Author’s response to reviews

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

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We have addressed all additional comments by:

1) Adding the Clinicaltrials.com registration number within the abstract: #NCT01411059

2) We have also made sure the paper conforms with the journal style.

We look forward to acceptance and publication of our manuscript.

Regards,

George Salem