



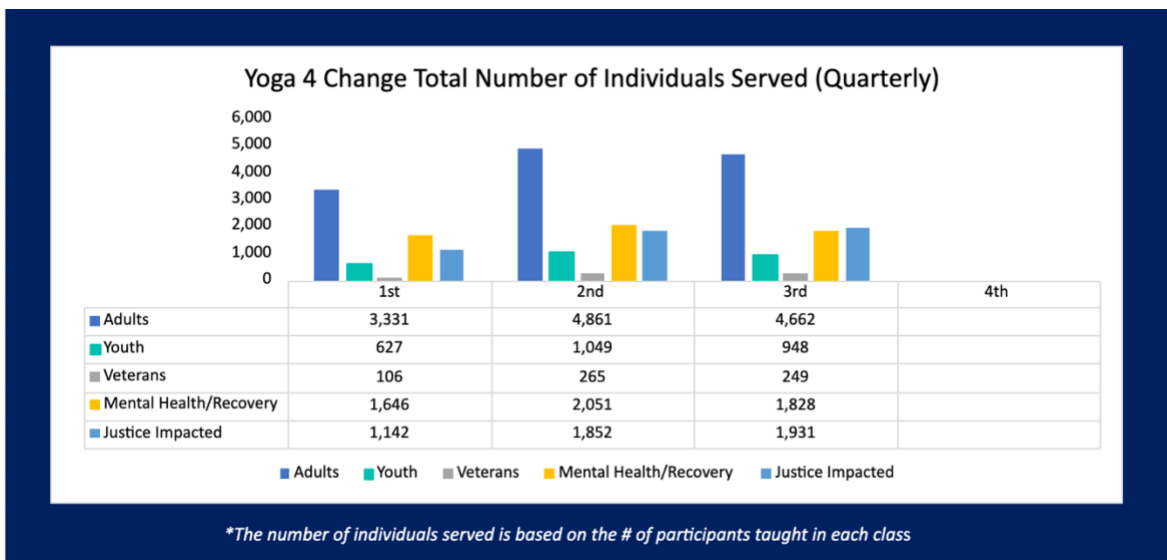
Yoga 4 Change 3rd Quarter Report July – September 2024

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 July 1, 2024 to September 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 3rd Quarter Report July – September 2024

Youth

Pre/Post Class

For youth, there was a significant increase in mood ($p < .001$, $n = 864$), and a significant decrease in stress ($p < .001$, $n = 859$).

Youth Population

 Scale	Average % Change
Mood	19% increase
Stress	26% decrease

Total number of youth participants from July 1, 2024 to September 30, 2024 = 948

(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

- “This was a good practice Thank you”
- “Gratitude is being appreciative of the big and small things. I would like more breathing exercises.
Thank you”
- “Thank you all so much for all you do!!!”
- “I had a great time with yoga”
- “yoga made me feel great I didn't know it would b this peaceful. Rate 10/10 highly recommend
and would do it again.”




Yoga 4 Change 3rd Quarter Report July – September 2024

Adults

Pre/Post Class

For adult program participants, there was a significant increase in mood ($p < .001$, $n = 4,475$), significant decrease in stress ($p < .001$, $n = 4,446$), and a significant decrease in pain ($p < .001$, $n = 4,421$) after participation in class as compared to before.

Adults Population

 Scale	Average % Change
Mood	21%
Stress	32%
Pain	22%

Total adult participants from July 1, 2024 to September 30, 2024 = 4,662

(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

Pre/Post Class

For veteran program participants, there was a significant increase in mood ($p < .001$, $n = 234$), significant decrease in stress ($p < .001$, $n = 234$), and there was a significant decrease in pain ($p < .001$, $n = 234$) after participation in class as compared to before.

Veterans Population

 Scale	Average % Change
Mood	21% increase
Stress	35% decrease
Pain	25% decrease

Total veterans/first responders participants from July 1, 2024 to September 30, 2024 = 249

(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

- “Great class thank you”
- “Excellent yoga. Thank you”
- “Great class”
- “Excellent session thank you”
- “This was amazing!!”
- “I feel so relaxed after this”
- “Great mindfulness practice”
- “Thank you for a wonderful class”
- “Loved the focus on breathing”
- “Appreciate the relaxation techniques”
- “Amazing class today”
- “I really enjoyed the stretching”
- “Thank you for the peaceful moment”



Mental Health / Recovery

Pre/Post Class

For mental health/recovery program participants, there was a significant increase in mood ($p < .001$, $n = 1,745$), significant decrease in stress ($p < .001$, $n = 1,730$), and there was a significant decrease in pain ($p < .001$, $n = 1,729$) after participation in class as compared to before.

Mental Health/Recovery

4 Scale	Average % Change
Mood	21% increase
Stress	32% decrease
Pain	20% decrease

Total mental health/recovery participants from July 1, 2024 to September 30, 2024 = 1,828

(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

- "I love yoga. Thank you for bringing it here."
- "I enjoyed the class. I wouldn't change anything."
- "IT WAS FUN"
- "Thank you for such a calming experience."
- "Amazing stretches and relaxation."
- "This was so peaceful. Much appreciated."
- "Feeling more centered and relaxed after the session."
- "I liked how the class focused on mindfulness."
- "Great experience overall!"
- "I always leave feeling more relaxed."
- "Yoga helps me clear my mind and refocus."
- "Thank you for a wonderful class."
- "So grateful for this practice."




Justice Impacted (Incarcerated & Court Involved)

Pre/Post Class

For justice impacted program participants, there was a significant increase in mood ($p < .001$, $n = 1,867$), significant decrease in stress ($p < .001$, $n = 1,854$), and there was a significant decrease in pain ($p < .001$, $n = 1,851$) after participation in class as compared to before.

Justice Impacted

 Scale	Average % Change
Mood	22% increase
Stress	31% decrease
Pain	23% increase

Total justice impacted program participants from July 1, 2024 to September 30, 2024 = 1,931

(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

- "I enjoyed the class. I like it every time you come."
- "When I was on the football team. Comment - Relaxing."
- "IT HELPS ME TO FEEL EVERYTHING. I LIKE TO BREATHE."
- "Thank you for doing this for us."
- "Feel much better."
- "Amazing class today, very calming."
- "I appreciate the breathing exercises the most."
- "This session helped me relax."
- "I feel more at peace after the class."
- "Thank you for offering this practice."
- "Mindfulness focus was really beneficial."
- "Great way to start my day!"
- "The stretches really helped me today."
- "I feel more grounded and centered."
- "Thank you for such a peaceful session."




Yoga 4 Change 3rd Quarter Report July – September 2024

Community

Pre/Post Class

For community program participants, there was a significant increase in mood ($p < .001$, $n = 629$), significant decrease in stress ($p < .001$, $n = 628$), and there was a significant decrease in pain ($p < .001$, $n = 607$) after participation in class as compared to before.

Justice Impacted

 Scale	Average % Change
Mood	23% increase
Stress	34% decrease
Pain	19% increase

Total community participants from July 1, 2024 to September 30, 2024 = 654

(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).

Community Qualitative Shares

- "Wonderful class! Thank you very much for sharing."
- "Amazing yoga session, I feel refreshed."
- "Thank you for your time and care."
- "Loved the meditation and mindfulness today."
- "I feel much more relaxed now."
- "Grateful for this practice and the peace it brings."
- "The breathing exercises were my favorite part."
- "Great stretch and great mental break."
- "Really helpful, especially for calming my mind."
- "Feeling lighter and more at ease."
- "I always look forward to these sessions."