



Yoga 4 Change 2024 ANNUAL REPORT

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Our journey of connecting with partners to change lives and help communities thrive is a decade strong. Along the way, we've learned that solving the mental health crisis is not something we can do alone. To ensure every individual has the access they deserve, the resources they need, and the chance to build a stronger future, it will take a village of partners working together in creative and innovative ways.

A YEAR OF COMMUNITY LED GROWTH

Thanks to you, we continue to put 88 cents of every dollar donated directly towards bringing programming to those in need. As we look ahead, we'll need your dedication and support more than ever.

Together, we can empower individuals and communities to be the authors of their own stories, with the next chapter being one of stability and growth.

With Gratitude.

Michelle LeClair
Executive Director



2024 IMPACT AT A GLANCE

25,294
adults served

7,483
youth served

20%
average increase in mood

30%
average decrease in stress

21%
average decrease in pain

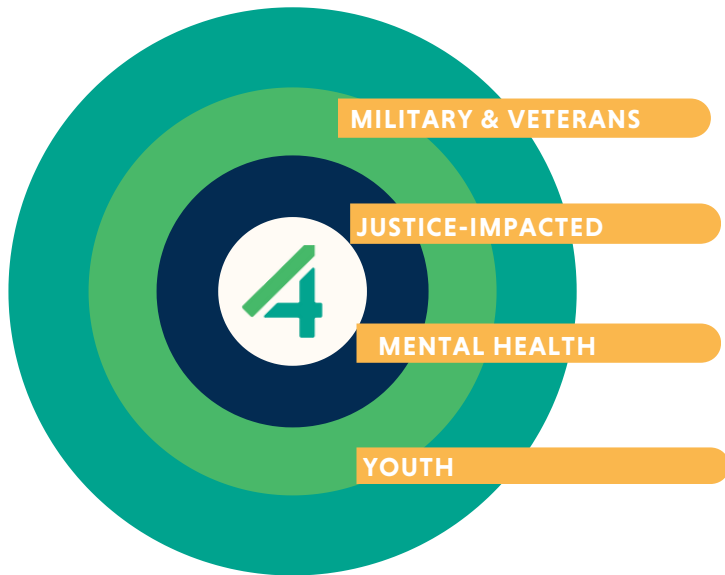
"My sense of purpose is to continue my healing and continue yoga. I thank you dearly for coming."

-Yoga 4 Change Participant

OUR EVIDENCE-BASED MODEL

a collaborative approach bringing transformation to communities

We initiate coordinated local efforts that bring communities together to help individuals experiencing trauma reduce stress and pain and improve their physical and mental wellbeing.



Founded to serve four core populations dealing with trauma: veterans, justice-impacted, youth and those living with mental health conditions, Yoga 4 Change has grown tremendously over the last decade.

While we still serve our four core communities, we have expanded to bring the gift of yoga to all those who need it. New partnerships with organizations that serve cancer patients and those working toward substance use recovery have been forged and we now work directly with first responders to help them deal with the stress of their work.

Today, we are also proud to offer free community classes throughout the state to bring our mission and the healing powers of yoga to all.

Community Partners Spotlight



We were able to bring movement and mindfulness to a group of eager girls. Not only did we open up yoga as an option for girls that had never been able to try, but through fun partner activities, they were able to support and lift each other up.



Bringing yoga to those living with mental health illnesses is one of our core pillars and working with Clean Recovery Centers has allowed us to bring our evidence-based curricula to those working toward substance use recovery.



Blue Zones Project helps people live better and longer through community transformation programs. This partnership, along with funding graciously provided by Baptist Health, has allowed us to offer free and accessible classes open to the community at 8 different sites over the last year.



Yoga 4 Change partnered with Miami-Dade Fire Rescue to offer programs as part of their Health and Safety Division. We offered weekly yoga classes and bi-weekly mindfulness classes, providing essential stress-relieving and mood-enhancing programs.

"Forgiveness takes time, I'm learning and it's a journey. I don't know how I could get over but now I know I can do it."

-Yoga 4 Change Participant



FUNDER SPOTLIGHT: WOODMEN LIFE

To celebrate our 10th Anniversary, we hosted a Boats & Brunch event at the USS Orleck Naval Museum in Jacksonville. The day included a yoga session led by our Founder, Kathryn Thomas, on the flight deck and was followed by brunch, a program and auction. At the event, Woodmen Life presented us with a check for \$5,000 and then announced their pledge to provide \$5,000 every year for the next nine years - for a total of \$50,000!

"We are thrilled to support Yoga 4 Change and the impact they are having in the community! As a not-for-profit life insurance company, we've been helping to protect the financial future of families and giving back to local communities since 1890."

-Donna Harris, Woodmen Life

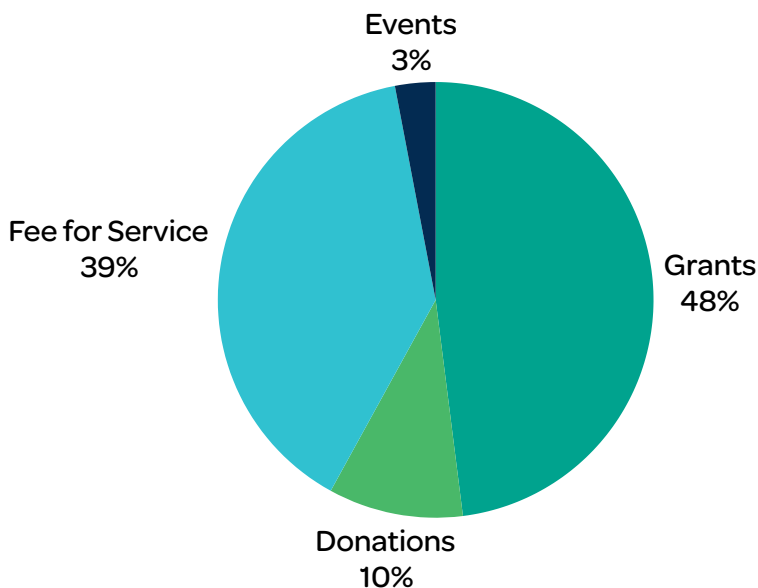
"As we celebrate a decade of Yoga 4 Change, as Board Chair, I am so proud of the strides our incredible team of dedicated professionals has made to uplift and empower the communities we serve. With the support of Vicki Pugh at Advancement Experts, our recent strategic plan has laid a strong foundation for continued growth. We are excited to deepen our impact as we move forward, expanding our reach and commitment to serving those who benefit from the healing and transformative power of yoga."

Anne White
Board Chair, Yoga 4 Change

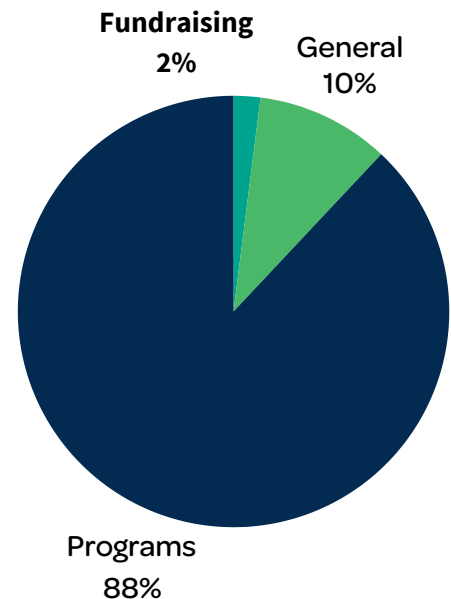


2024 FINANCIAL OVERVIEW

2024 REVENUE BREAKDOWN



2024 EXPENSE BREAKDOWN



PROGRAMMING

→ **Period Analyzed:**
November 1, 2023 - October 31, 2024

Total Students Served

	Veterans	Justice-Impacted	Youth	Mental Health
North Florida	160	1,554	3,378	3,499
East Florida	19	3,152	608	666
West Florida	315	1,381	764	1,591
South Florida	265	-	2,733	2,257
Total for 2024	759	6,087	7,483	7,779

The number of individuals served is based on the number of participants taught in each class. Individuals are counted each time they participate.

Key Highlights

 5,669 New Students	 3,174 Total Classes	 3,186 Community Class Students	 18,842 Data Cards Collected
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"Over time it became easier. It was as if I no longer had to look, things for which I could be grateful just showed up. At first only occasionally and eventually all the time. The feeling of gratitude overrides feelings of despair or anger. The feeling of gratitude can make a bad situation better. I don't know that my gratitude practice changed my brain chemistry, but I do know that it changed my life."



Ann Bianco
-Instructor, Yoga 4 Change



Yoga 4 Change



We couldn't have done it without your generous **support!**

THANK YOU

to our program partners!



DONATE

for change!



CONTACT

us to work together!

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