Physiological
- ANS arousal (blood pressure, respiration, skin conductance, heart rate)
- HPA reactivity (cortisol)

Mediators
- Spiritual
  - Acceptance
  - Mindfulness

Psychological
- Self-efficacy
- Coping
- Positive Mood

Primary Outcomes
- Improved IBS symptoms
- Improvements in HRQOL
- Global Improvement

Reduced Visceral Sensitivity

Iyengar Yoga