

Data description – Lab component Biostats 2244A FW20

The *balance_data* file (34 rows) contains the following variables:

Subject_ID – A unique identifier for each study participant

AYT – 0 means waitlist control, 1 means Ashtanga Yoga Therapy

Measure_time – Baseline means measurements were done before the treatment, Post means after the treatment

Firm_EO – Mean Total Velocity (MTV) of Center of Pressure (COP) when subjects were standing on the bare Wii Balance Board (WBB) with their eyes open (mm/s)

Firm_EC – MTV of COP when subjects were standing on the bare WBB with their eyes closed (mm/s)

Foam_EO – MTV of COP when subjects were standing on foam on top of the WBB with their eyes open (mm/s)

Foam_EC – MTV of COP when subjects were standing on foam on top of the WBB with their eyes closed (mm/s)

The *demographic_data* file (17 rows) contains the following variables:

Treatment – AYT means Ashtanga Yoga Therapy treatment, waitlist means waitlist control

Age – age in years

Gender – F means female, M means male