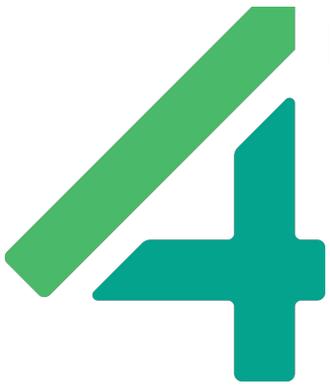
For program participants (adults and youth), there was a significant increase in mood ( $p < .001$ ), significant decrease in stress ( $p < .001$ ), and significant decrease in pain ( $p < .001$ ) after participation in class as compared to before.

#### Adult Population

 Scale	Average % Change
Mood	19%
Stress	31%
Pain	18%

#### Youth Population

 Scale	Average % Change
Mood	18%
Stress	28%



# Participant Feedback OD2A First Quarter 2022

The program gave me a better understanding of myself and my strengths. It also showed me that there are many others like me who have the same struggle. I now have a focus and a plan for my sobriety first and everything else after.



**YOGA HAS HELPED ALONG WITH THE MEDICAL STAFF TO HELP ME FIND THE ROOT OF MY PROBLEM.**

The breathing techniques are what help me the most to decompress and remain calm. **VERY HELPFUL.**

**I love how relaxed it makes me after work.**

**INSTRUCTORS ARE GREAT.**

This program has shown me the power that community and healthy relationships have on my wellbeing.

**Great yoga course, helped me relax and find peace within myself!**

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.**

**Meditation associated with yoga is highly recommended.**

**IT WAS REALLY RELAXING TO GET YOGA AND MEDITATION 2-3 TIMES A WEEK. IT WAS NICE AND SO WERE INSTRUCTORS.**

**The yoga was a great and necessary aspect in my personal recovery.**

# WHAT Y4C YOUTH ARE SAYING...



Yoga is helping me learn patience.  
This was wonderful!  
I love yoga!  
I am coming back!  
I like it.  
I will be coming back.  
I like how she taught me how to heal with my anger issues.  
I really appreciate her taking the time to help us.  
I felt relaxed at the end.  
I just think it relaxed me and my body.  
It was amazing & I would LOVE to do it again!  
10-10 would try again.  
The class helped me relax a lot.  
I think yoga is great. It helps me and I think I wanna try it again.  
Very recommended.  
I <heart> the class.  
It was awesome!! :)  
I am grateful for yoga because it calms me down and stretch.  
Yoga woke me up a lil.  
I would love (underlined 3 times) to come again :)  
This class helped with my stress.  
It's relaxing.  
Confidence begins with ME. Namaste.  
Thank you!! And thank you so much for sharing and being an amazing teacher!!  
It was funny.  
I feel peaceful.  
I feel good.