|  |  |  |
| --- | --- | --- |
| **Table 3. Yoga Practice Characteristics** |  |  |
| **Variable** | **Whole Yoga Group N=42** | **Yoga Practitioner N=35** | **Yoga Participant N=7** | **Yoga practitioner vs. Yoga participant t-test (p-value)** |
| **Yoga Frequency, mean # of classes per month (SD)** | 5.29 (5.87) | 6.03 (6.16) | 1.57 (1.27) | t = - 1.89 (0.07) |
| **Yoga Duration, Mean # of months of practice (SD)** | 83.4 (111.1) | 99.66 (115.12) | 2.14 (0.90) | t = -5.01 (<0.001)\*\*\* |
| **Yoga Style n (%)** |  |   |   |   |
| Bikram  | 5 (11.9%) | 5 (14.3%) | 0 | NA |
| Vinyasa  | 5 (11.9%) | 3 (8.6%) | 2 (28.6%) | X2 = 2.0 (0.16) |
| Hatha  | 4 (9.5%) | 4 (11.4%) | 0 | NA |
| Iyengar  | 3 (7.1%) | 3 (8.6%) | 0 | NA |
| Restorative  | 1 (2.4%) | 1 (2.9%) | 0 | NA |
| Don't Know  | 24 (57.1%) | 19 (54.3%) | 5 (71.4%) | X2 = 0.7 (0.4) |
| **Yoga Location n (%)** |   |   |   |   |
| Home Alone | 8 (19%) | 7 (20%) | 1 (14.3%) | X2 = 0.12 (1.0) |
| Class | 23 (54.8%) | 18 (51.4%) | 5 (71.4%) | X2 = 0.94 (0.33) |
| Both | 11 (26.2%) | 10 (28.6%) | 1 (14.3%) | X2 = 0.62 (0.43) |
| N = number in group; SD = Standard Deviation; \*= p<0.05, \*\* = p< 0.01, \*\*\* = p<0.001 |