



**Yoga 4
Change**

2023 ANNUAL REPORT



MISSION

Yoga 4 Change fosters holistic wellbeing, resilience, and transformation for individuals and communities through evidence-based trauma-informed curricula.

VISION

We envision a world where people impacted by trauma feel supported, connected, and empowered to live a healthy and joyful life.



**TOTAL YOUTH
SERVED:
4,039**

YOUTH AVERAGE PERCENT CHANGE FOR MOOD AND STRESS

16% ↑ INCREASE IN MOOD

26% ↓ DECREASE IN STRESS



**TOTAL ADULTS
SERVED:
15,461**

ADULT AVERAGE PERCENT CHANGE FOR MOOD, STRESS & PHYSICAL PAIN

19% ↑ INCREASE IN MOOD

30% ↓ DECREASE IN STRESS

20% ↓ DECREASE IN PAIN

**Mood, stress, and pain outcomes include participants who completed data collection notecards.

IMPACTS OF YOGA

DONATE TODAY!



DECREASE STRESS



IMPROVE MOOD



IMPROVE SLEEP



DECREASE PHYSICAL PAIN



POSITIVE HEALTHY COPING SKILLS



INCREASE EMOTIONAL AWARENESS & REGULATION



Po Box 330117 Atlantic Beach, FL 32233 | y4c.org | info@y4c.org





**Yoga 4
Change**

2023 ANNUAL REPORT

PARTICIPANT TESTIMONIALS



"I don't feel like a felon in yoga. Someone actually cares."

"This class has impacted my calmness and bodily well being in such a way that I still can't believe it's only once a week. When I'm able to attend more frequently I believe I will be astounded by the results. Thank you Yoga 4 Change."

"Yoga has helped me discover a way to release stress and tension."

"This program has taught me balance and wellness and to love myself cuz I matter. I improve everyday I come and I want to keep coming until I get out. Its helped me look at life in a positive aspect."



PROGRAM UPDATES

NORTH FLORIDA

INDIVIDUALS SERVED: 11,606

AVERAGE # OF WEEKLY CLASSES: 30 # OF FACILITY PARTNERS: 75

SOUTH FLORIDA

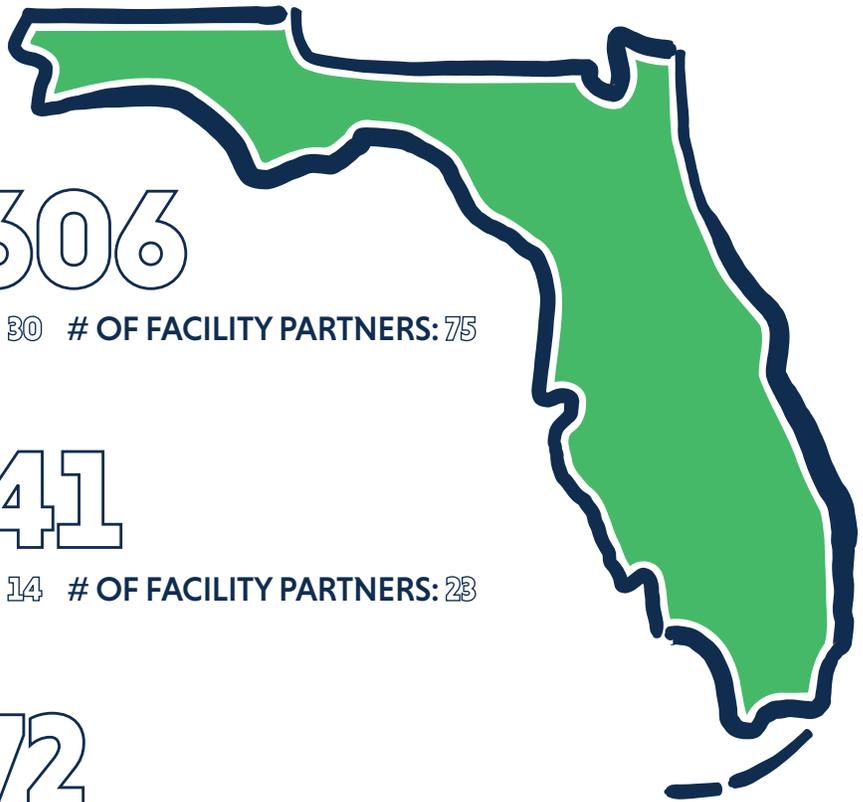
INDIVIDUALS SERVED: 6,041

AVERAGE # OF WEEKLY CLASSES: 14 # OF FACILITY PARTNERS: 23

CENTRAL FLORIDA

INDIVIDUALS SERVED: 7,072

AVERAGE # OF WEEKLY CLASSES: 20 # OF FACILITY PARTNERS: 24



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

