



Teaching Resilience from Within



**Yoga 4
Change**



**Veteran
Founded**

Bringing an
**Evidence
Based
Program**
to:



**Military
Veterans**



**Incarcerated
Individuals**



**Addiction
Recovery**



**Vulnerable
Youth**

Benefits Of Yoga

- **Manages anxiety**
- **Reduces excess weight**
- **Keeps stress at bay**

Teaching Resilience

A young boy with a joyful expression is leaning forward on a black mat on a gymnasium floor. He is wearing a white long-sleeved shirt and a black vest. In the background, there are blue bleachers and a basketball hoop. To the left, a teal graphic overlay contains the text 'Teaching Resilience'.

Yoga 4 Change Teaches

- **Forgiveness**
- **Gratitude**
- **Self-Acceptance**



**SHIFTED
VISION**



Theme-Based Curriculum

**Focusing on physical
and emotional aspects
of trauma**



TEACHERS

Are the heart of our organization



ALAN'S STORY

Before

Yoga 4 change

**Witnessed
a violent
childhood**

**Abused
substances**

**Incarcerated
over 30 times**


After Yoga 4 change



**Began
volunteering
for the
program**



**Became a
Sponsor**



**Became a
full-time
yoga teacher**





**Word
Travels
Fast**



**Scaling
Communities**
THROUGH:

- **Donors**
- **Program fees**
- **Grant work**

**When in
Doubt.**

Yoga.



Instill Confidence





Yoga has truly helped me to be able to stop, breathe, and think through stressful, and angry situations during my incarceration.





**I have learned how to
breathe and bring some
of this good energy
back with me.**





Yoga 4 Change

An Embodied
Approach to
Resilience