



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.



**Youth**



**Veterans**



**Incarcerated  
Individuals**



**Mental Health**

This report shares Yoga 4 Change key findings for the period from October 1, 2022 to December 31, 2022. The data below indicate the average change for students' self-ratings of stress, mood, and pain (for adults) and stress and mood (for youth). 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 [y4c.org/impact](http://y4c.org/impact). Here you can find quarterly reports sharing outcomes across all programs.

## OVERALL CHANGE

### Pre/Post Class Outcomes

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 programs.

#### ADULT POPULATION

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

Total adult participants from October 1, 2022 to December 31, 2022: 4,051  
(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 October 1, 2022 to December 31, 2022: 2,198  
(Figure based on # of youth taught in each class. Youth are counted each time they participate).



## PROGRAM OUTCOMES OCTOBER THROUGH DECEMBER 2022

POPULATION FOCUS: VETERANS



### Veterans

Each quarter we focus on one of the unique populations that Yoga 4 Change serves. For the fourth quarter we do a deeper dive into our work with veterans.

#### Pre/Post Class Outcomes

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

Scale	Average % Change
Mood	25% increase
Stress	41% decrease
Pain	25% decrease

Total Veterans served from October through December 2022: 54 (Virtual Veterans Community and Wounded Warriors Project).  
(Figure based on # of students taught in each class. Students are counted each time they participate).

## QUALITATIVE SHARES

*"I am sure PTSD would have destroyed me. Spouse, an experienced PTSD psychologist, my 88th co-workers and Yoga 4 Change saved my life (period). Y4C came into my life just when I needed it."*

*"Y4C yoga keeps me stable and able to regain control quicker when the fight or flee brain kicks in and takes over logical thoughts and actions. If no yoga every week at minimum, I experience more anxiousness, quicker to go into fight or flight status and do not experience emotions or feel alive. If fight or flight shuts down emotions, then you feel no love or other the good feelings or feel motivated about anything else either."*

*"Y4C is integral part of keeping depression, feeling out of control and keeping me enjoying the present. Thank YOU to each person that makes it possible. I just hope more Vets discover it's benefits." - RAY, Col, USAF (ret)*