The CONSORT diagram

Assessed for eligibility (n = 1089)

Excluded:
1. Based on gender (n = 545)
2. Not meeting inclusion criteria (n = 479)
3. Likelihood of being shifted during the trial (n = 43)

Enrollment

Randomized & Allocated (n = 22)

Allocated to yoga group (n = 11)
Received yoga (n = 11)

Allocated to waitlist control group (n = 11)
Did not practice yoga (n = 11)

Analysis

Analyzed (n = 11)

Analyzed (n = 11)