



## Quarter 1 October 31, 2025 – January 31, 2026 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 outcomes for the period **10/31/25 - 1/31/26**. 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 ( $p < .001$ ,  $n = 2368$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 2355$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 2364$ ). 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	32% decrease
Pain	21% decrease


**Total individuals served 10/31/25 - 1/31/26: 2778; Unique students: 412**

*(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 ( $p < .001$ ,  $n = 233$ ) and a statistically significant decrease in stress ( $p < .001$ ,  $n = 230$ ). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.


 Scale	Average % Change
Mood	27% increase
Stress	26% decrease

**Total individuals served 10/31/25 - 1/31/26: 1696; Unique students: 299**

*(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 ( $p < .001$ ,  $n = 436$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 437$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 437$ ). 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	22% decrease


**Total individuals served 10/31/25 - 1/31/26: 609; Unique students: 59**

*(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 ( $p < .001$ ,  $n = 714$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 703$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 707$ ). 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	17% decrease

#### **Total individuals served 10/31/25 - 1/31/26: 834; Unique students: 180**

*(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 ( $p < .001$ ,  $n = 105$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 105$ ), and a statistically significant decrease in pain ( $p = .016$ ,  $n = 105$ ). If an outcome is statistically significant it indicates that the result is from the measured intervention and not random chance.

 Scale	Average % Change
Mood	7% increase
Stress	14% decrease
Pain	8% decrease


#### **Total individuals served 10/31/25 - 1/31/26: 116; Unique students: 19**

*(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 ( $p < .001$ ,  $n = 1113$ ), a statistically significant decrease in stress ( $p < .001$ ,  $n = 1110$ ), and a statistically significant decrease in pain ( $p < .001$ ,  $n = 1115$ ). 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
Pain	24% decrease

### Total individuals served 10/31/25 - 1/31/26: 1219; Unique students: 154

*(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 Q1 2026

	Adult	Youth	Community	MH	Court	Carceral
<b>Mood (%Change)</b>	20% increase	27% increase	23% increase	19% increase	7% increase	21% increase
<b>Stress (%Change)</b>	32% decrease	26% decrease	36% decrease	32% decrease	14% decrease	32% decrease
<b>Pain (%Change)</b>	21% decrease	N/A	22% decrease	17% decrease	8% decrease	24% decrease



## Qualitative Outcomes

Shared a positive peaceful vibe! Thank you:)

Relaxing, centering, restorative.

This class helped me relax and practice mindfulness.

This class helped me let go. In my mind and tension in my hips. I love the instructor! I would maybe add relaxing music if possible.

Opportunity for movement + improving mind-body connection. Great flow this week! Balanced strength, flexibility, breath + great in the cold.

I liked the peace and stillness.

This class helped me slow down and calm myself after such a busy day as usual!

It helps a lot with anxiety and stress.

I felt empowered, connected, & relaxed during practice.

It helped me ground myself and release tension.

I enjoyed the breathwork.

Great session I feel more relaxed and rejuvenated than stressed.

I learned to trust myself in my body and how to have boundaries.

To take in fresh air, peace the world. My body's capability to meditate and self soothe.

It's helping me cope with what I have going on outside in my personal life outside of jail.

A better sense of peace.

Major change in how I feel. More relaxed, calm and able to think more clearly. Wonderful teacher.

Thank you for coming here so much.

I always love your encouraging words of kindness you give me.

I love the exercise.

Relaxation was wonderful. My bones feel better.

This class impacted me greatly. I feel stress free and more positive, my pain is gone.

It was a very good pace and loved the exercises today. It worked out all the right muscles.

This class impacted me to make better choices.

Thank you for reminding me to take care of myself.

Made me look forward physically, mentally + spiritually what's ahead positively.

This is a really good meditation group it makes me feel good inside and out.

It helped with my morning anxiety & woke me up. Class left me feeling more connected with myself. instructions were clear and I felt very well guided throughout the class.

I came in today feeling groggy and sluggish, left feeling renewed and ready to take on the day!

Impacted my physical pain positively. This is really helpful for physical growth.

It helped me slow down my mind and just "be". The calming mood.

It is helping me so much to improve my breathing. It's a huge difference.

Great calming and stretching of the mind and body.