



Yoga 4 Change 3rd Quarter Report July – September 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 July 1, 2023, to September 30, 2023. The data below indicate the average change for individuals' self-ratings of stress, mood, and pain for adults. 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	20%
Stress	30%
Pain	19%

Total adult participants from July 1, 2023 to September 30, 2023 = 3,221

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


Population Focus: Incarcerated

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 incarcerated individuals.

Pre/Post Class

For incarcerated individuals, there was a significant increase in mood ($p < .001$), a significant decrease in stress ($p < .001$), and a significant decrease in pain ($p < .001$).

Incarcerated Population

 Scale	Average % Change
Mood	23%
Stress	33%
Pain	24%

Total incarcerated participants from July 1, 2023 to September 30, 2023 = 1,099

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

Incarcerated Population Qualitative Shares

“It was relaxing. I'd like to do some harder yoga”

“Love it. I enjoy the class.”

“Thank you! Class was amazing thank you so much”

“Love this class want to be in all the time more active”

“More meditation with the stretches I enjoy meditation”

“I want to do standing yoga. It was relaxing.”

“Helped calm my thoughts”