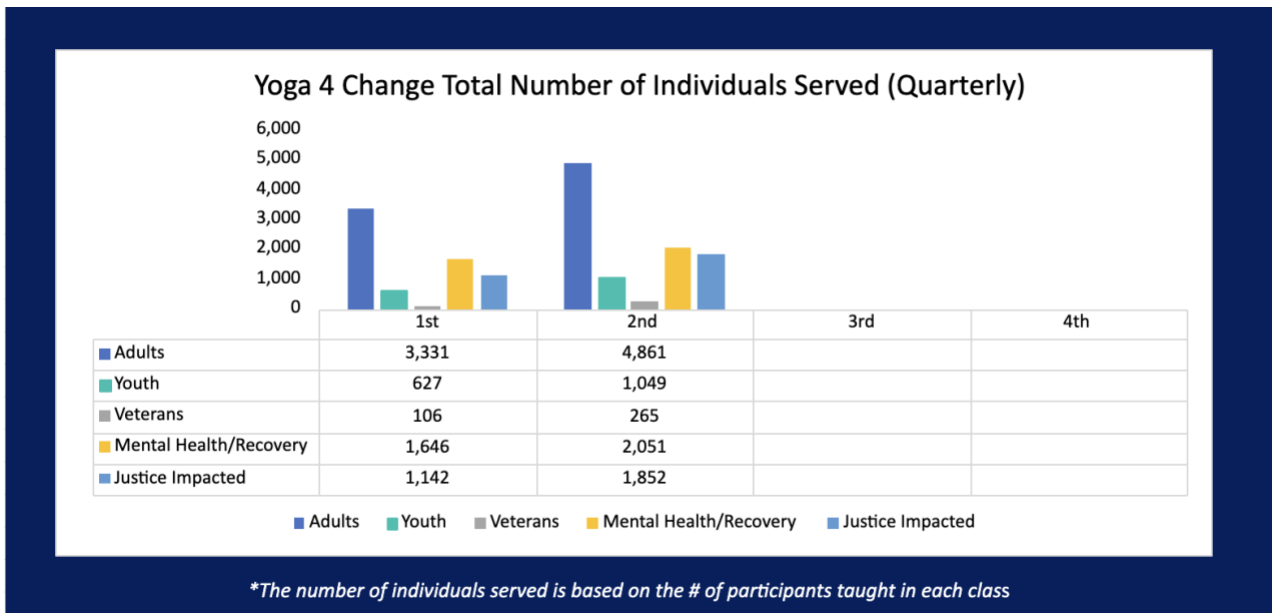


Introduction

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. To learn more about the work Yoga 4 Change is doing, visit the Research, Data & Evaluation page at www.y4c.org/impact.



This report shares Yoga 4 Change key findings for the period from April 1, 2024 to June 30, 2024. The chart below displays at a glance the trends with categories for Adults and Youth, and then broken down into subpopulations: Veterans, Mental Health/Recovery, and Justice Impacted. The number of individuals served is based on the count of participants taught in each class.






Yoga 4 Change 2nd Quarter Report April – June 2024

Adults

Pre/Post Class

For program adult participants, there was a significant increase in mood ($p < .001$, $n = 4,578$), significant decrease in stress ($p < .001$, $n = 4,565$), and a significant decrease in pain ($p < .001$, $n = 4,500$) after participation in class as compared to before.

Adults Population

 Scale	Average % Change
Mood	21%
Stress	31%
Pain	20%

Total adult participants from April 1, 2024 to June 30, 2024 = 4,861

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Adults Qualitative Shares

“Great class!”

“Relaxing”

“It helped to focus on the breathing. I like the mediation part the best, but the stretches are a good reminder of my stress in my body”

“As always , this class definitely helps me relive some tension in my mind and body! Loved the boxed breathing and tension/release exercise. I wouldn’t change anything!”

“This class increased my mood positively. I liked the mindfulness techniques used most throughout class. Class was perfect!”

“I enjoy the box breath.”

“The stretching in general felt good”

“The mindfulness and the awareness focusing really helped”

“Great class, I'm feeling pretty relaxed.”

“Good instructor.”

“I loved it. I am getting better at this yoga thing!!”

“Made me feel good and accomplished helped with lower back pain. Thank you for coming!”




Youth

Pre/Post Class

For youth, there was a significant increase in mood ($p < .001$, $n = 981$), and a significant decrease in stress ($p < .001$, $n = 969$).

Youth Population

 Scale	Average % Change
Mood	16%
Stress	25%

Total number of youth participants from April 1, 2024 to June 30, 2024 = 1,049

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Youth Qualitative Shares

“it allows me to recenter”
 “I like guiding my own yoga”
 “Showing me gratitude is key to life and peace”
 “I feel relaxed”
 “Thank you!!”
 ““I love Yoga 4 Change”
 “love yourself always”
 “Very relaxing and stress free”
 “Good practice. Would recommend.”
 “Thank you for helping me feel better.”
 “Happy Calm Relaxed”




Veterans / First Responders

Pre/Post Class

For program veteran participants, there was a significant increase in mood ($p < .001$, $n = 258$), significant decrease in stress ($p < .001$, $n = 258$), and there was a significant decrease in pain ($p < .001$, $n = 259$) after participation in class as compared to before.

Veterans Population

 Scale	Average % Change
Mood	20%
Stress	35%
Pain	25%

Total adult participants from April 1, 2024 to June 30, 2024 = 265

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Veterans / First Responders Qualitative Shares

“Thank you guys! I will take these yoga classes with me.”
“grounded”




Mental Health/Recovery

Pre/Post Class

For program mental health/recovery participants, there was a significant increase in mood ($p < .001$, $n = 1,915$), significant decrease in stress ($p < .001$, $n = 1,901$), and there was a significant decrease in pain ($p < .001$, $n = 1,896$) after participation in class as compared to before.

Mental Health/Recovery

 Scale	Average % Change
Mood	20%
Stress	31%
Pain	18%

Total mental health/recovery participants from Total adult participants from April 1, 2024 to June 30, 2024 = 2,051

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Mental Health/Recovery Qualitative Shares

“IT WAS RELAXING”

“GREAT CLASS HELPED THE BACK PAIN”

“before: tired after: I feel calm, much better! Thanks”

“So relaxed. Thank you.”

“relaxed me”

“GREAT CLASS. HELPED WITH THE STRESS ALOT.”

“STRESS RELIEF”




Justice Impacted (Incarcerated & Court Involved)

Pre/Post Class

For justice impacted participants, there was a significant increase in mood ($p < .001$, $n = 1,744$), significant decrease in stress ($p < .001$, $n = 1,737$), and there was a significant decrease in pain ($p < .001$, $n = 1,712$) after participation in class as compared to before.

Justice Impacted

 Scale	Average % Change
Mood	20%
Stress	29%
Pain	21%

Total adult participants from April 1, 2024 to June 30, 2024 = 1,852

(The number of individuals served is based on the # of participants taught in each class. Individuals are counted each time they participate. Mood, stress, and pain outcomes include participants who completed data collection notecards).

Justice Impacted Qualitative Shares

“Thank you. It allowed me to release some pain. I feel more spiritually connected.”
 “I feel a bit of happiness. My body is under extreme stress.”
 “Thank you for being here today. I hope its a good day”
 “you are appreciated”
 “Thank you”
 “Best class I've been to yet! you are amazing. Thank you”
 “Thank you! Just what I needed, a great reminder that everything is perfect as it is”