



## Quarter 3 May 1, 2025 – July 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](http://www.y4c.org/impact).



**Youth**



**Veterans**



**Incarcerated  
Individuals**




**Mental Health**

This report includes customized outcomes for the period **5/1/25 - 7/31/25**. 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 Programming


For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 4203$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 4174$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 4181$ ). 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




### Pre/Post Class Outcomes – Youth Programming

For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 544$ ) and a statistically significant decrease in stress ( $p < .001$ ,  $n = 540$ ). 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	29% decrease


### Pre/Post Class Outcomes – Adult Programming Community Class

For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 1266$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 1260$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 1265$ ). 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	36% decrease
Pain	21% decrease

### Pre/Post Class Outcomes – Adult Programming Mental Health


For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 1363$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 1347$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 1351$ ). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

 Scale	Average % Change
Mood	17% increase
Stress	27% decrease
Pain	17% decrease




### Pre/Post Class Outcomes – Adult Programming Veterans

For program participants, there was a statistically significant increase in mood ( $p < .05$ ,  $n = 17$ ) and a statistically significant decrease in stress ( $p < .001$ ,  $n = 16$ ). There was no statistically significant change in pain level. 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	36% decrease
Pain	-


### Pre/Post Class Outcomes – Adult Programming Courts

For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 123$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 123$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 123$ ). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

 Scale	Average % Change
Mood	14% increase
Stress	21% decrease
Pain	12% decrease

### Pre/Post Class Outcomes – Adult Programming Carceral

For program participants, there was a statistically significant increase in mood ( $p < .001$ ,  $n = 1434$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 1428$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 1425$ ). 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



### Totals for Q3 2025

	Adult	Youth	Community	MH	Veterans	Court	Carceral
<b>Mood (%Change)</b>	20% increase	20% increase	24% increase	17% increase	9% increase	14% increase	20% increase
<b>Stress (%Change)</b>	31% decrease	29% decrease	36% decrease	27% decrease	36% decrease	21% decrease	31% decrease
<b>Pain (%Change)</b>	20% decrease	N/A	21% decrease	17% decrease	Not significant	12% decrease	23% decrease