



## Yoga 4 Change 3<sup>rd</sup> Quarter Report July – September 2022

### Introduction

This report shares Yoga 4 Change key findings for the period from July 1, 2022 to September 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 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.




## Overall Change

### Pre/Post Class

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


### Adult Population

 Scale	Average % Change
Mood	19%
Stress	30%
Pain	20%

**Total adult participants from July 1, 2022 to September 30, 2022: 4210**

*(Figure based on # of adults taught in each class. Adults are counted each time they participate).*

### Youth Population

 Scale	Average % Change
Mood	18%
Stress	29%

**Total youth participants from July 1, 2022 to September 30, 2022: 244**

*(Figure based on # of youth taught in each class. Youth are counted each time they participate).*