

2025

ANNUAL REPORT



PREPARED BY





A message from our Executive Director



This year, more than 22,000 people participated in trauma-informed yoga and mindfulness through Yoga 4 Change programs and community classes across Florida. We saw individuals breathe through difficult moments instead of breaking down, reconnect with their bodies after periods of disconnection, and experience a sense of choice where it hadn't felt available before. That is the heart of this work.

Much like our practice, this year asked us to pause and reconnect as a way to reflect, and strengthen our foundation so the work can endure. We focused on what keeps access dependable: supporting our team, enhancing program quality, and honoring the integrity of how we show up in every space.

Access to healing should not depend on circumstance.

This belief shaped our strategy. We aligned resources, deepened collaboration, and prioritized sustainable growth so expansion never comes at the expense of quality. Thank you for standing with us and choosing this mission. Your support opens doors, removes barriers, and creates access for people who need tools they can turn to when it matters most.

With immense gratitude,

Kim Simon

Adults Served
17,859

Youth Served
4,217

- **Average Increase in Mood** ▲ **20%**

- **Average Decrease in Stress** ▼ **32%**

- **Average Decrease in Pain** ▼ **21%**

2025 IMPACT *At A Glance*



GROUNDING IN RESEARCH

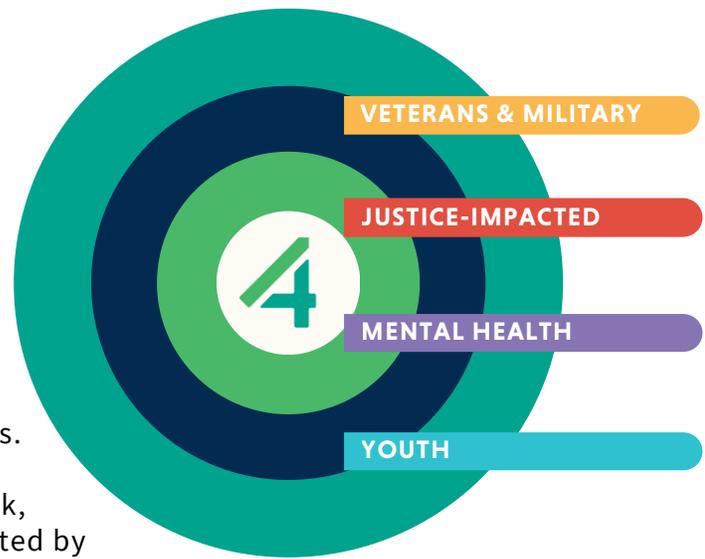
Driven by Impact

An Evidence-based approach that brings transformation to communities.

Founded to support four core communities impacted by trauma: veterans, incarcerated individuals, youth, and those recovering from substance-use disorder, Yoga 4 Change has grown significantly over the past 11 years.

While these core populations remain at the heart of our work, our reach has expanded to meet the needs of anyone impacted by trauma seeking healing and support. We've built new partnerships with organizations serving cancer patients, survivors, caregivers, court-ordered individuals, behavioral health, and first responders navigating the daily pressures of their work, and even offer free community classes across Florida, ensuring that the healing tools of yoga and mindfulness are accessible to all.

Today, we are proud to have brought this work into more than 100 partner facilities across 16 Florida counties through intentional efforts that support individuals navigating trauma. By offering tools that reduce stress and pain, we help people rebuild resilience and improve their overall well-being.



COMMUNITY PARTNER SPOTLIGHT

**JOHN E POLK
CORRECTIONAL
FACILITY**

Since 2020, Y4C has served nearly 10,000 incarcerated individuals in Seminole County, Florida through trauma-informed yoga and mindfulness education. Staff have reported improved self-regulation, positive behavior changes, and reduced conflict that strengthen reentry support for justice-impacted individuals.

**Memorial
Healthcare System**

Y4C has partnered with Memorial Health Systems since 2022 to deliver trauma-informed yoga in Oncology, Behavioral Health, and Senior Support programs. To date, over 2,000 individuals have been served across 400+ classes, including nearly 250 oncology patients in 2025 alone, supporting stress reduction, self-regulation, and whole-person healing.

**Blue Star
Families**

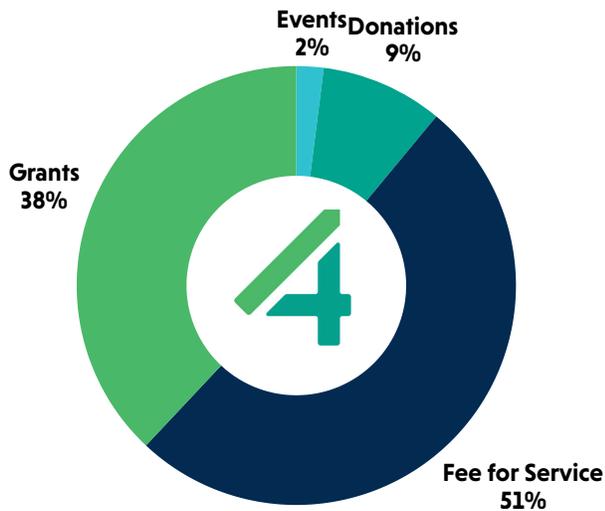
In 2025, Y4C partnered with Blue Star Families across North, Central, and South Florida, serving 65+ military families through seasonal wellness events and monthly trauma-informed yoga. These offerings created intentional space for service members and their families to pause, connect, and restore together.



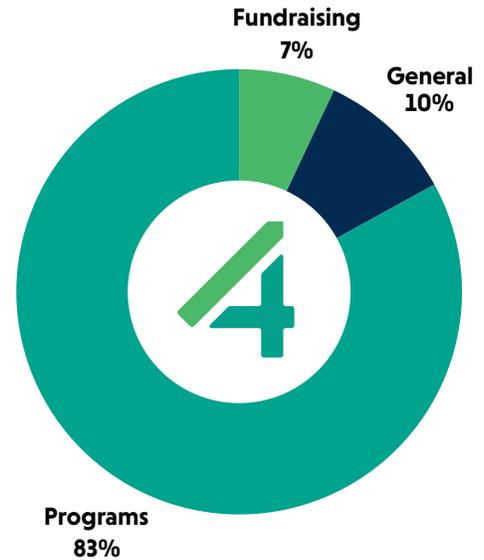
Partnering with the City of Jacksonville has shown us firsthand how collaboration between government and grassroots organizations can break down health & wellness barriers. By offering over 130 free weekly community yoga classes since 2023, more than 8,100 participants spanning all of our populations have experienced the healing tools of yoga.

2025 FINANCIAL OVERVIEW

2025 REVENUE BREAKDOWN



2025 EXPENSE BREAKDOWN



This past year marked a meaningful transition for Yoga 4 Change, and our team rose to the moment with resilience, integrity, and leadership. Their unwavering commitment ensured our mission remained strong and responsive to community needs while advancing trauma-informed practices and expanding access to evidence-based programming.

As Board Chair, I am energized by the clarity and shared vision guiding us forward, and I invite our community of supporters and partners to join us in deepening our impact in the year ahead.

**Statement from
Anne White,
Board Chair**



DONOR SPOTLIGHT: *Dennis & Kathy Lang*



Dennis and Kathy Lang have been champions of Yoga 4 Change since the very beginning. As early supporters present at OneSpark during the organization's formation, their belief in the mission helped shape Yoga 4 Change into what it is today. Through financial contributions as well as an annual in-kind donation, their ongoing commitment reflects a shared belief in the power of yoga, mindfulness, and community care to create meaningful change.

"It has been a privilege to support Y4C from its earliest days and to witness the integrity, heart, and impact of this work as it continues to grow." - Kathy Lang

2025

PROGRAM ANALYSIS

January 1, 2025 - December 31, 2025

Total Students Served

	Veterans	Justice-Impacted	Youth	Mental Health
North Florida	40	2,289	2,508	2,147
East Florida	-	3,089	211	434
West Florida	13	1,045	402	1,805
South Florida	52	-	1,096	1,209
Total for 2025	105	6,423	4,217	5,595

*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

For me, Yoga 4 Change is the intersection of community, compassion, research, and service. There's nowhere else I'd rather practice (or teach) than here, where my own healing journey as once part of an underrepresented community was seen and supported.



-Yoga 4 Change Instructor, Kat

- NEW**
4,493 New Students
- 2,569** Total Classes
- 5,736** Community Students
- 16,614** Data Cards Collected

STORIES

from the Mat

“

Yoga 4 Change’s class is a mainstay in balancing my maintenance against PTSD. On top of counseling, journaling and light exercise, yoga has made such a difference, and was the key ingredient that has brought everything else together.

-Yoga 4 Change Program Participant

”



“

After class, a gentleman came up to me and asked if I remembered him. When I asked his name, he shared his “street name,” and I realized I did remember him from the Pretrial Detention Facility. He told me that while he had dabbled in yoga before, I had inspired him to continue a regular practice. That evening, he attended class with his girlfriend. Moments like this remind me how rarely we get to witness the lasting impact of our work with students in corrections.

-Yoga 4 Change Instructor

”



“

This yoga class grounds me and relieves tension that I have a hard time coping with. I feel like I’m doing better at managing, rather than just numbing myself.

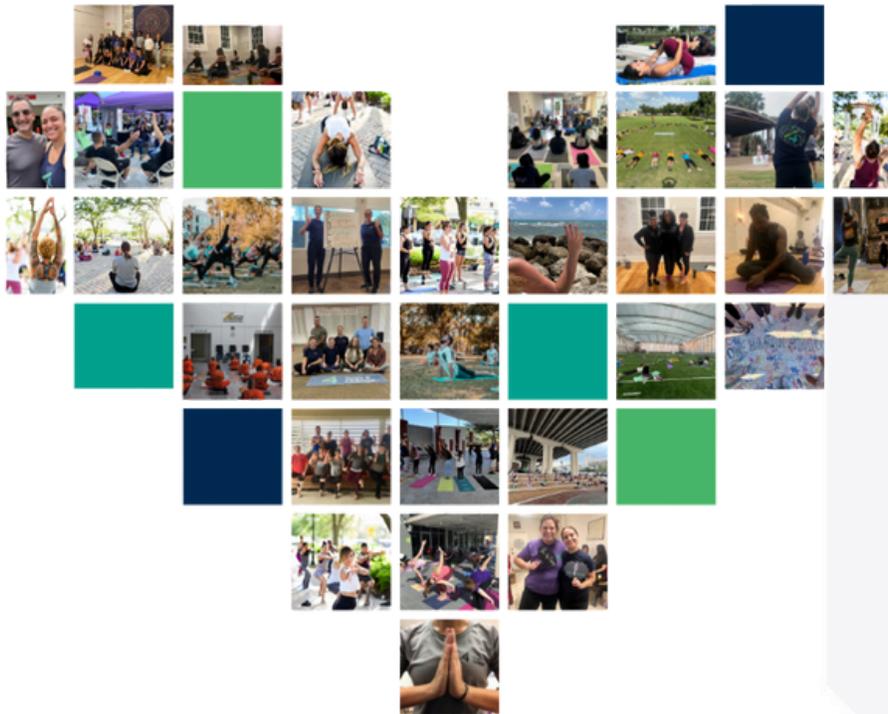
-Yoga 4 Change Program Participant

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Yoga 4 Change

This year was made possible because of
you!



THANK YOU

to our program partners!



CONTACT

us to work together!



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DONATE

4 change!

