Eligible (42)

Refused (5)
- Did not respond to emails (2)
- Inconvenient (1)
- Personal reasons (1)
- Did not want to obtain medical clearance (1)

Eligible (37)

Consented (37)

Randomized to Yoga (18)
- Unavailable for retesting
  - Personal reasons (1)

Randomized to Control (19)
- Unavailable for retesting
  - Uncontactable (2)

Completed Protocol and Follow-up Testing (17)

Included in analysis (18)*

Completed Protocol and Follow-up Testing (17)

Included in analysis (19)*