

Assessed for eligibility (n=82)

Not meeting inclusion criteria (n=26)

- Already in an exercise program (n = 10)
- Too young (n = 3)
- No transportation (n = 8)
- Unable to commit the time (n = 5)

Completed second screening (n = 56)

Excluded (n = 20)

- Knee/hip replacement (n = 10)
- No OA symptoms (n = 3)
- Knee surgery within six months (n = 1)
- Has RA (n = 2)
- Cortisone/hyaluronic acid injection (n = 4)

Randomized (n = 36)

Allocated to Intervention (n=18)

Allocated to Wait-list Control (n=18)

Withdrew (n = 1): unable to attend classes due to family obligation

Received yoga intervention (n = 17)

Disqualified (n = 1): received cortisone injection at 4 weeks during the intervention period

Completed 8 weeks of Intervention Program (n = 18)

Lost to 8 weeks follow-up (n=0)

Analyzed (n = 18)

Completed 8 weeks of Intervention Program (n = 16).

Lost to 8 weeks follow-up (n=0)

Analyzed (n = 18)
As intent-to-treat