

Supplementary Materials: Effectiveness of Yoga Lifestyle on Lipid Metabolism in a Vulnerable Population—A Community Based Multicenter Randomized Controlled Trial

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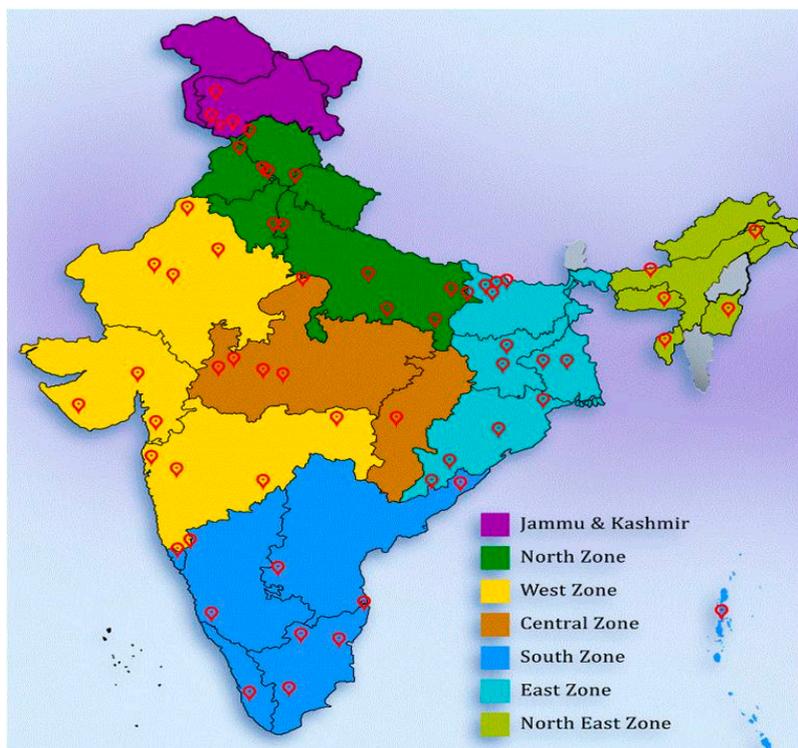


Figure S1. Map of India showing the geographic spread of the intervention sites (reusing the figure after permission (Nagendra et al., 2019)).

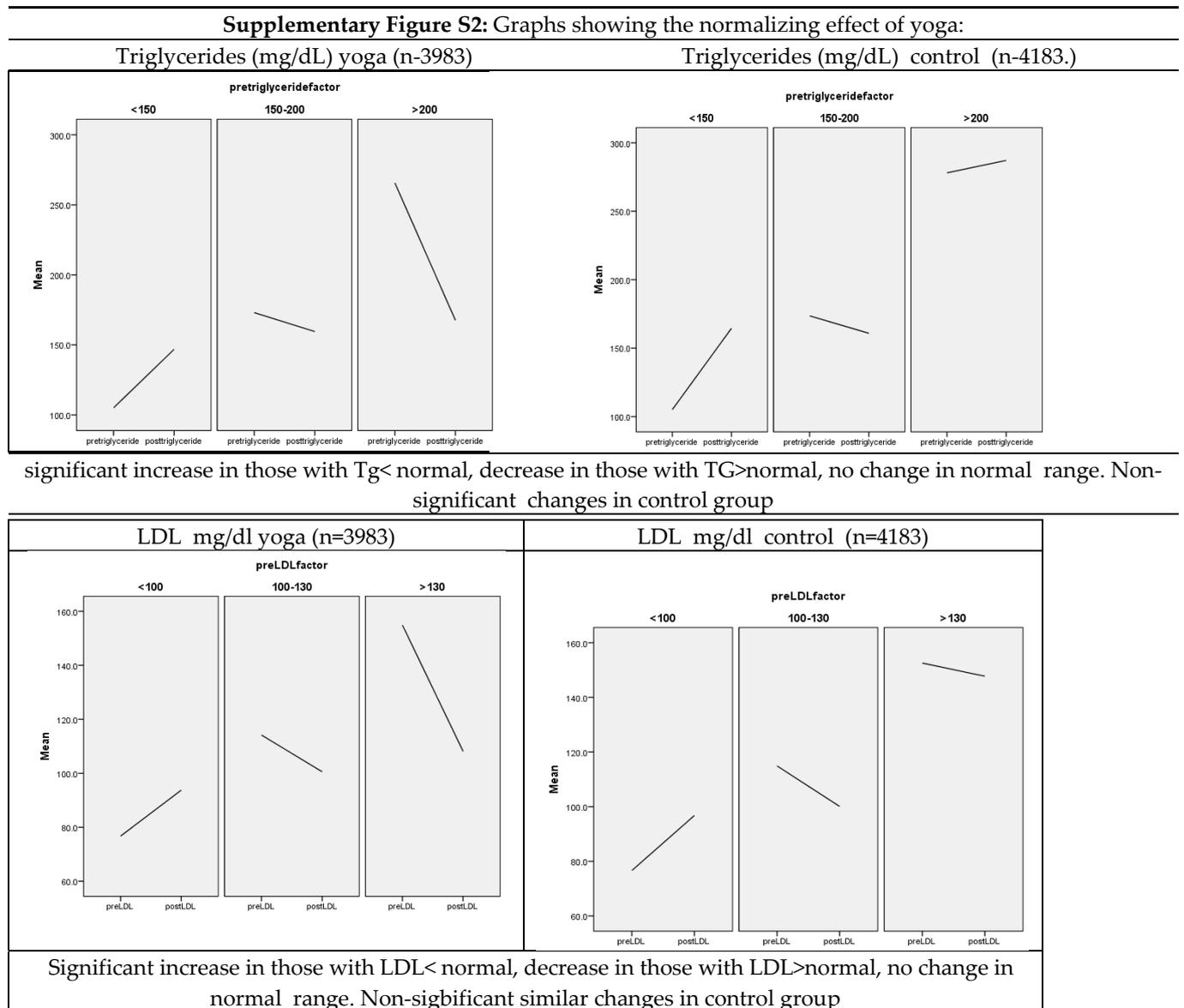


Figure S2. Graphs showing the normalizing effect of yoga.

Table S1. Validated diabetes yoga lifestyle protocol for prediabetes and uncomplicated diabetes.

S. No	Name of Practice	Time (min)	Benefits
1	Opening Prayer: <i>Asatoma Sad gamaya</i> <i>Tamaso ma Jyotir - gamaya</i> <i>Mrtyor-Maa Amrtamgamaya</i> <i>Om Shaantih Shaantih Shaantih</i>	2	Enhances the benefits of practice
Meaning: From ignorance lead me to truth; from darkness, lead me to light; from death, lead me to immortality; Om peace, peace, peace.			

2	<p>Loosening Exercises (preparatory <i>Sukshma Vyayamas</i> and <i>Shithilikarna</i> practices)</p> <p><i>Urdhava Hastashvasan</i> (upward tree position) (hand stretching breathing 3 rounds at 90°, 135° and 180° each)</p> <p><i>Kati-Shakti Vikasaka</i> (3 rounds)</p> <p>a). Forward and Backward Bending b). Twisting</p> <p><i>Sarvanga Pushti</i> (Rotatory circular movements) (3 rounds clockwise, 3 rounds anticlockwise)</p>	6	Warms up the body
3	<p><i>Surya Namaskara</i> (SN) (sun salutation)</p> <p>10 step fast <i>Surya Namaskara</i> (fast sun salutation) 6 rounds</p> <p>12 step slow <i>Surya Namaskara</i> (slow sun salutation) 1 round</p> <p>Modified version Chair SN 7 rounds</p>	9	reinforces the complete system/body
4	<p><i>Asanas</i> (body pose/posture) (1min per <i>asana</i>)</p> <p>1. Standing Position (1min per <i>asana</i>)</p> <p><i>Trikonasana</i> (extended triangle pose),</p> <p><i>Parvritta Trikonasana</i> (revolved triangle pose),</p> <p><i>Prasarita Padhastasana</i> (wide-legged forward bend)</p> <p>2. Supine Position</p> <p><i>Jatara Parivartanasana</i> (master revolved abdomen pose)</p> <p><i>Pawanmuktasana</i> (wind-relieving pose),</p> <p><i>Viparitakarani</i> (upside-down pose)</p> <p>3. Prone Position</p> <p><i>Bhujangasana</i> (cobra pose),</p> <p><i>Dhanurasana</i> (bow pose),</p> <p>4. Sitting Position</p> <p><i>Mandukasana</i> (frog pose),</p> <p><i>Vakrasana/Ardhamatsayendrasana</i> (half spinal twist pose),</p> <p><i>Paschimatanasana</i> (seated forward bend),</p> <p><i>Ardha Ushtrasana</i> (half camel pose)</p> <p>At the end, relaxation with abdominal breathing in supine position (<i>vishranti</i>), 10-15 rounds (2 minutes)</p>	15	brings peace to the mind and body, also prepares the body for deeper spiritual practices
5	<p><i>Kriya</i> (outward physical manifestation)</p> <p><i>Agnisara</i> (abdomen churning):1 minute</p> <p><i>Kapalabhati</i> (forehead Shining Breathing Technique) (@60 breaths per minute for 1 minute followed by rest for 1 minute)</p>	3	increases the internal energy, and improves circulation respectively
6	<p><i>Pranayama</i> (breathing techniques)</p> <p><i>Nadishuddhi</i> (alternate nostril breathing) (for 6 minutes, with <i>antarkumbhak</i> (internal breath retention) and <i>Jalandhar bandh</i> (chin lock) (for 2 seconds)</p> <p><i>Bhramari</i> (humming bee breathing) 3 minutes</p>	9	acts as scavenger by cleaning the nadis/channels
7	<p>Meditation (for Stress, for deep relaxation and silencing of mind)</p> <p>Cyclic Meditation</p>	15	concentration, relaxation and silencing of the mind
8	<p>Resolve (<i>I am completely healthy</i>)</p>		
9	<p>Closing Prayer: <i>Sarve Bhavantu Sukhina</i></p> <p><i>Sarve Santu Niramayaah</i></p> <p><i>Sarve Bhadrani Pasyantu</i></p>	1	Instills feeling of human brotherhood

Maa Kashcid-Dukha-Bhag-Bhavet

Om Shaantih Shaantih Shaantih

Meaning: Let all be happy, free from diseases. Let all align
with reality, let no-one suffer from miseries. Om peace,
peace, peace.

Total duration

60 mins
