

N = 98  
(Female= 38, Male 60)

Randomization

Yoga group  
(n = 49)

Physical exercise 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)

**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)

3 months of yoga practice

3 months of physical exercise

**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)

**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)