Screen 1: FBG, finger prick Glucometer (n=250)

- Normal FBG < 5.6 mmol/L (n=148)
- Did not return for second screen (n=16)

Screen 2: FBG and 75mg OGTT, venous blood (n=86)

- Normal, FBG < 5.6 mmol/L (n=39)
- Eligible but not consented (n=6)

Enrollment

Randomized (n=41)

Yoga intervention (n=21)

Lost to follow up (n=1)

Walking control (n=20)

Allocation

Completers/Analyzed

Yoga intervention (n=20)

Lost to follow up (n=2)

Walking control (n=18)