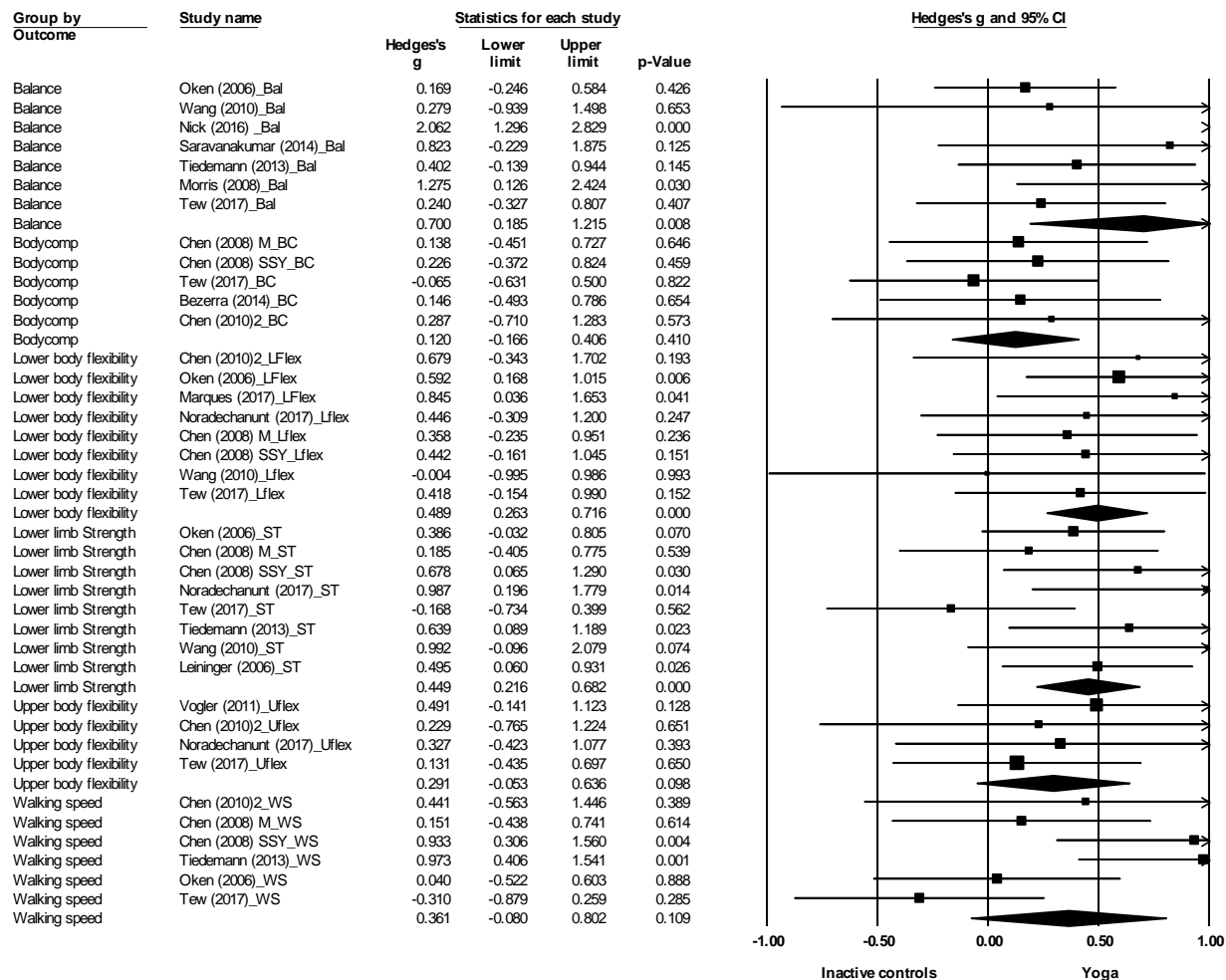


Additional file 7. Cluster randomisation adjustment results- Forest plots and homogeneity data

Cluster randomisation adjustment analysis 1: Comparing yoga and inactive controls for physical function outcomes

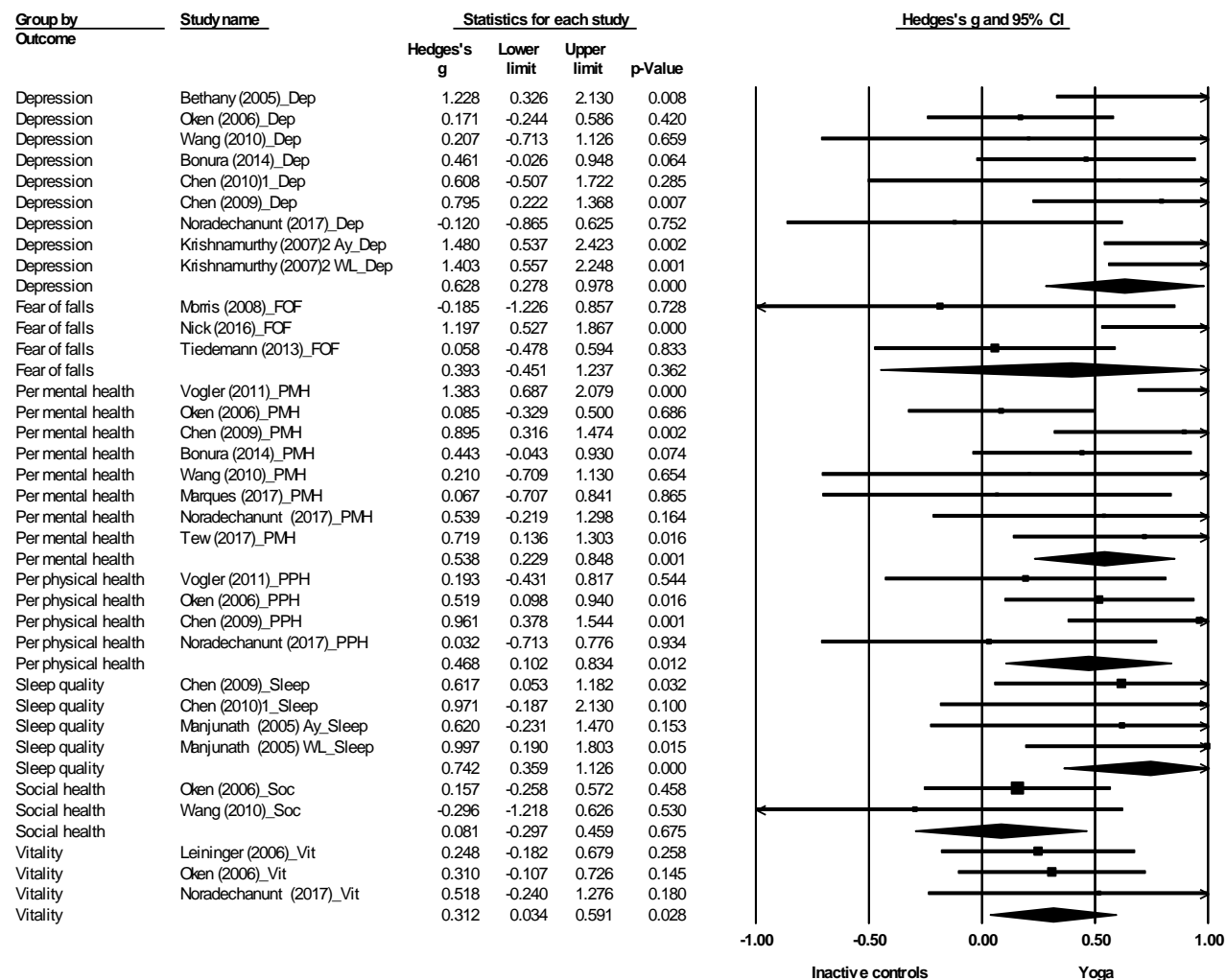


Bal: Balance; M: Yoga group with meditation; SSY: Short Silver Yoga; BC: Body composition; Lflex: Lower body flexibility; ST: Strength (Lower limb); Uflex: Upper body flexibility; WS: Walking speed

Heterogeneity data

Outcome	I-squared	P value
Balance	72.15	0.001
Body composition	0	0.96
Lower body flexibility	0	0.94
Lower limb strength	23.69	0.24
Upper body flexibility	0	0.87
Walking speed	66.13	0.01

Cluster randomisation adjustment analysis 2: Comparing yoga and inactive controls for HRQoL outcomes



Dep: Depression; FOF: Fear of falls; Per mental health/PMH: Perceived mental health; Per physical health/PPH: Perceived physical health; Sleep: Sleep quality; Soc: Social health; Vit: Vitality; Ay: Ayurveda (herbal preparation); WL: Wait-list control

Heterogeneity data

Outcome	I-squared	P value
Depression	54.25	0.03
Fear of falls	75.64	0.02
Perceived mental health	50.03	0.05
Perceived physical health	38.17	0.18
Sleep quality	0	0.85
Social health	0	0.38
Vitality	0	0.83