CONSORT Flow Diagram of Study Participants

Assessed for eligibility (n=82)

Completed second screening (n = 56)

Randomized (n = 36)

Allocated to Intervention (n=18)

Allocated to Wait-list Control (n=18)

Not meeting inclusion criteria (n=26)
- Already in an exercise program (n = 10)
- Too young (n = 3)
- No transportation ( n = 8)
- Unable to commit the time (n = 5)

Excluded (n = 20)
- Knee/hip replacement (n = 10)
- No OA symptoms (n = 3)
- Knee surgery within six months (n = 1)
- Has RA (n = 2)
- Cortisone/hyaluronic acid injection (n = 4)

Not meeting inclusion criteria (n=26)

Completed 8 weeks of Intervention Program
(n = 18)
Lost to 8 weeks follow-up (n=0)

Completed 8 weeks of Intervention Program
(n = 16).
Lost to 8 weeks follow-up (n=0)

Received yoga intervention (n = 17)
Disqualified (n = 1): received cortisone injection at 4 weeks during the intervention period

Analyzed (n = 18)

Analyzed (n = 18)
As intent-to-treat

Allocated to Wait-list Control (n=18)

Withdrew (n = 1): unable to attend classes due to family obligation