



Yoga 4 Change Q2 2025 February 1 – April 30, 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 **February 1 – April 30, 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 ($p < .001$, $n = 3969$), a statistically significant decrease in stress ($p < .001$, $n = 3961$), and a statistically significant decrease in pain ($p < .001$, $n = 3964$). 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	20% decrease

Total individuals served February 1 – April 30, 2025: 5,021

(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).



Adult Qualitative Shares

I feel way more relaxed my body is more opened up

First time I've been pain free in 20 years

I loved the theme and shape variations.

Class was great, and I feel more relaxed and in tune with my body.

I become more relax, stop thinking about my stressors for a moment

Thank you for meeting me where I was at today. Always a pleasure.

This class helped me put a pause on life and truly relax and put me first, it help me slow down my thoughts.

It was great. I love the peace and tranquility. It's soothing and enjoyable. 100% recommend to others. I wouldn't change a thing about this class.

Always feel better after yoga. Thank you.

Wonderful! Amazing! Just what I needed after a stressful week. Helped me get back mental strength. Thank you for what you do!

The class was a wonderful way to center and connect with my body. Huge stress relief.

New student. Stress, relief, took me out of the moments in a good way.

This class made me realize that I can help myself. The instructor was amazing, and the material is extremely helpful. I found myself moved.

It reminded me to just be in the moment.

Very intimate class. I feel it will help me relearn the practice of being mindful and help me incorporate it into my daily life to alleviate stress.

It gave me additional grounding resources and helped my physical pain.

Connected me more to myself and to my body. Enjoyed the breathing exercises during warrior pose. Looking forward to more of these.

its given me a reason to connect with something, anything

thank you for taking the time our of your day to show me something new to help me clam myself and feel my body

i loved this class. i wouldnt change a thing about class, everything was so soothing and relaxing. my favorite part was the music and calming voice of the instructor

i am happy and relaxed and body feels amazing thank you so much

thank you. i was paralyzed a couple years ago- shattered pelvis. i learned to walk against all odds. this is the most peace my body has felt since. thank you thank you

thank you for taking the time our of your day to show me something new to help me clam myself and feel my body

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thank you. i was paralyzed a couple years ago- shattered pelvis. i learned to walk against all odds. this is the most peace my body has felt since. thank you thank you

Didn't realize how much tension I am holding when breathing. Thank you!



Pre/Post Class Outcomes - Youth

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 290$) and a statistically significant decrease in stress ($p < .001$, $n = 290$). 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	32% decrease

Total individuals served February 1 – April 30, 2025: 632

(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

Being at yoga helps me stay aware of my mental health and emotions. I don't go every time but when I do I end up being more peaceful with myself. The things I learned in yoga are: Staying self-aware Amygdala Where my emotions come from

Yoga Has helped me be gain positive coping skills when I'm feeling stressed, troubled, anxious, sad and angry.

Yoga has helped me become better. Our instructor teaches us so much like about the amygdala and pre-frontal cortex and our nervous system. Our instructor teaches us mindfulness and speeches and body scan. It kinda reminds me of group, but better.

Yoga helps me to feel refreshed and calm. I learned a lot about the brain in yoga like the feeling brain and thinking brain.

I feel calm and relaxed :). Thanks, for your calming yoga.

I practice self-compassion by not tearing myself up when I fail.


happy because I am doing yoga

I love yoga



Pre/Post Class Outcomes – Adult Community Classes

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 756$), a statistically significant decrease in stress ($p < .001$, $n = 758$), and a statistically significant decrease in pain ($p < .001$, $n = 758$). 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	35% decrease
Pain	20% decrease

Total individuals served February 1 – April 30, 2025: 1,395

(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 ($p < .001$, $n = 145$), a statistically significant decrease in stress ($p < .001$, $n = 145$), and a statistically significant decrease in pain ($p < .05$, $n = 145$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

 Scale	Average % Change
Mood	9% increase
Stress	18% decrease
Pain	5% decrease


Total individuals served February 1 – April 30, 2025: 165

(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 ($p < .001$, $n = 1440$), a statistically significant decrease in stress ($p < .001$, $n = 1438$), and a statistically significant decrease in pain ($p < .001$, $n = 1440$). 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	23% decrease

Total individuals served February 1 – April 30, 2025: 1,568

(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 ($p < .001$, $n = 1595$), a statistically significant decrease in stress ($p < .001$, $n = 1588$), and a statistically significant decrease in pain ($p < .001$, $n = 1589$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

 Scale	Average % Change
Mood	19% increase
Stress	29% decrease
Pain	19% decrease


Total individuals served February 1 – April 30, 2025: 1,841

(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 ($p < .001$, $n = 33$), a statistically significant decrease in stress ($p < .001$, $n = 32$), and a statistically significant decrease in pain ($p < .01$, $n = 32$). 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	38% decrease
Pain	22% decrease

Total individuals served February 1 – April 30, 2025: 52

(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).