

Anne Drehfal's "Yoga for Farmers – Survey of Needs" Results

Do you already have a yoga practice you utilize regularly? (n = 72, highest % answers shown)

43% Yes

42% No

If Yes..... (n = 47, highest % answers shown)

77% Practice on own at home

57% Wish I practiced more

47% Attend classes at studio or gym

34% Utilize yoga podcasts or videos

21% Practice during off-season, but too busy during farm season.

If No..... (n = 32, highest % answers shown)

38% I have no time for yoga

31% Yoga classes are too expensive and budget doesn't allow

6% Yoga is too woo-woo for me, I prefer something athletic

Why would you add yoga to your farm life? (n = 72, highest % answers shown)

90% To sustain my body for the long haul

78% Stress relief

76% Target specific aches and pains

74% Become more flexible/limber

70% Improve work/life balance

How often would you practice during farm season? (n = 68, highest % answers shown)

38% twice/week

30% once/week

18% every other day

How long would you practice during the farm season? (n = 71, highest % answers shown)

35% 15-20 minutes

30% 20-30 minutes

15% 30-45 minutes

9% under 15 minutes

How long would you practice during the off-season? (n = 72, highest % answers shown)

33% 45-60 minutes

23% 30-45 minutes

17% 20-30 minutes

14% 60 minutes or longer

What type of yoga guidance would you best utilize? (n = 72, highest % answers shown)

73% Videos

44% Podcasts

44% In-studio

30% A weekly email with resources

20% A monthly email with resources

What aches do you tend to have during the growing season and beyond? (n = 72, larger font size indicates frequency of word being mentioned)



What is your age bracket? (n = 72, highest % answers shown)

28% 36-40

25% 26-30

19% 31-35

8% 41-45

8% 46-50

What is your gender? (n = 72, highest % answers shown)

71% Female

28% Male

1% Genderqueer