Figure 1: Trial profile of the randomized controlled study

Total number selected & randomly assigned to two groups = 291

- **Yoga Group**
  - Pre (n=146)
  - Post (n=62)
  - Drop outs, unable to regularly attend:
    1. Intervention (n=57)
    2. Assessments (n=27)

- **Control Group**
  - Pre (n=145)
  - Post (n=55)
  - Drop outs, unable to regularly attend:
    1. Recreational activities (n=59)
    2. Assessments (n=31)