



Yoga 4 Change Q1 2025 November 1, 2024 – January 31, 2025 Report

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.



Youth



Veterans



**Incarcerated
Individuals**




Mental Health

This report includes customized outcomes for the period **November 1, 2024 – January 31, 2025**. The data below indicate the average change for participants' self-ratings of mood, stress, and pain comparing their assessment before class versus after participating in class.

Program Outcomes

Pre/Post Class Outcomes - Adult

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 2833$), a statistically significant decrease in stress ($p < .001$, $n = 2808$), and a statistically significant decrease in pain ($p < .001$, $n = 2788$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

|  Scale | Average % Change |
|--|------------------|
| Mood | 20% increase |
| Stress | 31% decrease |
| Pain | 21% decrease |


Total individuals served November 1, 2024 – January 31, 2025: 3,377

(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).



Pre/Post Class Outcomes - Youth

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 266$) and a statistically significant decrease in stress ($p < .001$, $n = 267$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

|  Scale | Average % Change |
|--|------------------|
| Mood | 23% increase |
| Stress | 34% decrease |


Total individuals served November 1, 2024 – January 31, 2025: 1,022

(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).



Pre/Post Class Outcomes – Adult Community Classes

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 332$), a statistically significant decrease in stress ($p < .001$, $n = 332$), and a statistically significant decrease in pain ($p < .001$, $n = 323$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.


|  Scale | Average % Change |
|--|------------------|
| Mood | 24% increase |
| Stress | 38% decrease |
| Pain | 22% decrease |

Total individuals served November 1, 2024 – January 31, 2025: 502

(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).

Pre/Post Class Outcomes – Adult Court Involved

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 108$), a statistically significant decrease in stress ($p < .001$, $n = 108$), and a statistically significant decrease in pain ($p < .01$, $n = 108$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

|  Scale | Average % Change |
|--|------------------|
| Mood | 12% increase |
| Stress | 20% decrease |
| Pain | 9% decrease |


Total individuals served November 1, 2024 – January 31, 2025: 128

(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).



Pre/Post Class Outcomes – Adult Incarcerated

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 1150$), a statistically significant decrease in stress ($p < .001$, $n = 1142$), and a statistically significant decrease in pain ($p < .001$, $n = 1139$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.


|  Scale | Average % Change |
|--|------------------|
| Mood | 21% increase |
| Stress | 33% decrease |
| Pain | 23% decrease |

Total individuals served November 1, 2024 – January 31, 2025: 1,270

(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).

Pre/Post Class Outcomes – Adult Mental Health/Recovery

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 1196$), a statistically significant decrease in stress ($p < .001$, $n = 1190$), and a statistically significant decrease in pain ($p < .001$, $n = 1182$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

|  Scale | Average % Change |
|--|------------------|
| Mood | 21% increase |
| Stress | 33% decrease |
| Pain | 23% decrease |


Total individuals served November 1, 2024 – January 31, 2025: 1,440

(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).



Pre/Post Class Outcomes – Adult Veterans/First Responders

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 36$), a statistically significant decrease in stress ($p < .001$, $n = 36$), and a statistically significant decrease in pain ($p < .01$, $n = 36$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

|  Scale | Average % Change |
|--|------------------|
| Mood | 23% increase |
| Stress | 34% decrease |
| Pain | 18% decrease |

Total individuals served November 1, 2024 – January 31, 2025: 37

(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).