



Quarter 4

August 1, 2025 – October 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 **8/1/25 - 10/31/25**. 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 ($p < .001$, $n = 3743$), a statistically significant decrease in stress ($p < .001$, $n = 3725$), and a statistically significant decrease in pain ($p < .001$, $n = 3734$). 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	34% decrease
Pain	22% decrease

Total individuals served 8/1/25 - 10/31/25: 4585; Unique students: 838

(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 Programming

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 164$) and a statistically significant decrease in stress ($p < .001$, $n = 164$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

Scale	Average % Change
Mood	25% increase
Stress	37% decrease

Total individuals served 8/1/25 - 10/31/25: 976; Unique students: 284

(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 Programming Community Class

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 1212$), a statistically significant decrease in stress ($p < .001$, $n = 1209$), and a statistically significant decrease in pain ($p < .001$, $n = 1209$). 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	36% decrease
Pain	24% decrease

Total individuals served 8/1/25 - 10/31/25: 1772; Unique students: 241

(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 Programming Mental Health

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 1041$), a statistically significant decrease in stress ($p < .001$, $n = 1032$), and a statistically significant decrease in pain ($p < .001$, $n = 1035$). 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	32% decrease
Pain	20% decrease

Total individuals served 8/1/25 - 10/31/25: 1158; Unique students: 291

(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 Programming Veterans

For program participants, there was a statistically significant increase in mood ($p = .023$, $n = 19$), a statistically significant decrease in stress ($p = .001$, $n = 18$), and a statistically significant decrease in pain ($p = .009$, $n = 18$). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

Scale	Average % Change
Mood	16% increase
Stress	34% decrease
Pain	26% decrease

Total individuals served 8/1/25 - 10/31/25: 31; Unique students: 26

(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 Programming Courts

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 158$), a statistically significant decrease in stress ($p < .001$, $n = 158$), and a statistically significant decrease in pain ($p = .003$, $n = 158$). 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	22% decrease
Pain	7% decrease

Total individuals served 8/1/25 - 10/31/25: 188; Unique students: 33

(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 Programming Carceral

For program participants, there was a statistically significant increase in mood ($p < .001$, $n = 1313$), a statistically significant decrease in stress ($p < .001$, $n = 1308$), and a statistically significant decrease in pain ($p < .001$, $n = 1314$). 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	34% decrease
Pain	24% decrease

Total individuals served 8/1/25 - 10/31/25: 1436; Unique students: 247

(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).



Totals for Q4 2025

	Adult	Youth	Community	MH	Veterans	Court	Carceral
Mood (%Change)	21% increase	25% increase	23% increase	19% increase	16% increase	20% increase	20% increase
Stress (%Change)	34% decrease	37% decrease	36% decrease	32% decrease	34% decrease	22% decrease	34% decrease
Pain (%Change)	22% decrease	N/A	24% decrease	20% decrease	26% decrease	7% decrease	24% decrease

Qualitative Outcomes

This class had a great energy & was very relaxed. Everyone was happy to be here! Thank you! Great class and love the setting surrounded by nature.

Thank you for teaching and speaking to forgiveness. Wonderful class :)

Calming, relaxing, & gave lots of options to modify. Thank you!

So peaceful -- great focus on connecting w/ body. Very relaxing, I'm glad I went. The stretches helped a lot with tightness.

SO relaxing & I felt so welcome! I have been scared to do yoga due to my chronic illness but I felt welcome to modify movements to suit my body! It allows me to recenter myself.

I feel calmer and more at peace. I love the breeze. Great time.

This Class helped me to calm my nerves. I feel less stress in my body!

It allowed me to slow down and listen to my body. I love the clear explanations for beginners.

Being outside, by water, with friend, meeting new people, inspiration, sense of belonging/connection in community.

Classes makes me more relaxed and calm.

I learned to find & accept a daily gratitude and how to release tensions in 3 different positions.

I had help focusing on my feelings.

It gave me the opportunity to realize that it is okay to have faults and to forgive the human condition. The breathing technique I like the most. Helped me to relax and look within. Thank you. This class impacted me positively. Although I have many physical ailments today's class encouraged (me) to loosen up and achieve more flexibility and become aware.

Helps deal with stress & anxiety & physical pain. Gave me the space and time connect with my inner self.

I liked the energy the most.

It opens up ways for me to deal with stress and ease my physical pain. At the end of the day I leave in a better mood!

I found out that my body can do more than I think. Helped my body de-stress and I enjoyed the peace of mind and soul.

Made me want to think more openly and let go of unwanted emotions.

The impact helps with the mind and body. I wouldn't change anything. The teacher is good at what he does and makes you feel like opening up to talk about things.

Great class. Helped me to zone out from all the worldly stress that impact us all in and out of incarceration.

Sense of peace.

Feels great physically & mentally!