

Supplemental Digital Content 3: Gait performance J_{Gait} in three walking tests.

Subject	Normal Walk	tandem gait (eyes open)	tandem gait (eyes closed)
Y1	10.13	24.72	24.41
Y2	6.97	13.58	20.74
Y3	9.57	22.87	36.29
Y4	3.71	13.54	28.75
Y5	2.39	11.48	32.38
Y6	5.44	19.10	49.20
Y7	5.33	18.27	64.25
Y8	9.43	20.57	22.07
Y9	9.25	18.97	34.69
Y10	3.77	21.41	36.07
Y11	7.08	17.14	29.91
Y12	2.85	19.99	54.94
Y13	12.70	17.77	52.64
Y14	6.84	16.70	41.49
Y15	3.08	20.54	63.59
Y16	4.99	29.36	51.47
Y17	6.20	21.60	38.04
Y18	4.47	14.46	25.79
Y19	4.04	18.01	29.17
Y20	3.42	22.59	20.49
Y21	9.28	22.94	45.19
Y22	4.02	20.45	33.78
Y23	3.56	25.85	53.77
Y24	4.87	14.49	18.42
Y25	3.32	27.02	44.44
Yoga average	5.87	19.74	38.08
C1	5.32	17.15	27.11
C2	8.72	40.55	74.31
C3	12.73	21.37	50.21
C4	6.34	13.71	64.39
C5	6.02	17.24	18.06
C6	6.45	18.19	46.19
C7	21.11	20.80	39.95
C8	6.50	27.75	84.15
C9	2.66	24.09	47.96
C10	3.56	13.34	22.55
C11	10.99	11.91	27.59
C12	9.11	29.16	52.45
C13	6.56	29.54	31.49
C14	11.80	18.75	31.74
C15	4.88	32.82	43.01
C16	6.19	23.70	26.74
C17	11.19	31.14	29.65
C18	13.40	39.75	47.26
C19	7.89	38.94	130.30
C20	3.65	12.46	40.95
C21	3.10	60.18	75.34
C22	4.49	26.17	44.55
C23	7.64	18.17	39.45
C24	12.46	48.47	53.88
C25	8.83	26.36	44.26
Control average	8.06	26.47	47.24