January 2019 Programs Report

Yoga Classes
For the month of January, there were approximately 129 ongoing yoga classes being taught by VYP-trained teachers, at VA and Military Treatment Facilities (59 programs), Vet Centers (22 programs), Veteran Service Organizations (VSO) (10 programs), active duty (6 programs), colleges/university (5 programs) and other various locations (28 programs). Teachers at 86 of these locations provided VYP with attendance and feedback data about their classes, putting VYP’s percentage reporting at 66.67%. Thirty-nine of these teachers are veterans. Additionally, two teachers reported 2 classes as a limited series class. The data reported shows that 364 total Mindful Resilience classes were offered in 21 different states. Of the over 2,205 student encounters during the month, approximately 76% were veterans or active duty (the rest were family, mental health staff or other). Approximately 79% of the active duty/veteran students were male, while 21% were female.

Online Practice Library
The Veterans Yoga Project online Home Practice Library (veteransyogaproject.org/practice) recorded 237 total plays for the month of January. The most popular practice was the Yoga Nidra practice; accessed 32% of the time. The second most popular track is the 21-minute Yoga Nidra practice with VYP Ambassador Brian Cooke; accessed 15% of the time.

Find-A-Teacher/Find-A-Class
The Find-a-Teacher/Find-a-Class app on the website received 1325 visits and 1950 engagement clicks during the month of December.

Testimonials

- “Always relaxing. I feel very relaxed. Pain in back feels better. It was a very nice and relaxing class. It was good relaxing. Loved the changes. Was good. Loved the class.”
- “I look forward to this, need this, it helps me so much”.
- “This class helps me survive grief”
- “Yoga helps me so much. It's the only time of week I move.”
- “My body is awake now!”
Veterans Yoga Project January 2019

Figure 1. Veterans Yoga Project Total Veteran/Family Encounters. Veterans and Active-duty are separated into male and female. Total veteran and family student encounters for the month of January were 1,967. Clinicians and staff who attended classes are not included in this total.

Figure 2. Veterans Yoga Project Total and Ongoing Classes Reported. This chart depicts the total classes reported by VYP teachers. Ongoing classes are defined as classes continuing at the weekly or monthly pace, while the total classes include special events and retreats.
Figure 3. Veterans Yoga Project Practice Library Total Plays from January 2017 to the present month.

Figure 4. Total number of visits to the Find-a-Teacher/Find-a-Class app on the Veterans Yoga Project website from January 2017 to the present month. This figure depicts the overall trend of total page visits. Data is missing from September through November 2017 due to a change within the website.
The following is a visual representation of the states that have reported ongoing programs. For the month of January, California reported the highest number of programs (21 ongoing programs), with Washington having the second highest number (8 ongoing programs).

**State** | **# of Ongoing Programs**
---|---
California | 21
Washington | 8
North Carolina | 7
Texas | 6
New York | 5
Minnesota | 2
Florida | 4
Missouri | 3
Ohio | 2
South Dakota | 2
Arizona | 5
South Carolina | 2
Maryland | 3
Illinois | 1
Vermont | 1
<table>
<thead>
<tr>
<th>State</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Dakota</td>
<td>1</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>1</td>
</tr>
<tr>
<td>Nevada</td>
<td>1</td>
</tr>
<tr>
<td>Arkansas</td>
<td>1</td>
</tr>
<tr>
<td>Connecticut</td>
<td>1</td>
</tr>
<tr>
<td>Virginia</td>
<td>1</td>
</tr>
</tbody>
</table>
There were two Mindful Resilience Trainings in January 2019. The trainings were held in New York City and Seattle, Washington. A total of 24 individuals attended the New York training. Nine of the participants were veterans. All nine of these individuals attended the training with the support of partial scholarships totaling $3,180.00. A total of 18 individuals attended the Seattle training. Five of the participants were veterans. Three of these individuals attended the training with the support of partial scholarships totaling $1,113.00. All participants are asked to complete a post-training evaluation survey. The results for each class are posted below. Participants were asked to rate the MRT training on a scale from one to five (with one being the lowest possible score, and five being the highest possible score). Not all participants completed evaluation forms.
Seattle - January 2019

Number of Raters

MRT Ratings

0 0 0 2 10
0 2 4 6 8 10
1 2 3 4 5

MINDFUL RESILIENCE TRAINING
SEATTLE, WA 2019
THANK YOU, PHINNEY RIDGE YOGA!
Welcome to the team, MRT Seattle Teachers!

veteransyogaproject.org  info@veteransyogaproject.org