

Table 1 Characteristics of included studies

Author	Public year	Country	duration (week)	Participants	Age in Years Range and/or mean (SD)	Sample size	Intervention
Marian E	2019	The Swedish	6	Swedish adult population	20-39	44	high intensity hatha yoga
Agustín	2019	Spain	16	Spanish postmenopausal women	69.15±8.94	110	Pilates training
Kuei-Min	2010	Japan	24	Frail elderly	65+	55	yoga exercise
Manas Rao	2017	India	4	Women teachers	30-55	60	Yogic Relaxation
Michael R.	2020	The USA	12	College students'	18-35	69	Sudarshan Kriya Yoga
Lorenzo	2004	The USA	7	Patients with lymphoma after treatment	19-65	39	yoga exercise
TAMMY M	2019	The USA	12	People with major depression	18-65	30	Iyengar Yoga
Kuei-Min	2009	Taiwan, China	24	The elderly	60+	128	silver yoga exercises
Anand Dhruva	2012	The USA	48	Cancer chemotherapy patients	18+	16	yoga exercise
Julienne E	2011	The USA	24	Breast cancer patients	40-65	31	Iyengar yoga