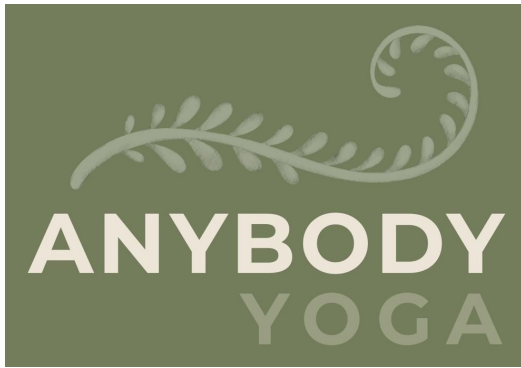




Feeling well is for everybody

Wellness Event Impact Report

Community Wellness Day

Westbury Wildlife Park

July 2026

This report presents feedback collected from attendees of AnyBody Yoga's community wellness event at Westbury Wildlife Park, combining outdoor trauma-informed yoga with a sauna and cold-water immersion experience. It is intended to evidence the impact of AnyBody Yoga's community-facing wellness events in support of further funding applications.

Executive Summary

AnyBody Yoga ran a community wellness day at Westbury Wildlife Park, bringing together trauma-informed yoga, sauna, and cold-water immersion in an outdoor, nature-based setting. Five attendees completed a post-event feedback form, the majority connected through RAFT/LERO recovery networks, with the remainder joining through word of mouth.

Feedback was overwhelmingly positive across every measure captured. Every attendee rated the event 5 out of 5 overall, rated the space fully welcoming and safe, and rated the sauna experience 5 out of 5. Every attendee reported feeling “much better” after the session than before it, regardless of how they arrived feeling — including those who described arriving anxious, stressed, or low.

- 100% of attendees felt more connected to their body and felt a genuine sense of connection with others at the event.
- 100% said they would attend another AnyBody Yoga event, and 100% said they would recommend AnyBody Yoga to others in recovery.
- 4 of 5 attendees were returning participants, suggesting early signs of a loyal, engaged community forming around these events.

Attendees' own words describe the event as “transformative,” citing improved sleep, nervous-system regulation, and a sense of peace lasting well beyond the day itself — evidence that these community wellness events extend AnyBody Yoga's impact beyond the custodial setting and into ongoing recovery support.

Event Overview

The Westbury Wildlife Park wellness day combined outdoor trauma-informed yoga with sauna and cold-water immersion, set within a natural, nature-based environment. The event was designed as a community touchpoint for people in recovery, extending AnyBody Yoga's trauma-informed approach beyond prison delivery into open community settings.

Attendees heard about the event primarily through RAFT/LERO (a lived-experience recovery organisation partner) and through word of mouth — reflecting the strength of AnyBody Yoga's existing recovery-community relationships.

Feedback Results (n = 5)

Average ratings

Measure	Average score (out of 5)
Overall event rating	5.00
Welcoming & safety of the space	5.00
Accessibility of the yoga session	4.60
Sauna experience	5.00

Wellbeing and connection outcomes

Outcome	Result
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Felt “much better” after the event	100% (5 of 5)
Felt more connected to their body	100% said “Yes, definitely”
Felt a sense of connection with others	100% said “Yes, definitely”
Would attend another AnyBody Yoga event	100% Yes
Would recommend AnyBody Yoga to others in recovery	100% Yes

Emotional shift: before vs after

How attendees felt before the session	How attendees felt after the session
Good, Anxious or stressed, Okay, Low or flat, Good	Much better — reported by all 5 attendees

Every attendee moved to “much better” by the end of the session, regardless of their starting point — including attendees who described arriving anxious, stressed, or emotionally flat.

Attendee Voices

"It was a transformative experience that directly & deeply improved the regulation of my nervous system. My sleep has been poor for months but after the session I slept soundly. My system — mind & body — received significant healing, which has positively impacted my parenting today." — Attendee feedback

"Somatic & breathing work is immensely healing for my CPTSD. I have found your trauma informed sessions to be immediately & powerfully impactful on my mental health & well-being." — Attendee feedback

"Almost 24 hours later and I still feel a great sense of peace." — Attendee feedback

"I found the whole experience to be really nurturing, I came away feeling lighter, it was great to see some of the people I've met before in a different environment, I loved it." — Attendee feedback

"Thank you for offering these wonderfully restorative sessions Frankie. I really appreciate all that you do in offering them." — Attendee feedback

What's Working

- The combination of yoga, sauna, and cold-water immersion in a natural outdoor setting was consistently highlighted as powerful and restorative.
- The sense of belonging and connection with others in recovery was repeatedly named as one of the most valuable parts of the day.
- Attendees feel safe and comfortable enough to “show up” as they are, however they arrive feeling — a core marker of trauma-informed practice working as intended.
- Requests for future events skewed toward “more of the same” and small additions (a colder ice bath, massage) rather than any dissatisfaction — a strong signal of engagement.

Conclusion

This first round of feedback from AnyBody Yoga's Westbury Wildlife Park wellness event shows the same pattern seen in the HMP Eastwood Park programme: consistent, strongly positive shifts in emotional state,

body connection, and social connection, alongside near-universal intent to return and recommend the event to others. Attendees describe outcomes — improved sleep, nervous-system regulation, sustained calm — that go well beyond the day itself.

With a small but highly engaged group already returning for repeat events, this community wellness offer shows clear early evidence of impact and demand. It represents a natural extension of AnyBody Yoga's trauma-informed model into community-based recovery support, and a strong basis for funding to run further wellness days and grow attendance.
