



Yoga 4 Change 4th Quarter Report October – December 2023

Introduction

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.



This report shares Yoga 4 Change key findings for the period from October 1, 2023, to December 31, 2023. The data below indicate the average change for individuals’ self-ratings of stress, mood, and pain for adults. Outcomes compare ratings prior to class to ratings after class participation. To learn more about the work Yoga 4 Change is doing, visit the Research, Data & Evaluation page at www.y4c.org/impact.

Overall Change

Pre/Post Class

For program adult participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$). For adults, there was a significant decrease in pain ($p < .001$) after participation in class as compared to before.

Adult Population

4 Scale	Average % Change
Mood	20%
Stress	32%
Pain	21%

Total adult participants from October 1, 2023 to December 31, 2023 = 2,179

(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).



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Population Focus: Veterans

Each quarter we focus on one of the unique populations that Yoga 4 Change serves. For the fourth quarter we did a deeper dive into our work with veterans.

Pre/Post Class

For veterans, there was a significant increase in mood ($p < .001$), a significant decrease in stress ($p < .001$), and a significant decrease in pain ($p < .001$).

Veterans Population

 Scale	Average % Change
Mood	19%
Stress	36%
Pain	18%

Total number of veteran participants from October 1, 2023 to December 31, 2023 = 103

(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).

Veterans Population Qualitative Shares

Before Class: "Self Inquiry" After Class: "Relief"

"Thank you so much for doing this :)!"

"Thank you for wonderful class"

After: "This was an excellent start - the mindfulness section, I needed!"

After: "Calmed me & relieved stress."

After: "I love using breathwork to calm down after contacts - these were new and very useful"

After class: "So relaxed."

After class: "I learned quite a few yoga exercises that I plan to use at home."