



Yoga 4 Change 2nd Quarter Report April – June 2022

Introduction

This report shares Yoga 4 Change key findings for the period from April 1, 2022, to June 30, 2022. 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 envisions a future where underserved individuals are healed and empowered to live with hope, self-esteem, and confidence through the integration of real-life tools (movement, breathing exercises, quiet time) provided by the yoga practice.

Yoga 4 Change provides structure, empowerment, and results. Yoga 4 Change 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. Our professionally trained instructors go directly to the source, introducing yoga and mindfulness as powerful tools for overcoming trauma. Our highly trained instructors are encouraged to assess each situation and teach according to the needs of the individuals in each class. This approach allows us to better connect with the four diverse populations we work with. We believe that empowered instructors create empowered students and lasting change. We have implemented Yoga 4 Change in more than 80 facilities throughout five counties since 2014. Participants are able to work through, and release their negative emotions, as they learn to calm mind and body, find inner strength, and master their breathing. Each class includes a therapeutic writing component based on relevant themes, giving participants the ability to document, confront, and openly discuss their feelings. We are a results-driven organization motivated by the change we see in our students.



Youth



Veterans



**Incarcerated
Individuals**



Mental Health



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Meeting Goals

Throughout the 2nd Quarter (April - June 2022), specific goals were set and documented monthly. These goals are detailed below along with the overall percent of participants who met each goal for the months April - June 2022.

(Adult Population)

Scale	Goal	Total # of Participants	Total # of Participants Who Met Goal	Total % of Participants Who Met Goal
Mood	On average, Yoga 4 Change participants will report a 10% increase in mood as measured by Mood Scale. (notecards pre vs post)	3237	1794	55%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	3193	1843	58%
Pain	On average, Yoga 4 Change participants will report a 10% decrease in pain as measured by the Pain Scale. (notecards pre vs post)	3199	1306	41%

(Youth Population)

Scale	Goal	Total # of Participants	Total # of Participants Who Met Goal	Total % of participants Who Met Goal
Mood	On average, Yoga 4 Change participants will report a 10% increase in mood as measured by Mood Scale. (notecards pre vs post)	630	342	54%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	627	336	54%




Overall Change


Pre/Post Class

For program participants (adults and youth), there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .001$), and significant decrease in pain (adult only, $p < .001$) after participation in class as compared to before. Data include outcomes for Yoga 4 Change students across all programs for the period of April through June 2022.

Adult Population

 Scale	Average % Change
Mood	19%
Stress	30%
Pain	18%

Youth Population

 Scale	Average % Change
Mood	20%
Stress	31%

