

Reviewer's report

Title: The biomechanical demands of standing yoga poses in seniors: The Yoga Empowers Seniors Study (YESS)

Version: 2 Date: 30 September 2012

Reviewer: Gurjeet Birdee

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Major Compulsory Revisions

None

Minor Essential Revisions

Among the limitations, it should be noted that the yoga practices represent only a single form of asana among many permutations in regards to how an asana are performed. Therefore, the forces may be much more or less depending on how the movement conducted, the repetitions, or the number of breaths.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests.