N = 98  
(Female=38, Male=60)

Randomization

Yoga group  
(n = 49)

Pre Assessment  
1. Physical fitness (n = 49)  
2. Stroop test (n = 45, 4 could not complete)  
3. S.E.I. (n = 49)  
4. Analog scale (n = 49)

Post Assessment  
1. Physical fitness (n = 49, one could not complete grip strength and balance test)  
2. Stroop test (n = 43, 2 could not complete)  
3. S.E.I. (n = 47, 2 could not complete)  
4. Analog scale (n = 49)

3 months of yoga practice

Physical exercise group  
(n = 49)

Pre Assessment  
1. Physical fitness (n = 49)  
2. Stroop test (n = 43, 6 could not complete)  
3. S.E.I. (n = 48, 1 could not complete)  
4. Analog scale (n = 49)

Post Assessment  
1. Physical fitness (n = 49, one could not complete grip strength and balance test)  
2. Stroop test (n = 43)  
3. S.E.I. (n = 47, 1 could not complete)  
4. Analog scale (n = 49)

3 months of physical exercise