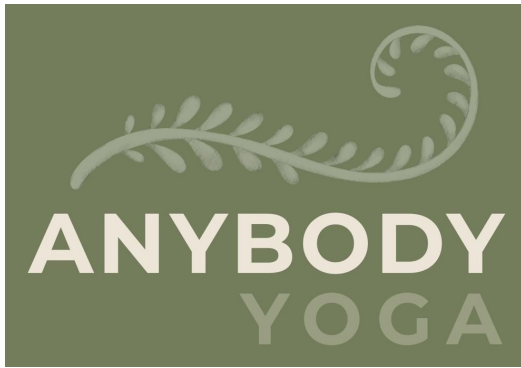




Feeling well is for everybody

Impact Report

Trauma-Informed Yoga Programme

HMP Eastwood Park

July 2026

This report presents participant outcome data collected across the first delivery of AnyBody Yoga's 6-week trauma-informed yoga programme at HMP Eastwood Park (Course 1), alongside preliminary data from a second, currently-running cohort (Course 2). It is intended to evidence programme impact in support of further funding applications.

Executive Summary

AnyBody Yoga CIC delivered a 6-week trauma-informed yoga programme within HMP Eastwood Park, with participants completing a structured evaluation form at the start (Week 1) and end (Week 6) of the course. Six women completed matched Week 1 and Week 6 evaluations.

Across every one of the five outcome domains measured emotional wellbeing, body awareness and connection, confidence and self-worth, connection and belonging, and tools for recovery average scores improved from Week 1 to Week 6, with an overall increase of 9.0% (from 4.13 to 4.51 out of 5).

- The largest gains were in Tools for Recovery (+13.1%) and Confidence & Self-Worth (+10.9%) the domains most directly linked to coping, relapse prevention, and post-release outcomes.
- 100% of participants who completed a Week 6 form rated the programme "Very Good" or "Excellent".
- 100% said they would recommend the programme to others, and 100% said they intended to continue practising yoga after release.
- A second cohort (Course 2) is currently in progress, with four participants having completed baseline (Week 1) evaluations to date, at a similar starting average (4.15/5) to Course 1's baseline.

Participants' own words point to yoga functioning as a genuine coping tool inside a high-stress custodial environment supporting emotional regulation, a sense of safety, and hope for life after release. This evidence base supports the case for continued and expanded funding of the programme.

Programme Overview

AnyBody Yoga CIC is a Bristol-based Community Interest Company delivering trauma-informed yoga and somatic wellness provision, with a particular focus on communities facing structural and social disadvantage including women in the criminal justice system, and people in recovery.

The evaluated programme was a 6-week trauma-informed yoga course delivered within HMP Eastwood Park, led by founder & director Frankie. Sessions were designed around principles of physical safety, choice, and nervous-system regulation appropriate to a custodial and trauma-affected population.

Methodology

Participants completed an anonymous, staff-coded evaluation form at Week 1 (baseline) and Week 6 (programme end) of each course. The form used a 1-5 Likert scale (1 = Strongly Disagree, 5 = Strongly Agree) across five outcome domains:

- Emotional Wellbeing
- Body Awareness & Connection
- Confidence & Self-Worth
- Connection & Belonging
- Tools for Recovery

The form also captured open-text reflections and an overall programme rating, recommendation, and post-release intentions.

Course 1 Results (n = 6)

Six participants (referenced by staff-assigned initials for anonymity) completed evaluations at both Week 1 and Week 6.

Outcome scores by category

Category	Week 1 (baseline)	Week 6 (final)	Change
Emotional Wellbeing	4.23	4.37	+3.1%
Body Awareness & Connection	4.10	4.53	+10.6%
Confidence & Self-Worth	4.21	4.67	+10.9%
Connection & Belonging	4.33	4.67	+7.7%
Tools for Recovery	3.89	4.40	+13.1%
Overall Average	4.13	4.51	+9.0%

Individual participant summary

Participant	Week 1 avg score	Week 6 avg score	Overall rating (Wk 6)	Would recommend	Would continue after release
CB	3.91	4.32	Excellent	Yes	Yes
JB	4.18	4.91	Excellent	Yes	Yes
JC	4.95	4.77	Excellent	Yes	Yes
NL	4.00	3.95	Very Good	Yes	Yes
SJD	3.05	4.23	Excellent	Yes	Yes
VA	4.71	4.86	(not marked)	(not marked)	(not marked)

Note: VA's Week 6 form left the overall rating, recommendation, and post-release questions unmarked; her underlying Likert scores were nonetheless the highest recorded (4.86/5 average).

Participant Voices

"Learning to feel connected with my body, I have better been able to notice how different parts of my body hold tension & how to release these before I get overwhelmed." SJD, Week 6

"Frankie has been amazing & so patient, she explains the meaning of the different poses & how they connect to certain body parts. She is an inspiration!" SJD, Week 6

"Learning different techniques, that could work anytime of the day, for when I feel not myself, overwhelmed or need a release." JC, Week 6

"Trying something new, surrounding myself with likeminded individuals. I really liked having the print outs and knowing what the session entailed." JB, Week 6

"This is so important and needed to manage the stress and way of everyday life here in prison. Yoga has been one of my saving graces." VA, Week 1

"I would like the course to run for 12 weeks instead of 6, or a rolling programme so that other women can attend. I would love for yoga sessions to be a regular thing at EWP." VA, Week 6

"Thank you for your time, kindness and gentle understanding — your yoga classes have given me something to look forward to on a weekly basis and brought light into what can be a dark place. I hope you come back!" VA, Week 6

Course 2 - In Progress

A second cohort began in July 2026 and is currently mid-programme. Four participants have completed Week 1 baseline evaluations so far, with an average overall score of 4.15/5 a comparable starting point to Course 1's baseline (4.13/5). Week 6 data for this cohort is not yet available and will be added once the course concludes.

Participant	Overall avg score (Week 1)	Overall rating	Would recommend	Would continue after release
CG	3.68	Fair	Not sure	Yes
CH	4.55	(not marked)	(not marked)	(not marked)
SB	3.82	Fair	Not sure	Yes
VA (returning)	4.55	Excellent	Yes	Yes

Early reflections

"Frankie was so welcoming and sharing her story made me feel so comfortable, and not judged. I felt so relaxed after the session." VA, Course 2 Block 2, Session 1

"I have enjoyed the first session. I realised my body is capable of more than I thought & I feel relaxed after the group." CH, Week 1

"I will continue yoga during my sentence & upon release. I would love to do a training programme and do lived experience myself." VA, Course 2 Block 2, Session 1

Conclusion

The Course 1 data shows consistent, measurable improvement across every wellbeing domain evaluated, with the strongest gains in the areas most closely tied to relapse prevention and post-release resilience coping tools and confidence. Every participant who rated the programme at Week 6 rated it Very Good or Excellent, and all intended to continue their practice after release.

Early Course 2 data suggests this pattern is repeating with a new cohort. Taken together, this evidence supports the case for continued funding to sustain and expand trauma-informed yoga provision at HMP Eastwood Park, and to extend the programme's reach to more women within the prison.