

TEPP

Yoga & Wellness Workshop Impact Report

August 2026 | The Empower Play Project

A community wellness session designed to make movement, recovery, and mind-body wellbeing accessible to women across experience levels.

17	71%	59%	100%
Registrations	New to TEPP	New / beginner yoga	Yes or maybe to future workshops

ADVANCING WOMEN THROUGH THE POWER OF CRICKET — AND THE WELLNESS THAT SUPPORTS THEM

Executive Summary

The Empower Play Project (TEPP) delivered a yoga and wellness workshop as part of its broader commitment to supporting women through sport, community, and mental wellness. Registration data show that the workshop reached both active women and participants seeking a more accessible entry point into wellness programming.

Seventeen women registered. Twelve (71%) had not previously attended a TEPP program or workshop, demonstrating the workshop's ability to extend TEPP's reach beyond its existing participant base. Ten registrants (59%) were either beginners or had never tried yoga. Flexibility/mobility, strength/balance, mental wellbeing, and stress relief were the most frequently selected motivations.

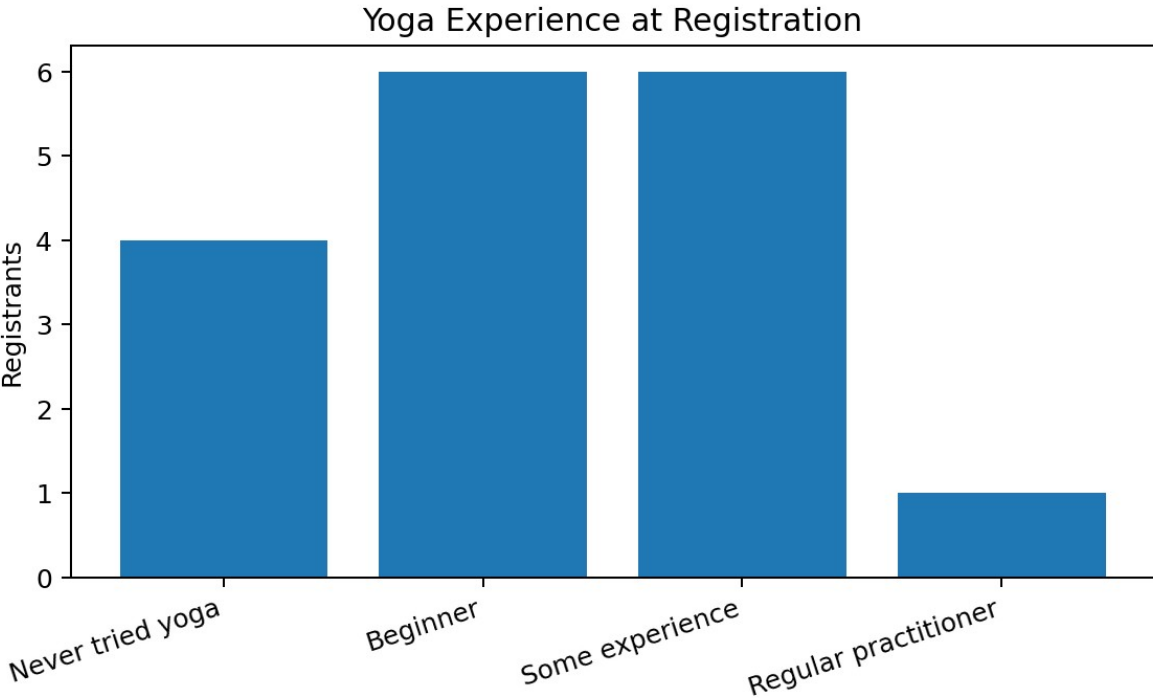
Post-session feedback was collected through short participant video clips rather than a formal written post-survey. Across the recorded feedback, participants consistently described the session as relaxing and reported feeling good afterward. These comments are treated in this report as qualitative participant feedback and not as a measured pre/post change in stress or wellbeing.

Workshop Snapshot

Indicator	Finding
Total registrations	17
Age profile	25-34: 4 35-44: 10 45-54: 3
New to TEPP programming	12 of 17 (71%)
Beginner or never tried yoga	10 of 17 (59%)
Participating in sport/regular physical activity	12 of 17 (71%)
Interested in future TEPP wellness workshops	10 Yes + 7 Maybe (100% expressed at least some interest)

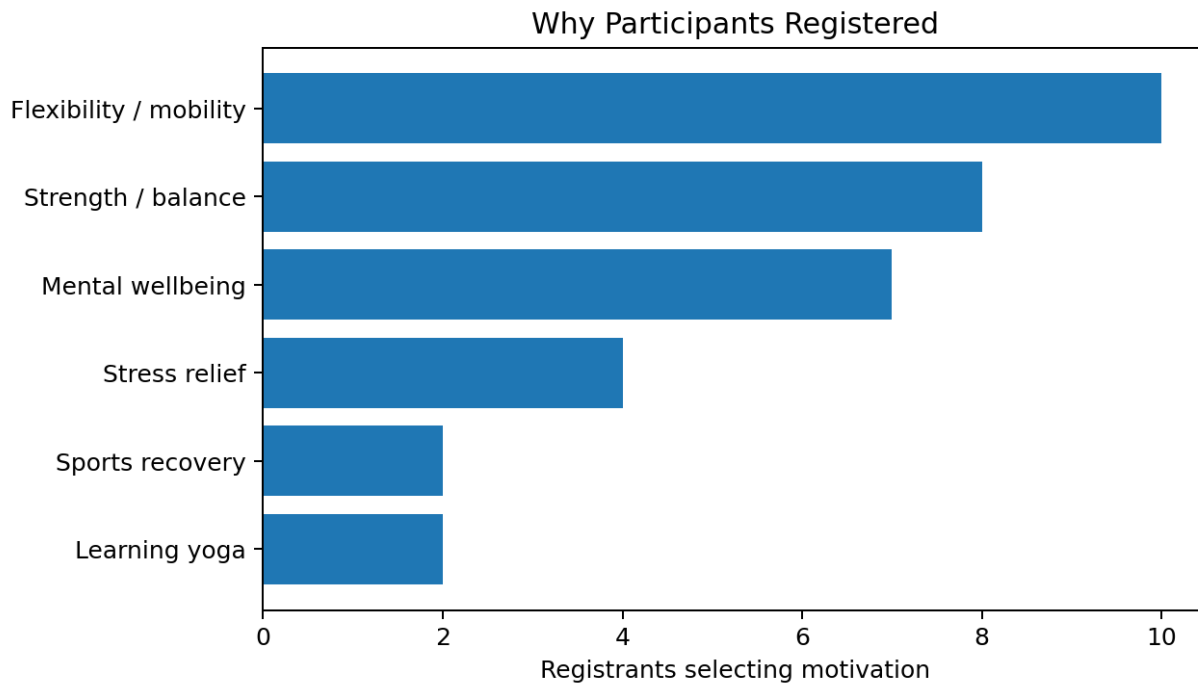
What the Registration Data Tell Us

The workshop attracted a mixed-experience group rather than only experienced yoga participants. This supports an important program-design principle for TEPP: wellness sessions can serve as a low-barrier entry point for women who may not identify as athletes or who are new to a particular form of movement.



Why Women Registered

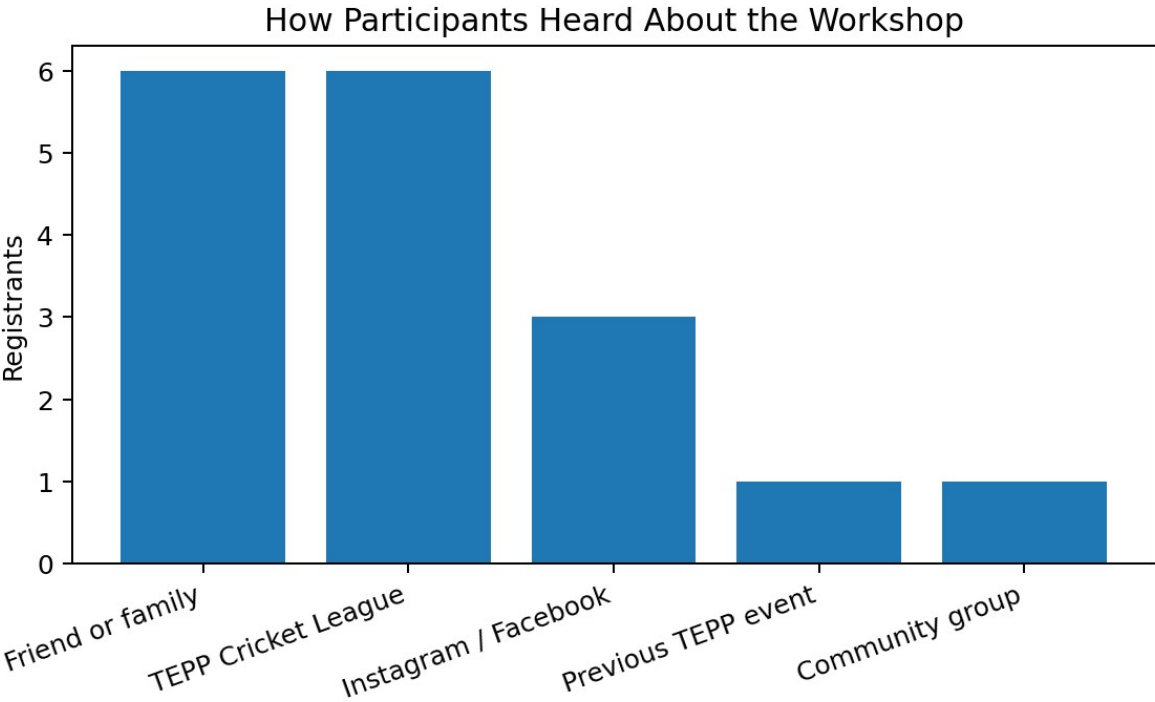
Participants could select multiple motivations. Flexibility and mobility was the strongest theme, followed by strength and balance and mental wellbeing. Stress relief was also a meaningful motivation, while some participants specifically identified sports recovery or learning yoga.



Program implication: TEPP wellness programming can be positioned not as a separate activity from sport, but as a complementary pathway supporting mobility, recovery, strength, stress management, and overall wellbeing.

Community Reach & Discovery

Friend/family referrals and the TEPP Cricket League were the two largest discovery channels, each accounting for six registrations. Three participants discovered the workshop through TEPP social media. This pattern suggests that both community word-of-mouth and cross-program engagement are important for growing participation.



Wellness Context at Registration

On the registration scales, the average self-reported stress level was 2.76 and the average flexibility/mobility rating was 2.65. These values describe participants at registration only. Because the same measures were not formally collected after the session, the report does not interpret them as evidence of improvement or change.

Registration measure	Average	Interpretation
Current stress level	2.76	Baseline self-report only
Current flexibility/mobility	2.65	Baseline self-report only

Participant Voice

“Relaxing.” • “Felt good.” • Positive immediate experience

Participant feedback was captured through short video testimonials immediately following the workshop. The recurring message across the clips was that the session felt relaxing and left participants feeling good. These videos provide authentic qualitative evidence of the participant experience and can also support TEPP's social media storytelling, sponsor communications, and future impact reporting.

Future Engagement

Every registrant indicated some level of interest in future TEPP wellness programming: 10 selected Yes and 7 selected Maybe. While this should not be interpreted as a guaranteed return rate, it indicates strong openness to continued wellness engagement.

Key Impact Takeaways

- Expanded reach: 71% of registrants were new to TEPP programming.
- Accessible entry point: 59% were beginners or had never tried yoga.
- Wellness demand: flexibility, strength/balance, mental wellbeing, and stress relief were leading motivations.
- Cross-program connection: the TEPP Cricket League was one of the strongest pathways into the workshop.
- Positive participant experience: video feedback consistently emphasized relaxation and feeling good after the session.
- Future potential: all registrants expressed definite or possible interest in future TEPP wellness workshops.

Recommendations for Future TEPP Wellness Workshops

Keep programming beginner-friendly — The high proportion of new/beginner participants supports maintaining accessible instruction and clear messaging that prior experience is not required.

Connect wellness with cricket and active living — Continue offering yoga, mobility, recovery, strength, and mental-wellness sessions alongside TEPP's sport programming.

Add a short post-session survey — Repeat 2–4 core measures after the session so TEPP can responsibly report change in stress, mobility confidence, wellbeing, or intention to continue.

Standardize video feedback — Ask every participant the same one or two questions so qualitative themes can be compared across workshops.

Track returning participants across programs — Measure whether yoga participants later attend cricket, strength, mental-wellness, or community programs to demonstrate TEPP's broader engagement pathway.

Suggested Measures for the Next Workshop

To strengthen future research and donor reporting, TEPP can collect the same short 1–5 ratings immediately before and after each wellness session: current stress/tension, sense of physical ease or mobility, confidence performing the activity, and overall wellbeing. A final question — “Would you participate again or recommend this to another woman?” — can provide a simple program-satisfaction indicator.

Reporting Note

This report summarizes de-identified registration responses from 17 registrants and qualitative themes from participant video feedback. Registration responses describe participant characteristics, motivations, and baseline self-reports. No causal claims or measured pre/post health outcomes are made.

THE EMPOWER PLAY PROJECT
Play. Connect. Empower.