

4 Yoga 4 Change

Our Mission

Yoga 4 Change fosters holistic wellbeing, resilience, and transformation for individuals and communities through evidence-based trauma-informed curricula.

Our Vision

We envision a world where people impacted by trauma feel supported, connected, and empowered to live a healthy and joyful life.

Service Area

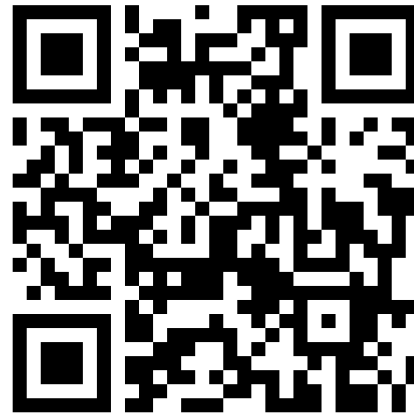
Yoga 4 Change currently serves North, Central, West and South Florida. We are implementing our evidence-based model nationwide.

Benefits of Yoga

- ✓ Decrease Stress
- ✓ Improve Mood
- ✓ Improve Sleep
- ✓ Decrease in Pain
- ✓ Positive Healthy Coping Skills
- ✓ Increase Emotional Awareness & Regulation



We believe in the power of yoga. Join our movement! Scan below to donate.



More Information

- 🌐 www.y4c.org
- 📷 [@y4c_official](https://www.instagram.com/y4c_official)

Yoga 4 Change

P.O. Box 561147 Rockledge, FL 32956

Yoga 4 Change

Support, Connection,
Empowerment

www.y4c.org

info@y4c.org



What We Offer

Structure

We offer an established, purpose-driven curriculum that pairs yoga movements with thematic teachings tailored to the physical and emotional needs of each population we serve.

Empowerment

Our yoga teachers are encouraged to assess each situation and teach according to the needs of the individuals in each class, creating empowered students and lasting change.

Results

We have implemented Yoga 4 Change in more than 100 facilities throughout Florida 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. Our curricula have been shown to reduce pain and stress while improving mood.



Yoga is for everyone!
Here are four core populations we serve.



Youth

We bring yoga programs to public schools, private and charter schools, and to nonprofits who serve the youth in our community.



Active Military and Veterans

We provide programming for active-duty military, veterans, and their support systems to help lower stress, anxiety, and physical pain.



Justice-Impacted Individuals

We serve those involved in the justice system including individuals who are incarcerated and those proceeding through the court system.



Mental Health

We serve people recovering from substance use disorder, seniors, individuals battling cancer, and anyone living with mental health conditions.



Program Packages

Weekly Class
Corporate Organization

\$200
per class

Features:

- ✓ \$200 per class
- ✓ Includes all supplies, a highly trained yoga teacher, the data tracking, and our support

Bi-weekly, Monthly, Quarterly
Corporate Organization

\$275
per class

Features:

- ✓ \$275 per class
- ✓ Includes all supplies, a highly trained yoga teacher, the data tracking, and our support

Nonprofit Packages
Nonprofit Organizations

\$150
starting at

Features:

- ✓ \$150 per weekly class
- ✓ \$200 per class for biweekly, monthly or quarterly
- ✓ Includes all supplies, a highly trained yoga teacher, the data tracking, and our support