

# ZENworks Yoga Impact Report

Fall 2015 Student & Teacher Data Analysis



# Executive Summary

- Almost all of all students self reported that they enjoy yoga with high satisfaction from older students (ages 11 and up)
- Majority of all students reported that yoga has helped them and that they will use it in the future
- Of those that mentioned yoga has helped them, majority said it helped with calming down, focusing better and being happier at school
- Teachers rated the overall program as well as the skill and knowledge of the instructors as excellent
- Almost all teachers reported that majority of their students benefitted from the program by being able to interact positive with peers and teachers, settle down and increased self awareness
- Majority of teachers stated that they are using yoga on their own in the classroom



# Student Feedback

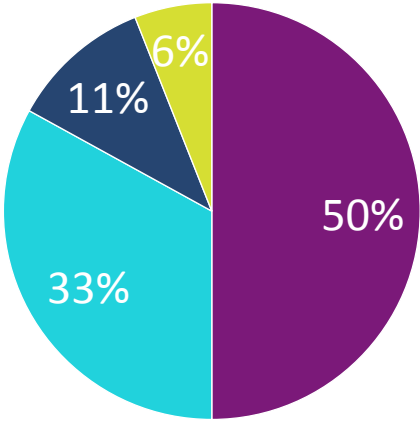
- Students received 10 weeks of weekly yoga classes that ranged from 30-60 min on a mat sponsored by ZENworks Yoga
- Students in grades 3-12 were surveyed at the end of the 10 week program
- Students in K-2 grades were asked to draw and write about their experience at the end of the 10 week
- Fall 2015 schools include:
  - Almira, Bard, CASE, Citizens Academy East, Denison, Garrett Morgan, Harvey Rice, Luis Munoz Marin, Marion Sterling, Mary Bethune, Nexus Academy, Patrick Henry and Waverly
  - Centers for Families and Children Early Learning Centers: Bingham, Faith, Gordon Square, Mather, McMillan, Wade



# 169 students we surveyed between the ages of 8-19

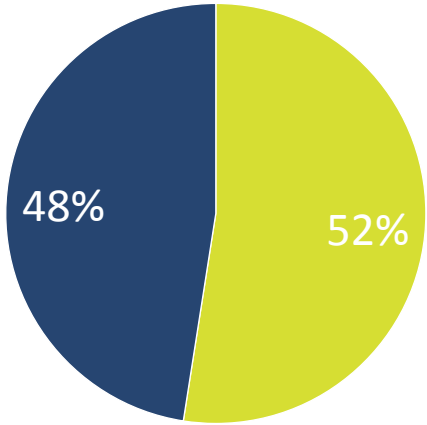
**Age of students**

■ 8 to 10   ■ 11 to 13   ■ 14 to 16   ■ 17 to 19



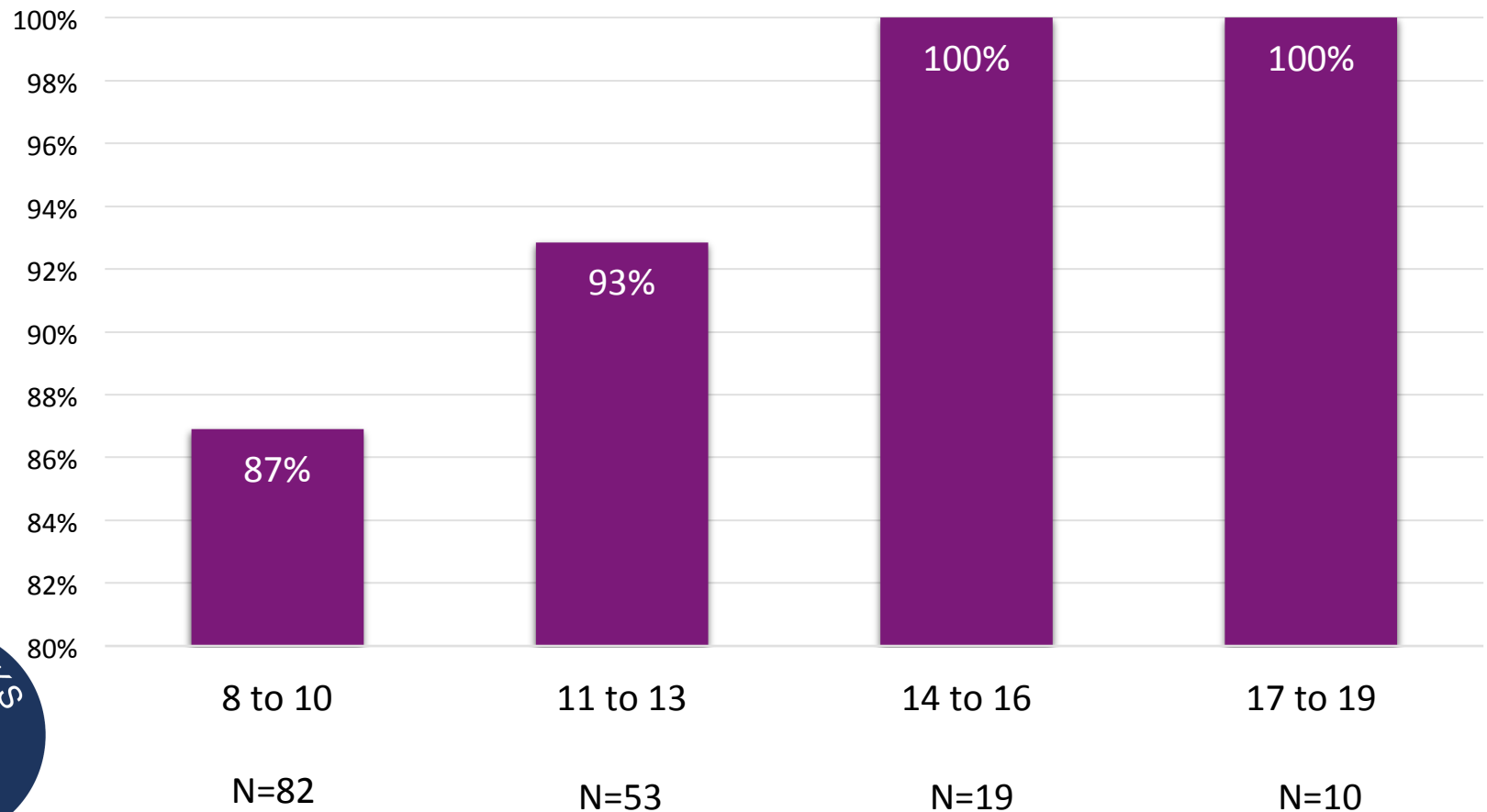
**Gender of Students**

■ G   ■ B



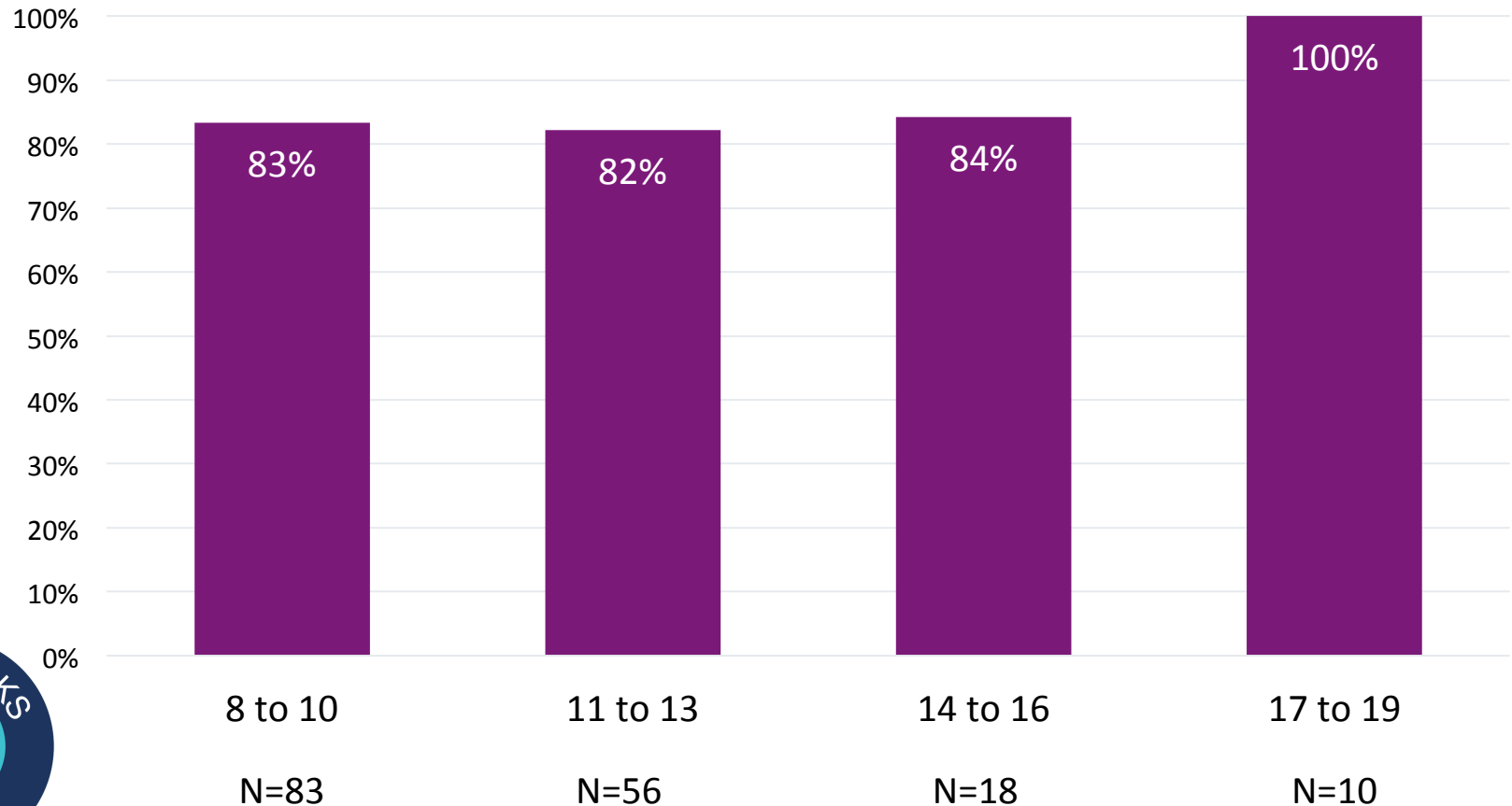
# 95% of total students reported that they enjoy yoga, with high satisfaction in older students

**% of students enjoying yoga**



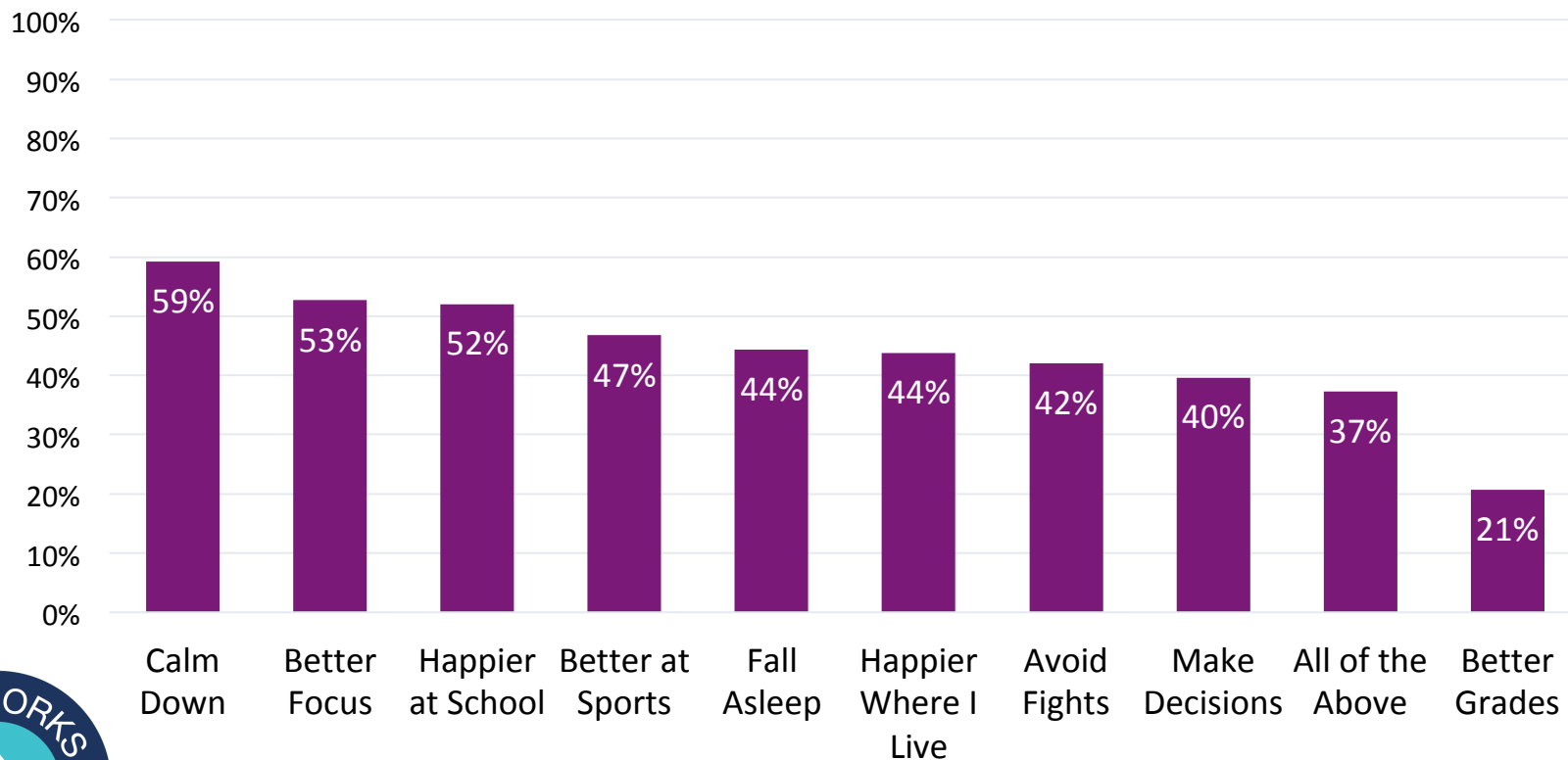
# 87% of all students reported that yoga has helped them

**% of students reporting that yoga has helped them**



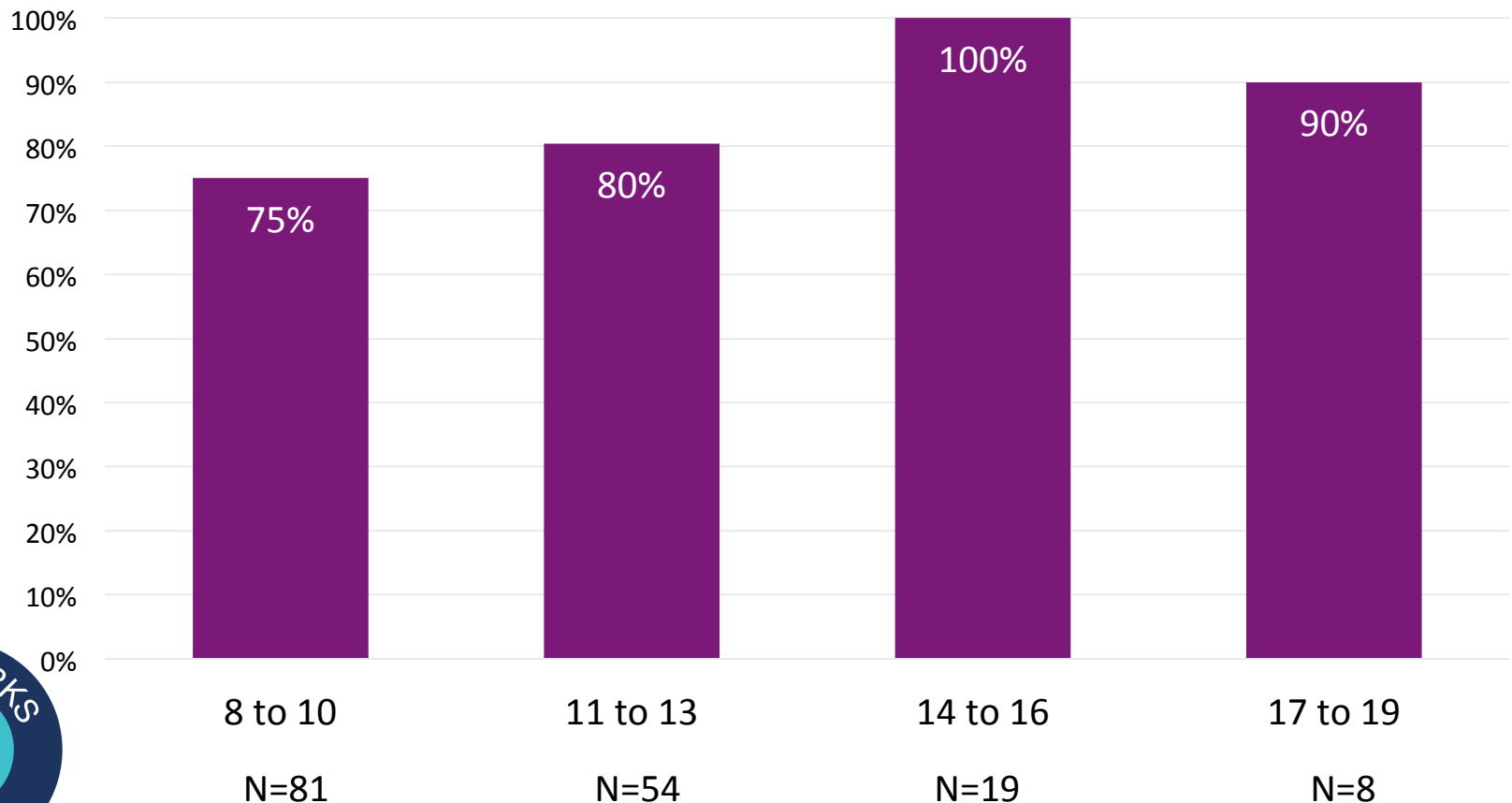
# Students reported that yoga has helped them calm down, focus better and be happier at school

## How yoga has helped students



# 86% of all students reported that they will use yoga in the future, with higher likelihood in older students

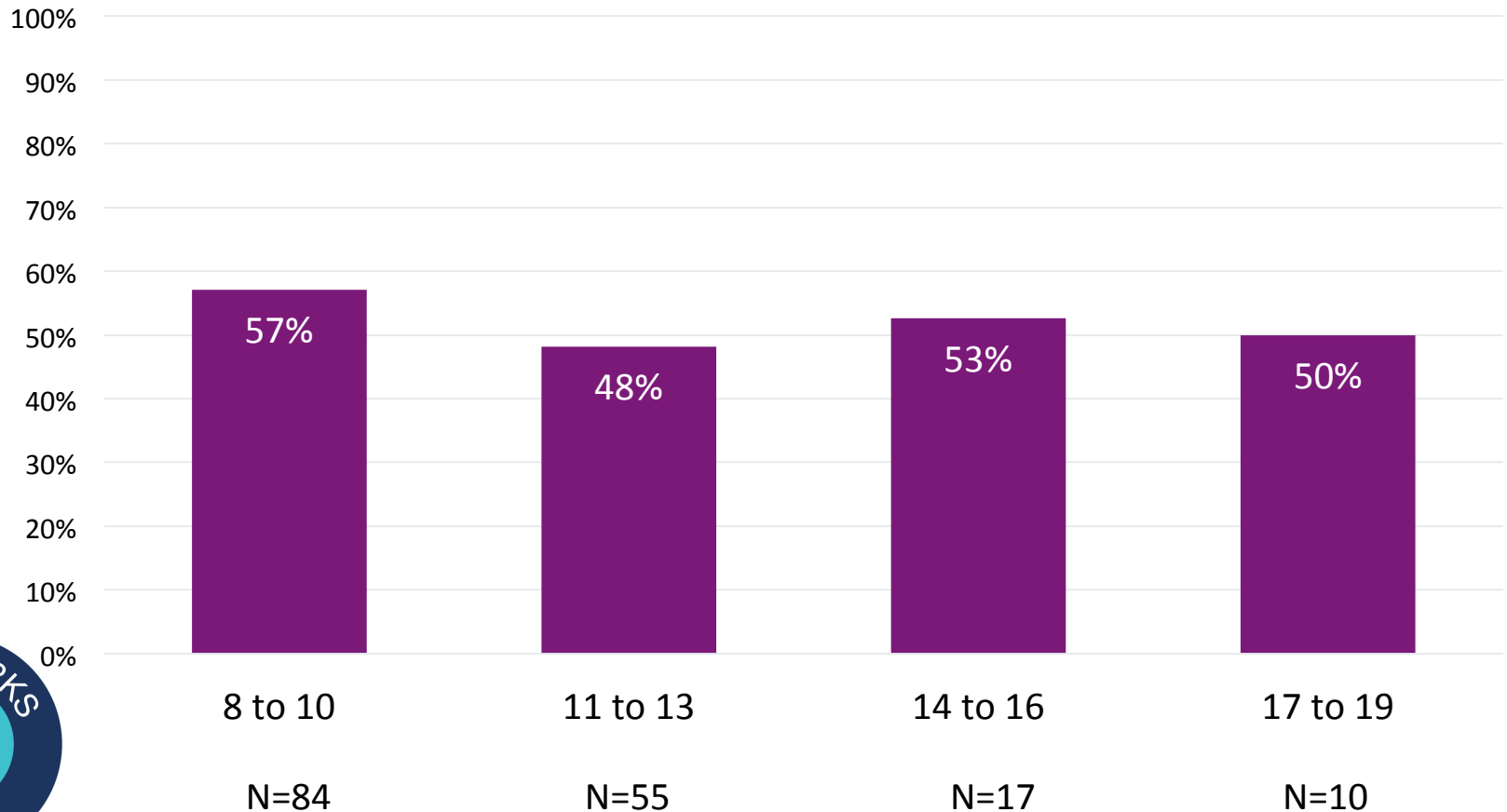
**% of students who will use yoga in future**





# 52% of all students reported that they taught someone else yoga, with high likelihood in younger students

**% of students that have taught someone else yoga**



# Student feedback when asked “How does yoga make you feel?...”

- *“Yoga makes me feel calm and makes me feel great.”*  
– Age 11
- *“Yoga makes me feel happy, it's an excellent stress reliever.”*  
- Age 17
- *“Yoga empowers me, relaxes me, and centers me.”*  
- Age 15
- *“I like it because whenever I got mad it calms me down”*  
- Age 11



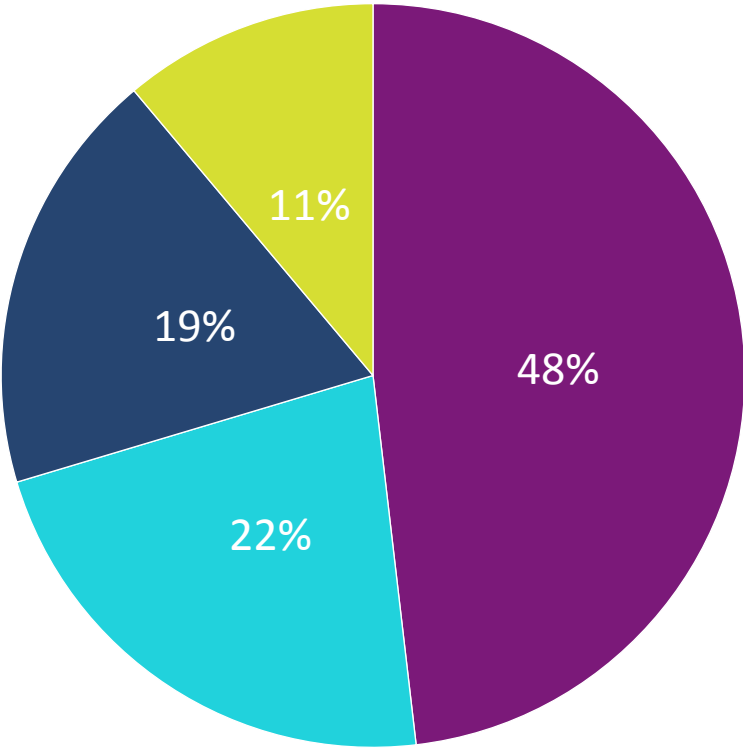
# Teacher Feedback

- All teachers were surveyed at the end of the 10 week program



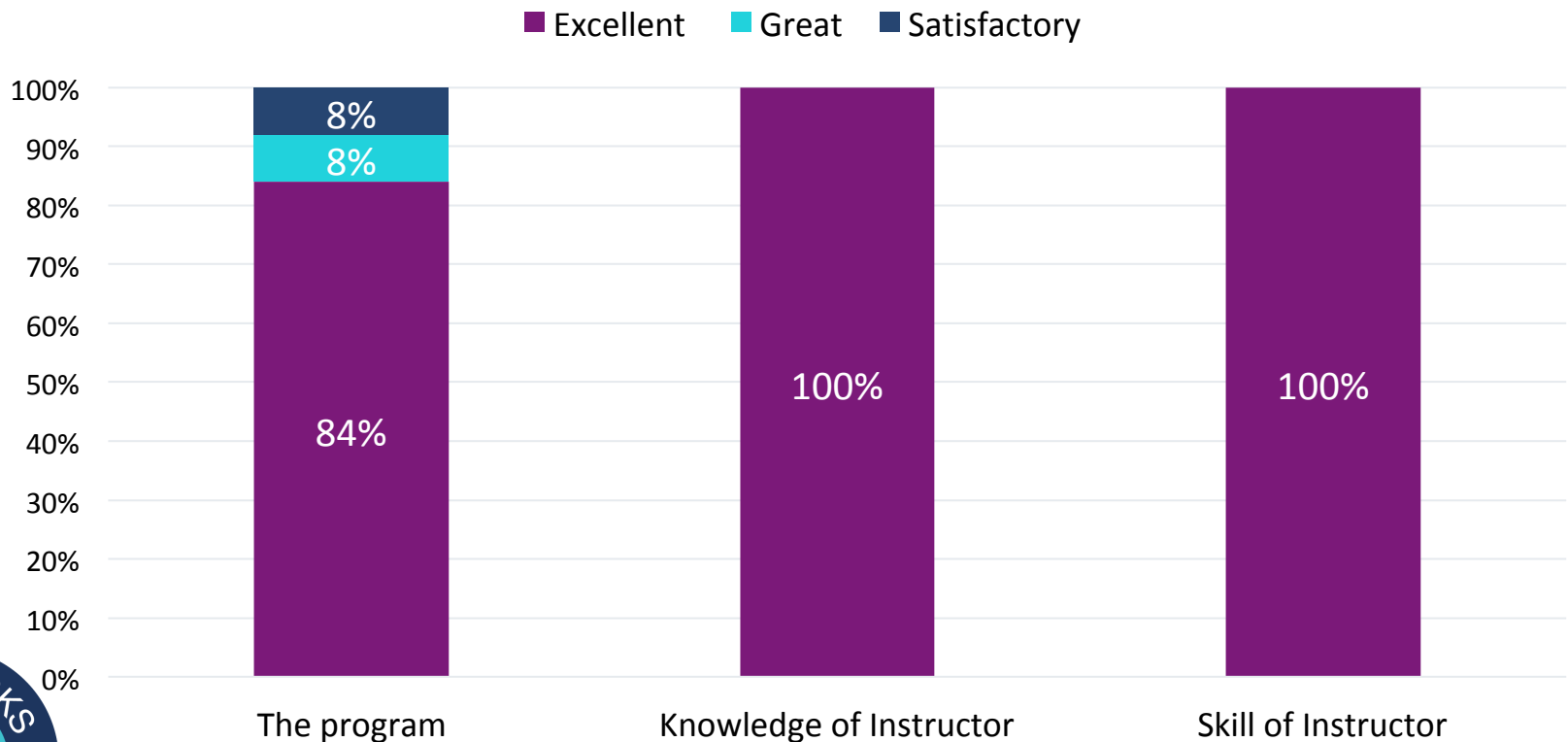
# We surveyed 25 teachers in grades preschool through high school

■ Pre-K-K ■ 1st-3rd ■ 4th-7th ■ 8th-12th



# 100% of teachers reported that they were satisfied with both the knowledge and skill of the instructor

## Program and instructor satisfaction

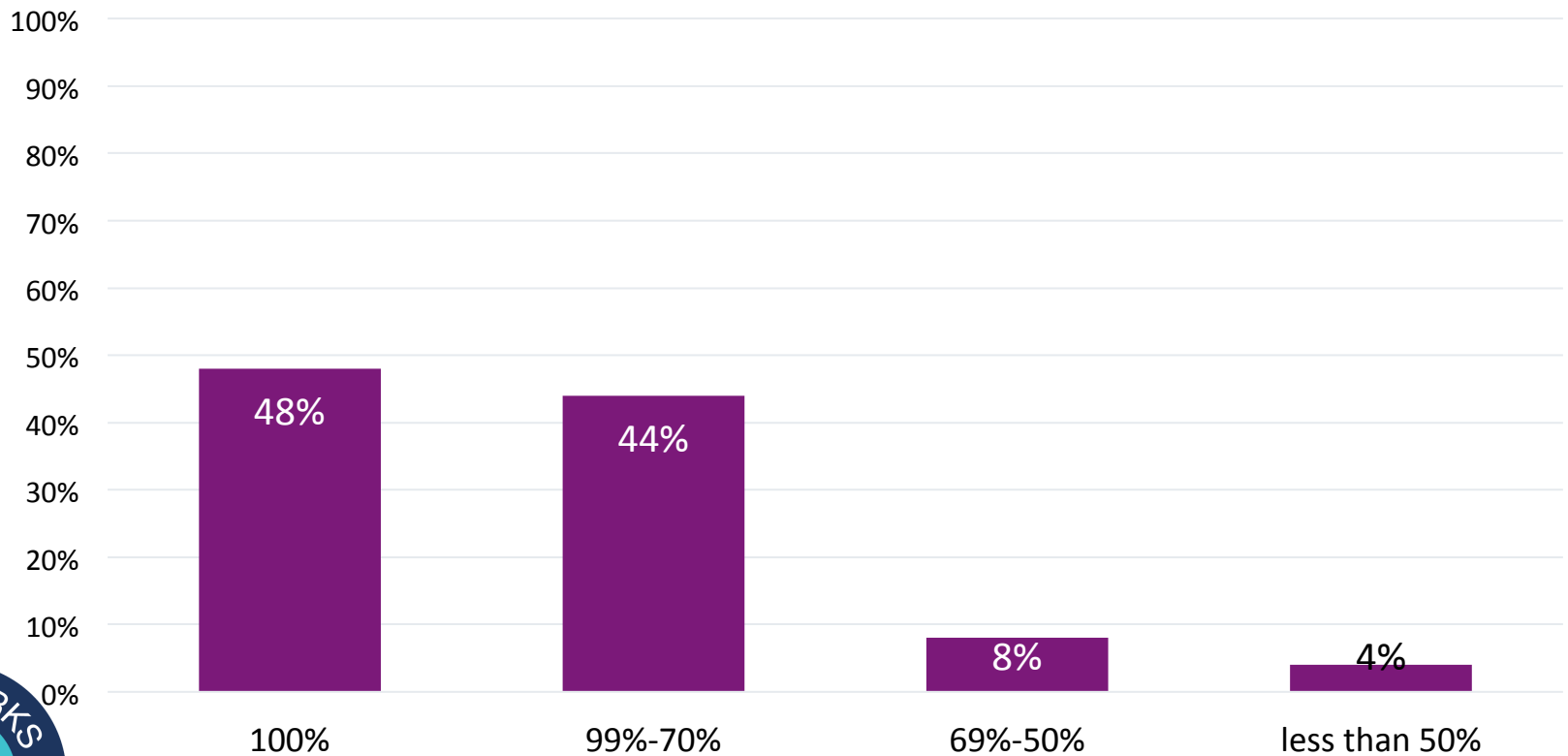


N=25



# Almost all teachers reported that more than 70% of their students benefited from the yoga program

**% of students who benefitted from the program**

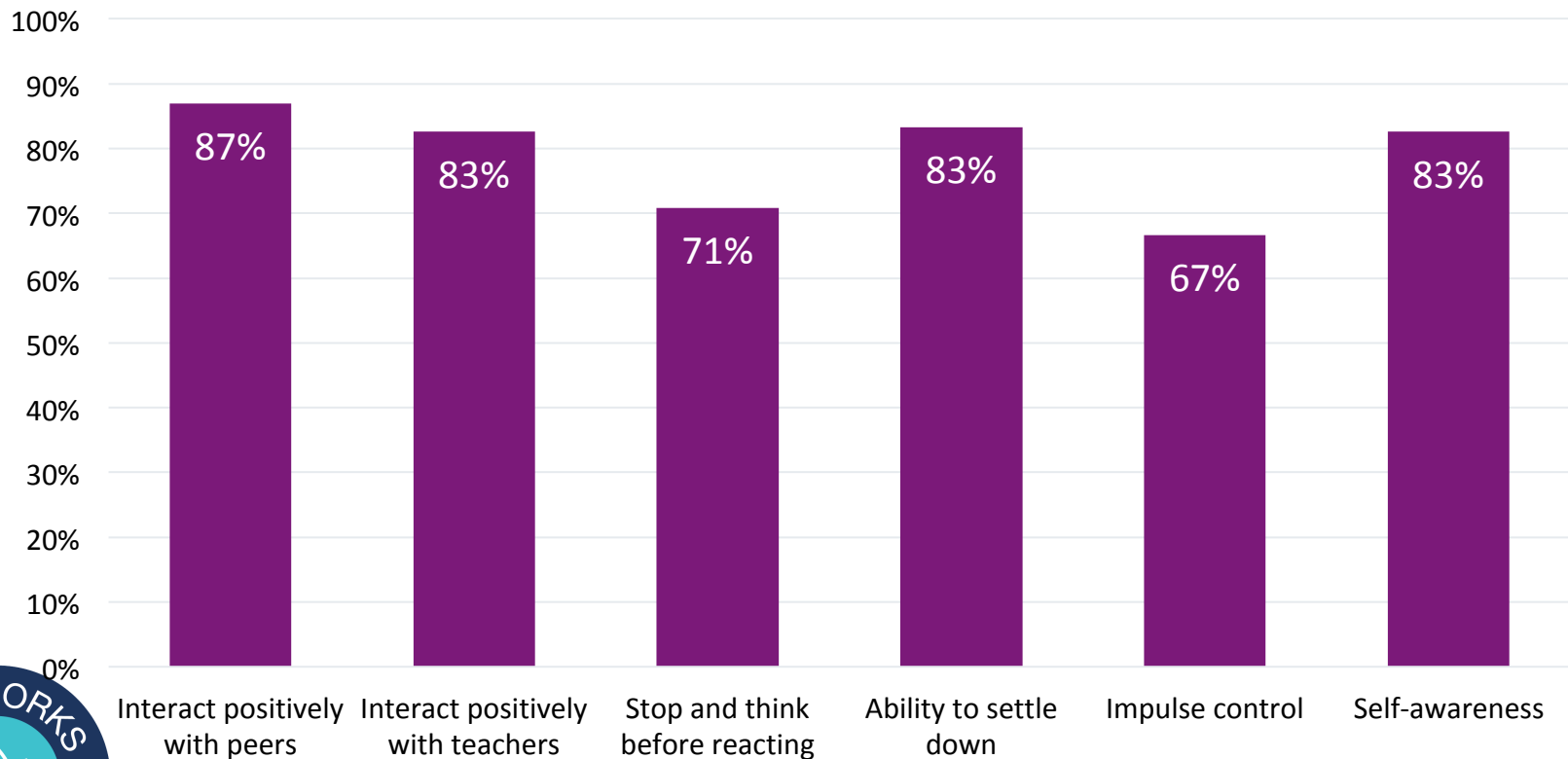


N=25



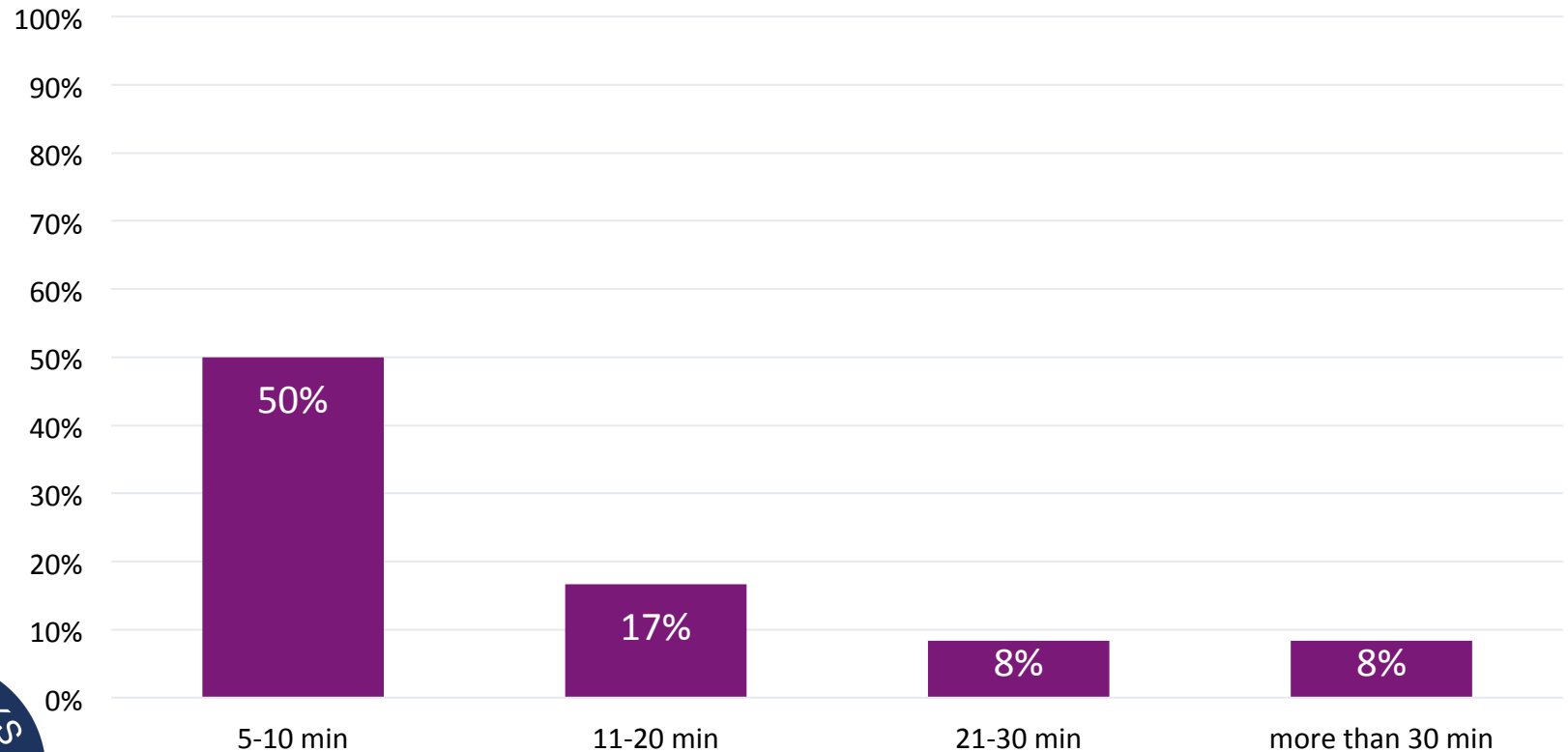
79% of all teachers noticed a positive change in their students, with majority stating ability to interact positive with peers and teachers, settle down and self awareness as the change

### % of positive changes noticed in students



# Nearly 40% of all teachers reported gaining teaching minutes as a positive outcome of the program

## Estimated gain in teaching minutes per day



N=12





# 84% of teachers reported using breathing work and yoga on their own during the school day

- *“[Used] For noisy or active kids, I have them stand or sit and breathe deep to calm them down”.*
- *“I use breathing in stressful situations to problem solve with my students.”*



# 84% of teachers reported personally benefitting from yoga

- *“It gives me another way of seeing my students interact and helps me understand them more”.*
- *“I got to see kids succeed which is why I chose to be a teacher; parents say the kids love teaching yoga at home too”.*
- *“I love watching students improve, and it helps me gain another teaching tool by learning yoga and all the techniques that come with it”.*

