

ZENworks Yoga Impact Report

Spring 2016 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 them fall asleep, get better grades and focus better
- All of the teachers reported that the program and knowledge of the instructor were excellent or great
- Almost all teachers reported that majority of their students benefitted from the program especially increased self awareness
- Majority of teachers stated that they are using yoga on their own in the classroom and personally benefitted from the program



Student Feedback

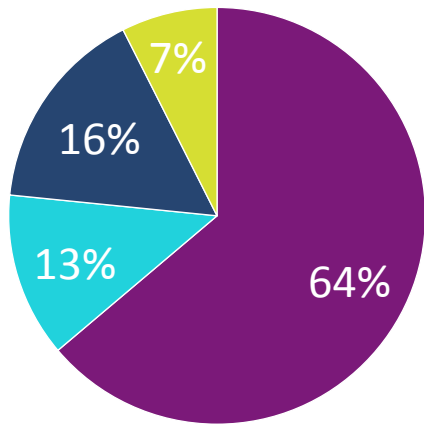
- Students received 10 weeks of weekly yoga classes that ranged from 30-60 min on a mat or 15 min at their desks sponsored by ZENworks Yoga
- Students in grades 3-12 were surveyed at the end of the 10 week program
- Students in K-2 grades were asked to draw and write about their experience at the end of the 10 week
- Fall 2015 schools include:
 - Almira, Charles Dickens, Citizens Academy East, Denison, Douglas MacArthur, Garrett Morgan, Harvey Rice, Joseph Gallagher, Marion Sterling, Miles Park, Mary Bethune, Nexus Academy, Patrick Henry and Waverly
 - Centers for Families and Children Early Learning Centers: Bingham, Debra Ann, Faith, Gordon Square, Mather, Wade



193 students we surveyed between the ages of 8-19

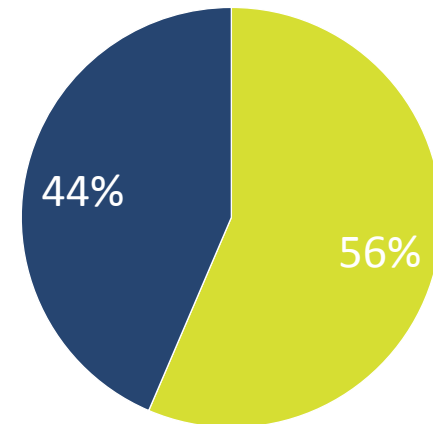
Age of students

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



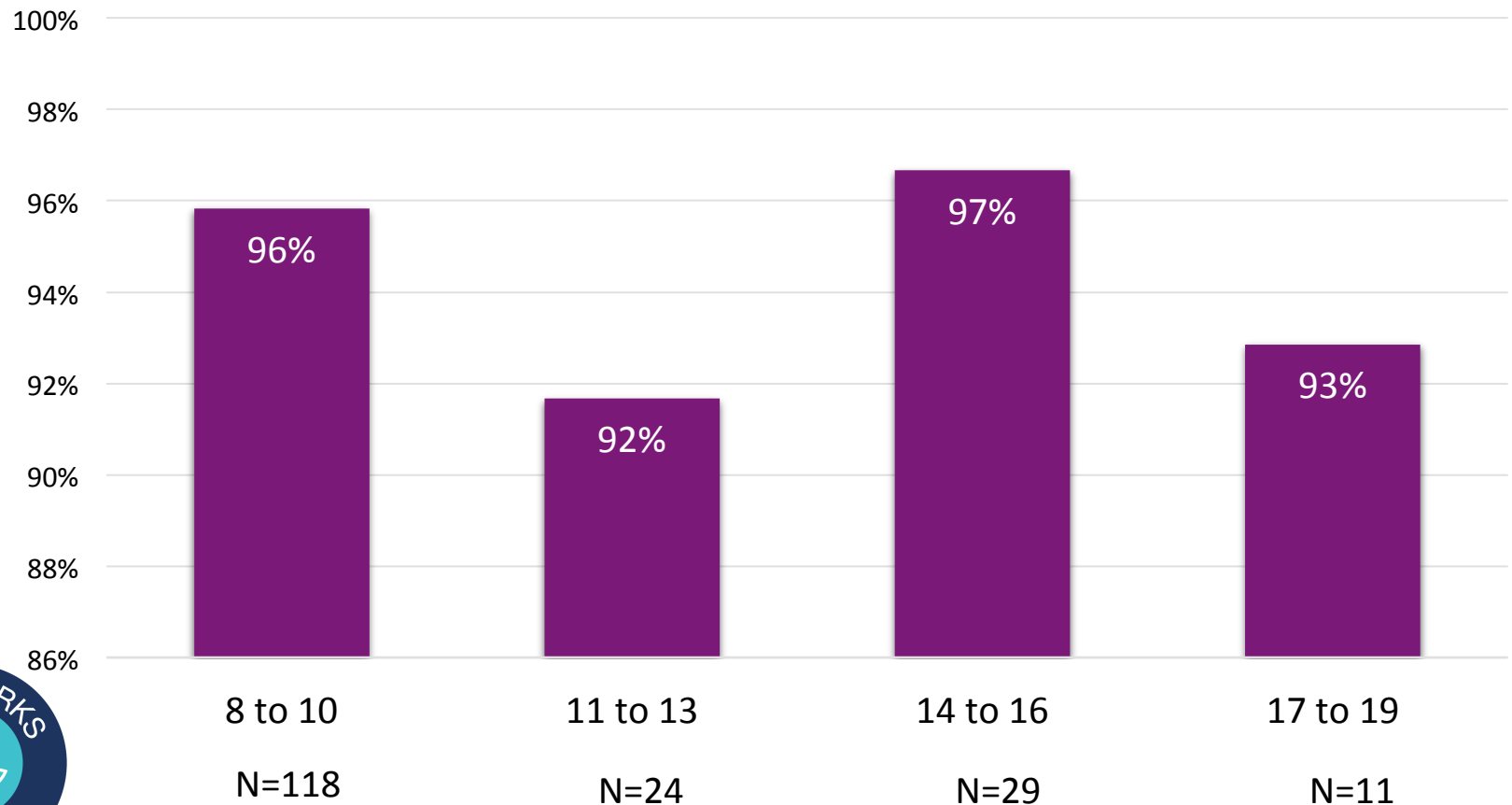
Gender of Students

■ G ■ B



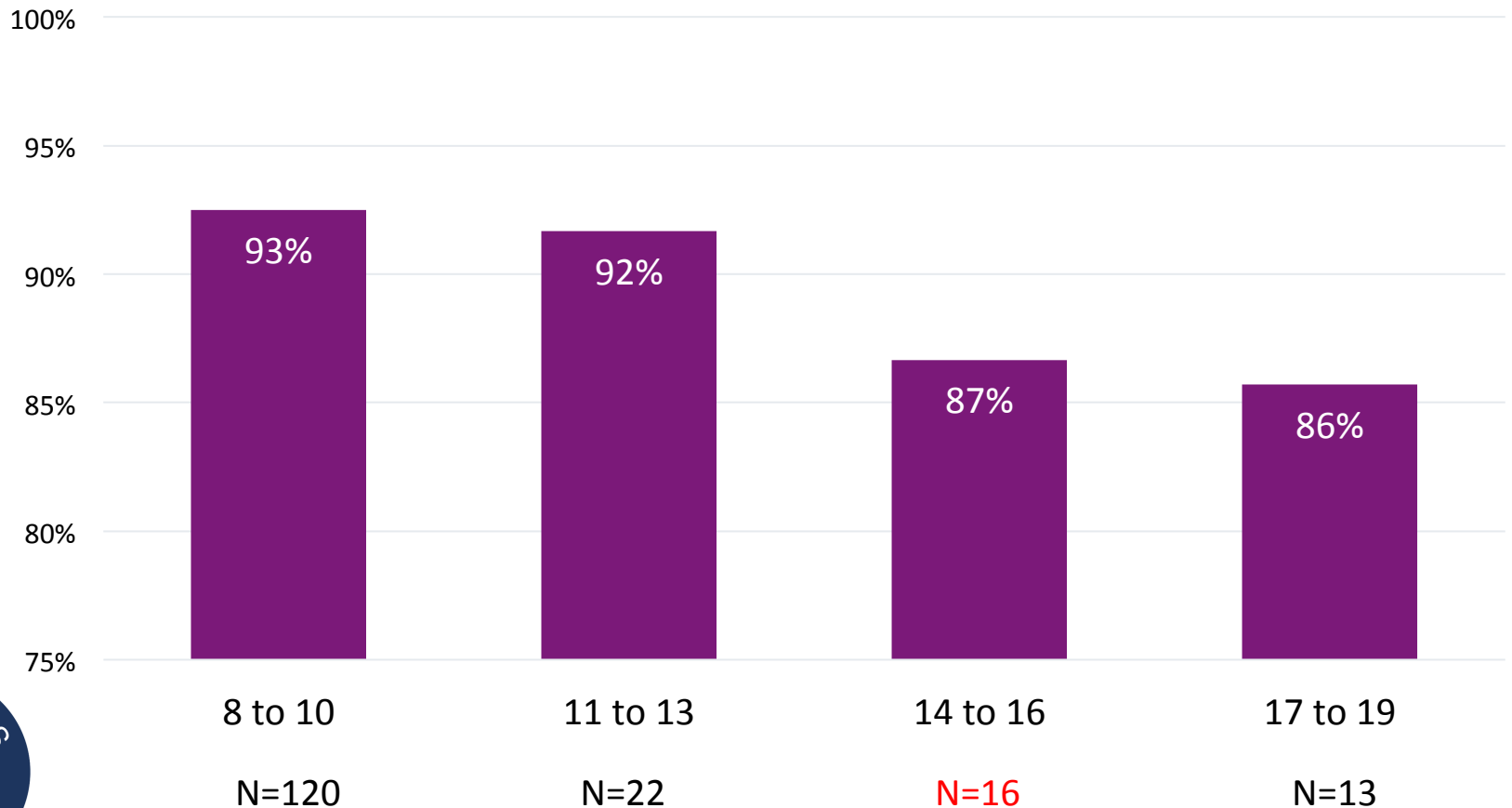
94% of total students reported that they enjoy yoga

% of students enjoying yoga



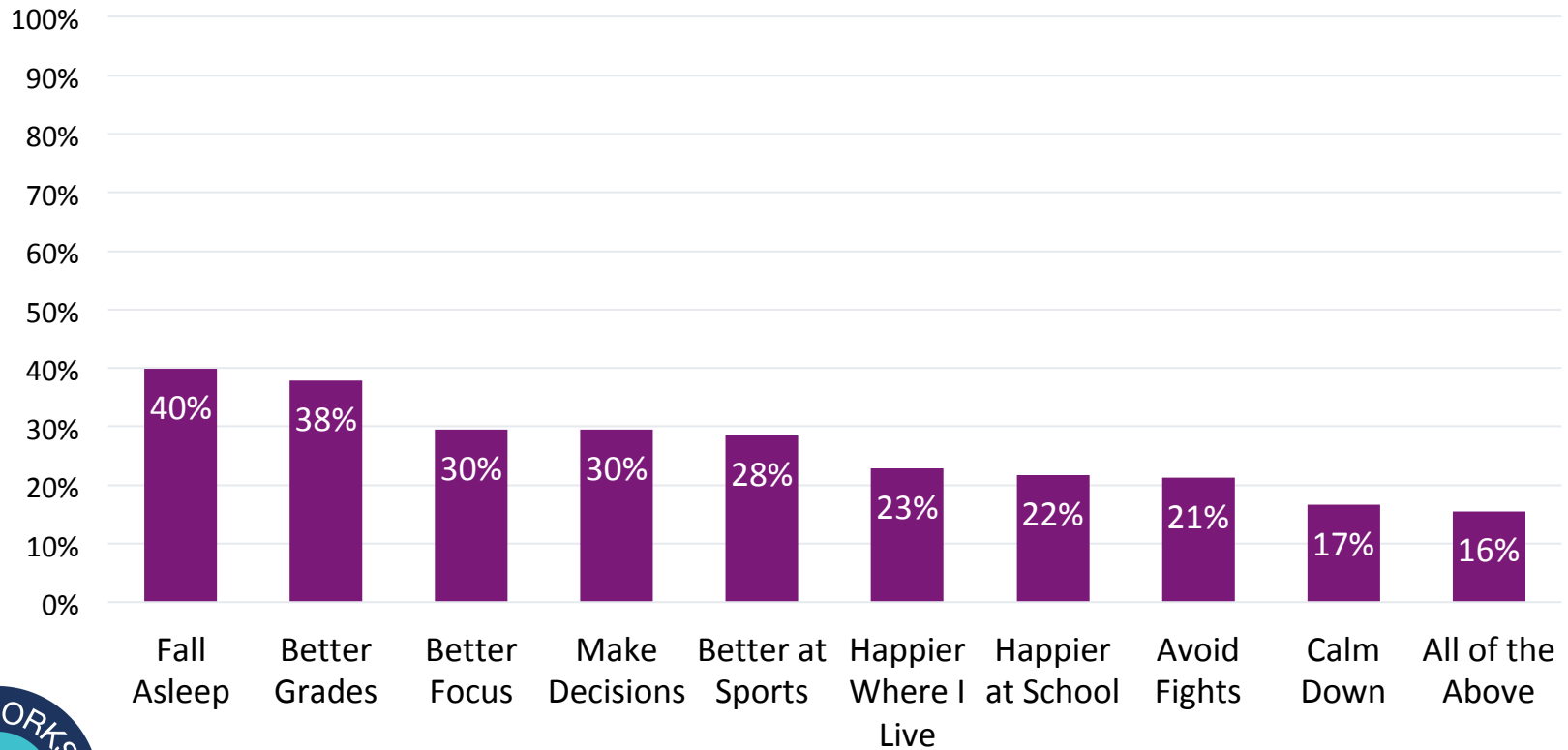
89% of all students reported that yoga has helped them

% of students reporting that yoga has helped them



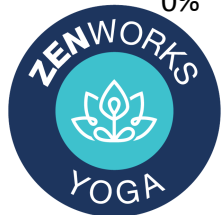
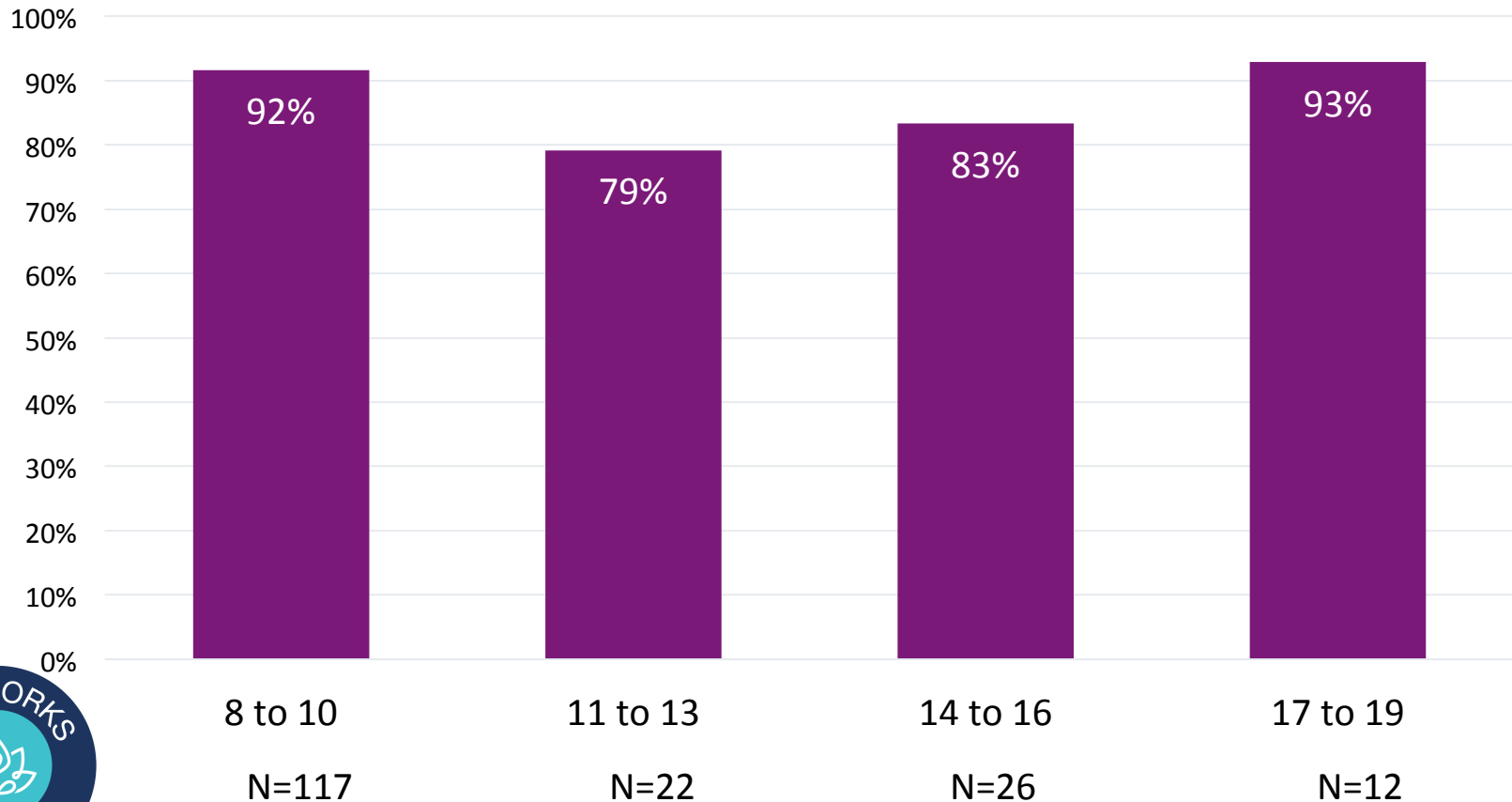
Students reported that yoga has helped them fall asleep, get better grades and focus better

How yoga has helped students



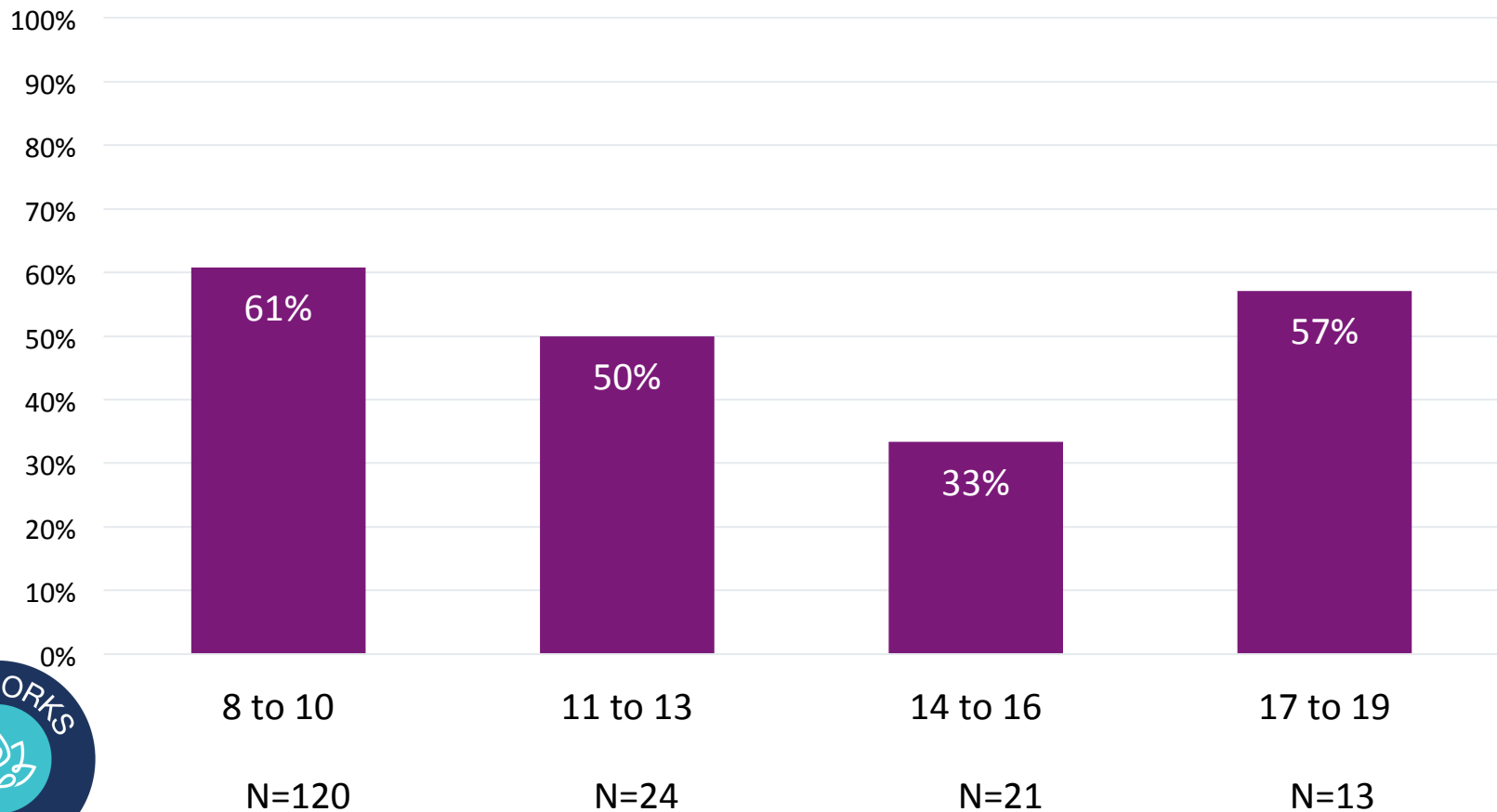
87% of all students reported that they will use yoga in the future, with higher likelihood with the youngest and oldest students

% of students who will use yoga in future



50% of all students reported that they taught someone else yoga

% of students that have taught someone else yoga



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

- *“Happy because I can help my mom with yoga.”*
- Age 9
- *“Calm and relaxed that I can achieve anything and think positive.”*
- Age 19
- *“Good - It made a lot of things in my life go away.”*
- Age 10
- *“Happy and calm. It makes me calmer when I am angry.”*
- Age 14



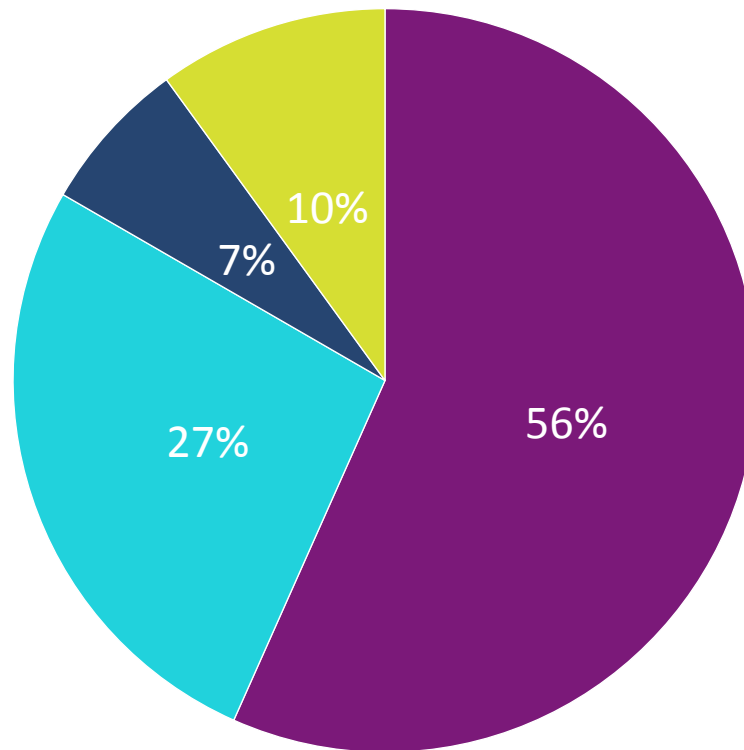
Teacher Feedback

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



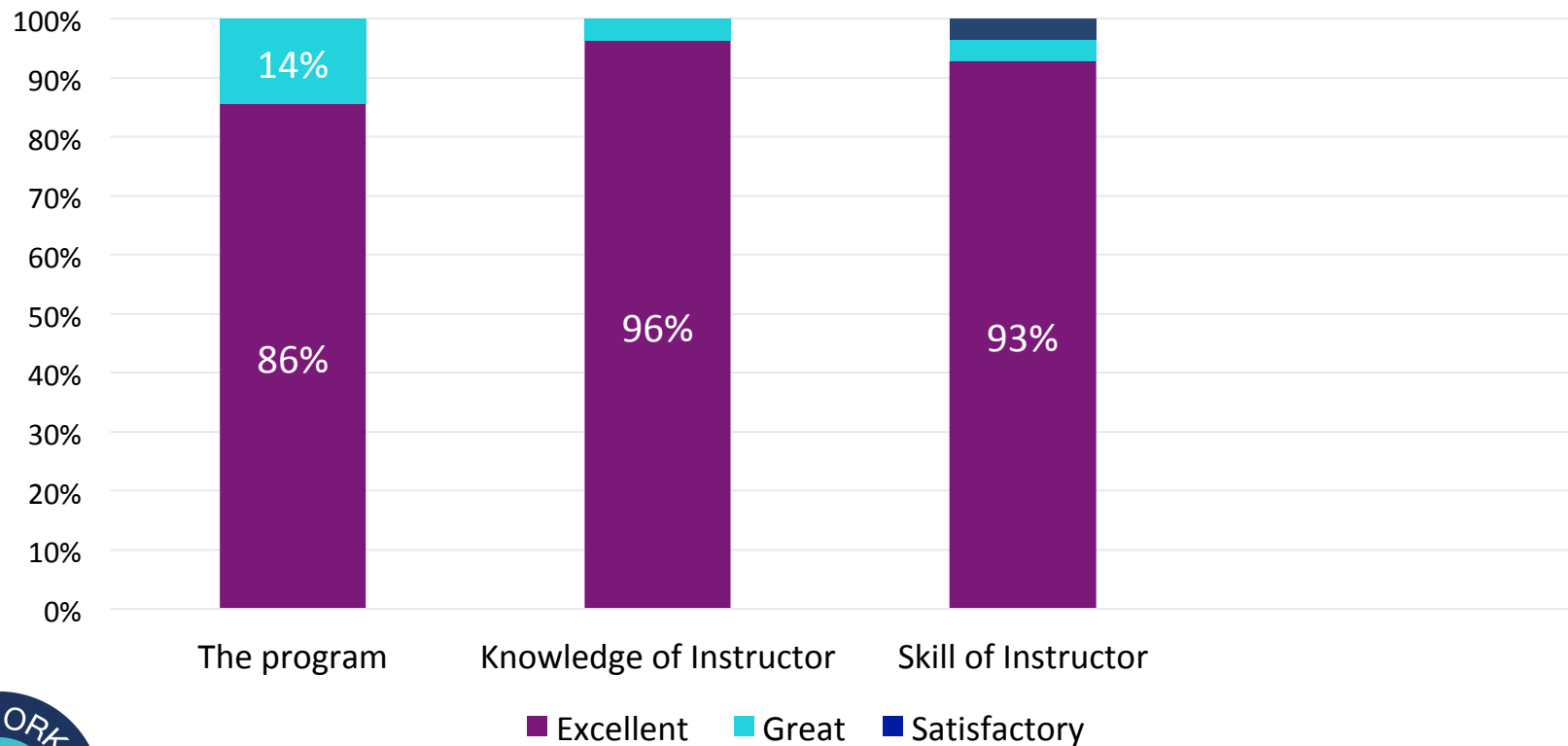
We surveyed 28 teachers in grades preschool through high school

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



All of the instructors reported that the program and knowledge of the instructor were excellent or great

Program and instructor satisfaction

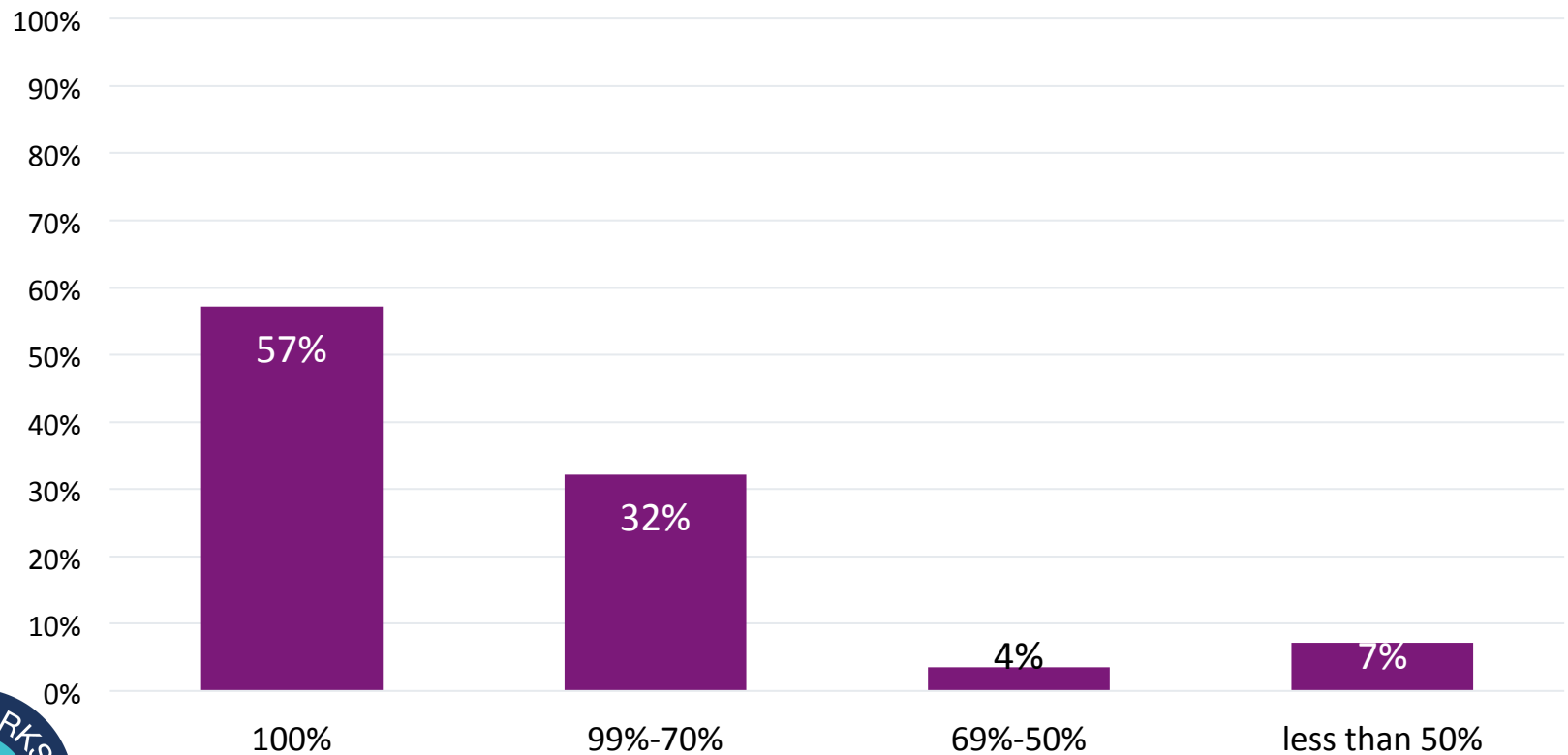


N=28



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

% of students who benefitted from the program

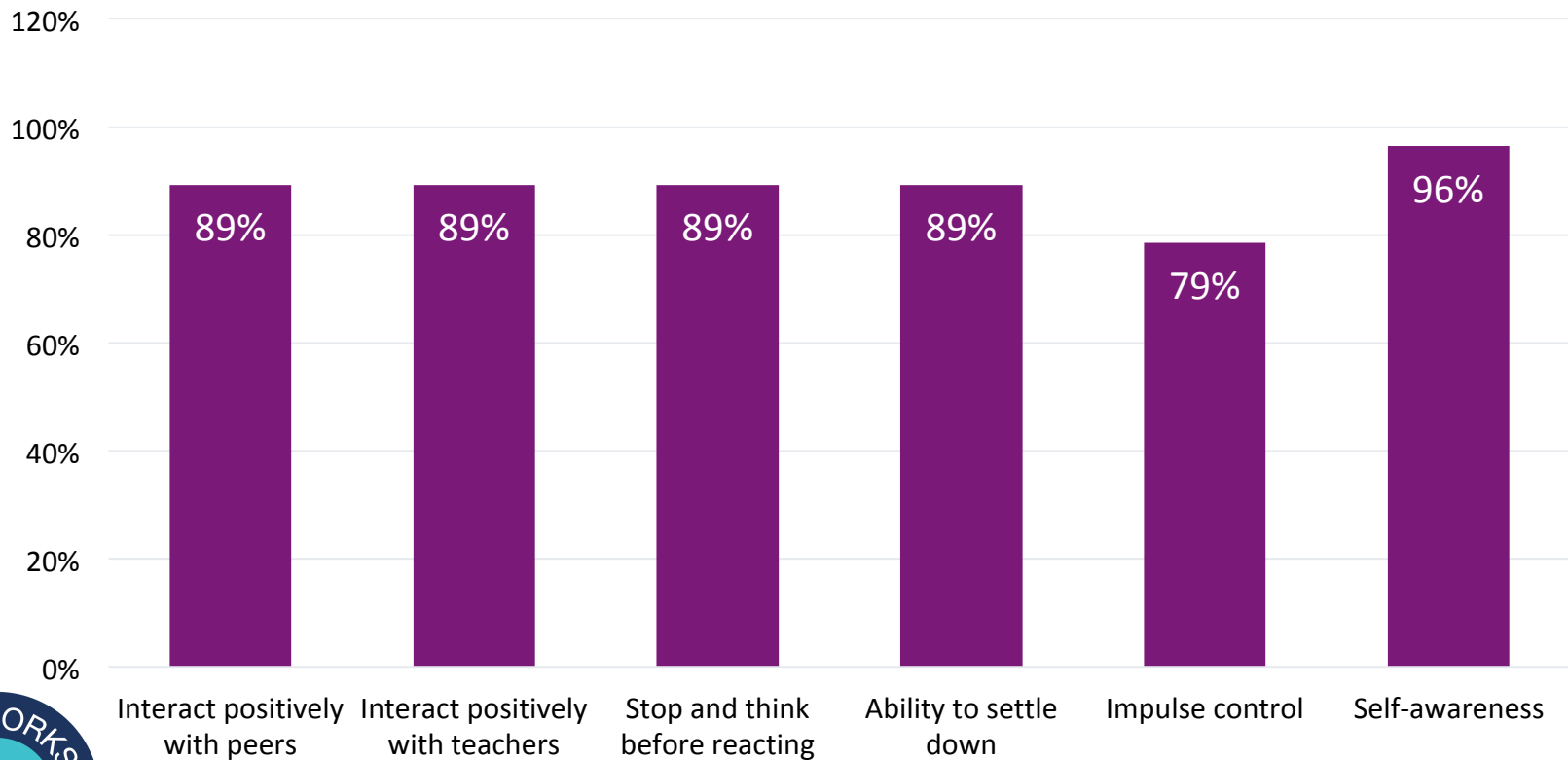


N=28



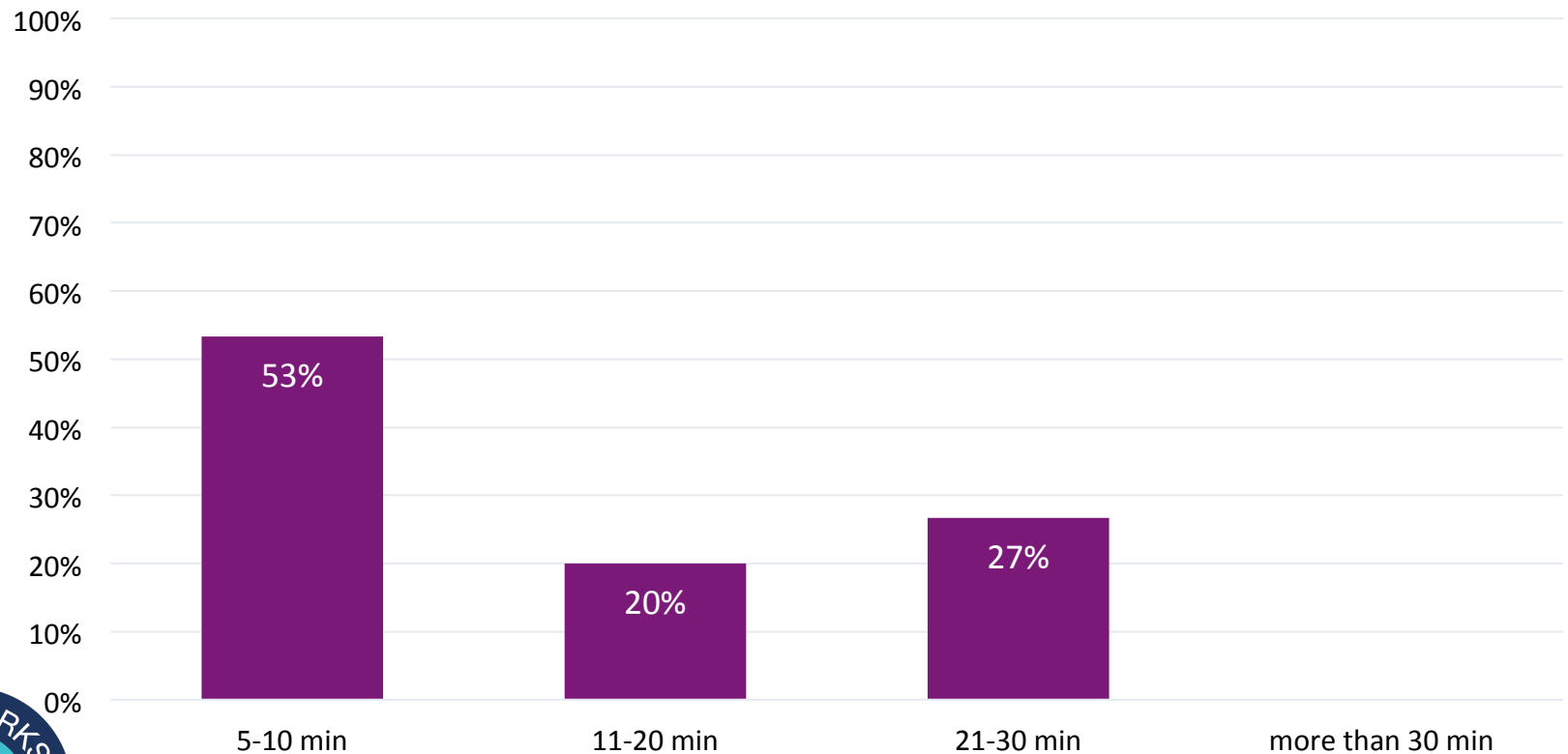
89% of all teachers noticed a positive change in their students, especially increased self-awareness

% of positive changes noticed in students



Almost half of all teachers reported gaining teaching minutes as a positive outcome of the program

Estimated gain in teaching minutes per day



N=15



79% of teachers reported using breathing work and yoga on their own during the school day

- *“ I would encourage students to take a big breath in and out before they react.”*
- *“ Just before rest time (especially if there was not outdoor recess) I would use the website to calm the kids down and show them different breathing techniques.”*



82% of teachers reported personally benefitting from yoga

- *“Yoga gives me new ways to offer my students breaks.”*
- *“I love yoga because it is one class I don't have to teach and the students really like their instructor and look forward to her class.”*
- *“It keeps me calm during the day. I use breathing and the mind jar with my students before heavy testing.”*

