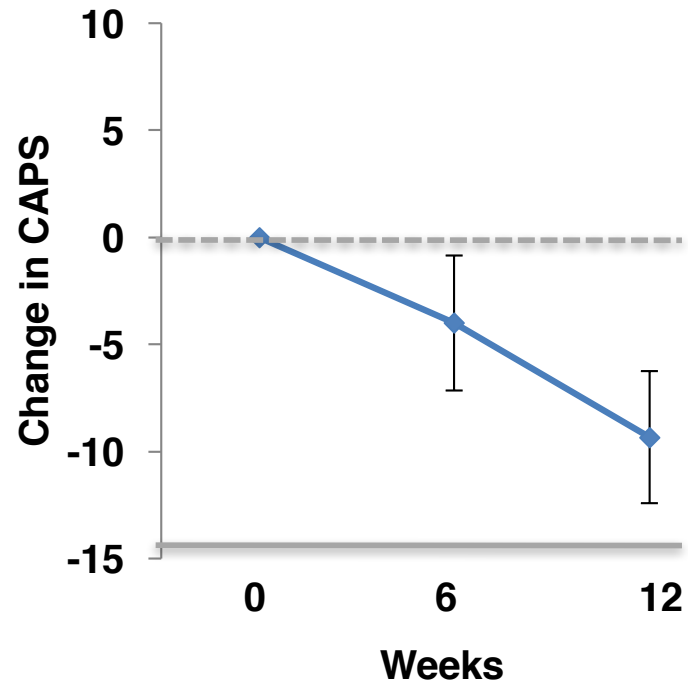
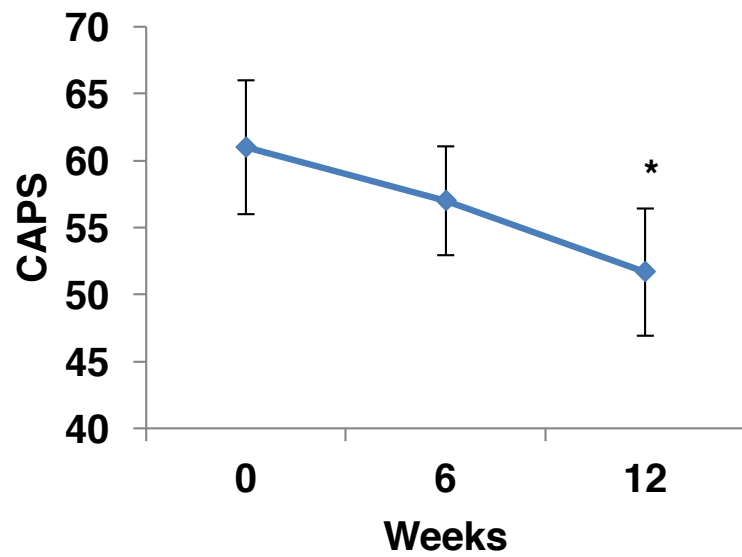
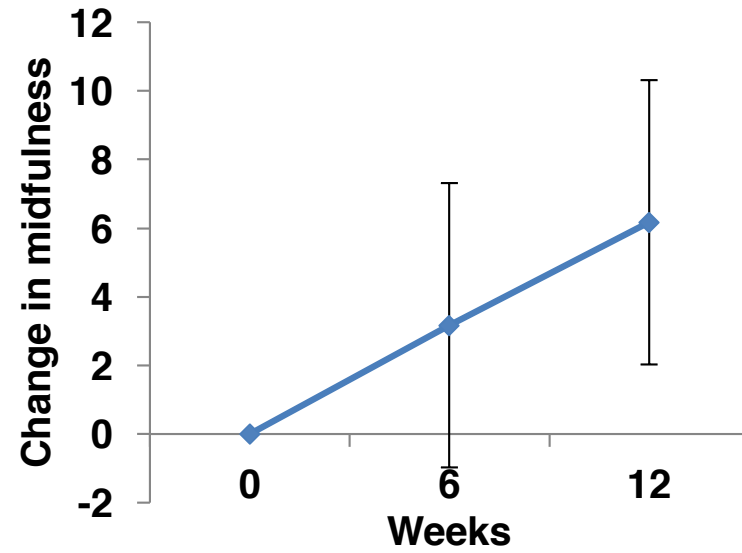
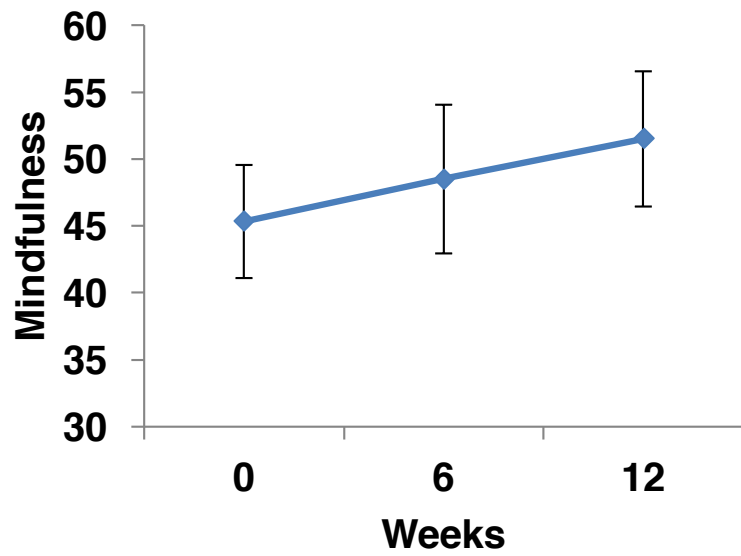


**12 weeks of Yoga reduces PTSD severity by roughly 10 points on the CAPS scale
N=6**



$F(2,10)=5.314, p= 0.027$ repeated ANOVA

12 weeks of Yoga increases mindfulness by roughly 5 points on the mindfulness scale
N=6



$F(2,10)=0.942, p= 0.422$

Mindful score is inversely correlated with CAPS
 **$r = -0.936$, $p = 0.006$, $n = 6$, no sig correlation between delta
mindfulness and delta CAPS**

