



Yoga 4
Change

YOGA 4 CHANGE 1ST QUARTER REPORT JANUARY – MARCH 2023

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.



Youth



Veterans



Incarcerated
Individuals



Mental Health

This report shares Yoga 4 Change key findings for the period from January 1, 2023 to March 31, 2023. The data below indicate the average change for individuals' self-ratings of stress, mood, and pain (for adults) and stress and mood (for youth). 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 y4c.org/impact.

OVERALL CHANGE

Pre/Post Class Outcomes

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

ADULT POPULATION

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

Total adult participants from January 1, 2023 to March 31, 2023: 4,719
(Figure based on # of adults taught in each class. Adults were counted each time they participated).



PROGRAM OUTCOMES JANUARY THROUGH MARCH 2023

POPULATION FOCUS: YOUTH

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

Pre/Post Class Outcomes

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

YOUTH POPULATION

Scale	Average % Change
Mood	14%
Stress	25%

Total youth participants from January 1, 2023 to March 31, 2023: 1,462
(Figure based on # of youth taught in each class. Youth were counted each time they participated).

QUALITATIVE SHARES

"I am working on accepting that not everyone is going to accept me. I need to accept the world for how it is."

"It was fun and stress relieving. It's like a whole new stress relieving world for me. I liked the whole exercise. I got to release some tension. I love yoga."

"I am grateful for everything that I have and I'm grateful for the people I have in my life."

"I had fun and would do this again."

"Thank you for helping us :)"