Between group $p=0.47$

![Graph showing LDL levels before (Pre) and after (Post) intervention for Yoga and Control groups.](image)

- Yoga group: Pre: **2.2**, Post: **2.0**
- Control group: Pre: **2.4**, Post: **2.2**

- Between group $p=0.4$ for Yoga group.
- Between group $p=0.8$ for Control group.