



**Yoga 4
Change**

**CORPORATE
PARTNERSHIP**

2024

Mission & Vision

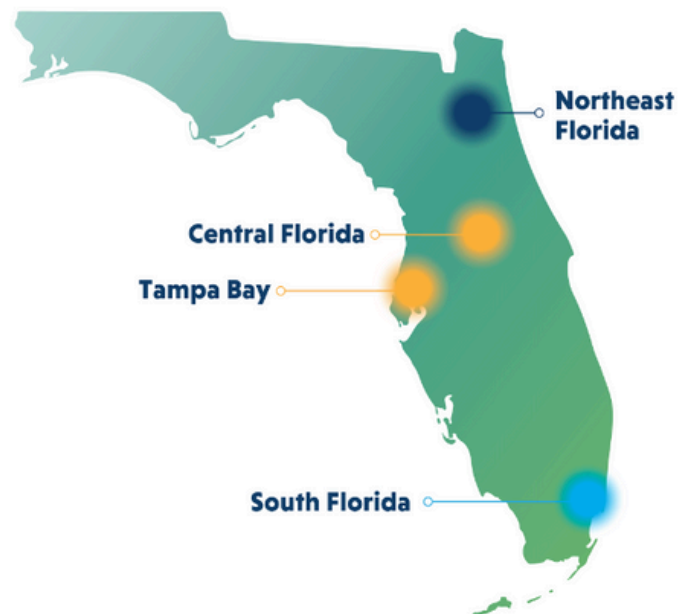


Our Mission

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.



What We Offer

Structure

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.

Empowerment

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.

Results

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.



Corporate Partnership Packages

Join Our Movement

We offer a variety of options and are happy to discuss custom packages with our partners.

\$60,000	\$30,000	\$15,000	\$10,000
<ul style="list-style-type: none">• One year of weekly yoga classes (virtual or in-person)• Four 1-hour Health & Wellness Presentations• Logo on Y4C Website• Dedicated social media post quarterly	<ul style="list-style-type: none">• One year of bi-weekly yoga classes (virtual or in-person)• Two 1-hour Health & Wellness Presentations• Logo on Y4C Website• Dedicated social media post twice a year	<ul style="list-style-type: none">• Six months of weekly yoga classes (virtual or in-person)• Logo on Y4C Website• Dedicated social media post	<ul style="list-style-type: none">• Six months of bi-weekly yoga classes (virtual or in-person)• Logo on Y4C Website• Dedicated social media post

Yoga 4 Change brings yoga to our partners. We do not have our own facility but instead work with partners to bring our programming directly to their participants. We also work with local community centers and parks who donate space. And, to make yoga accessible to everyone, we offer virtual classes as well. Your partnership package can be a tailored to suit your unique individual organization needs.

LET'S DO GREAT THINGS TOGETHER!

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