Yoga provides unique cognitive benefits to older women at risk of Alzheimer's disease, study finds

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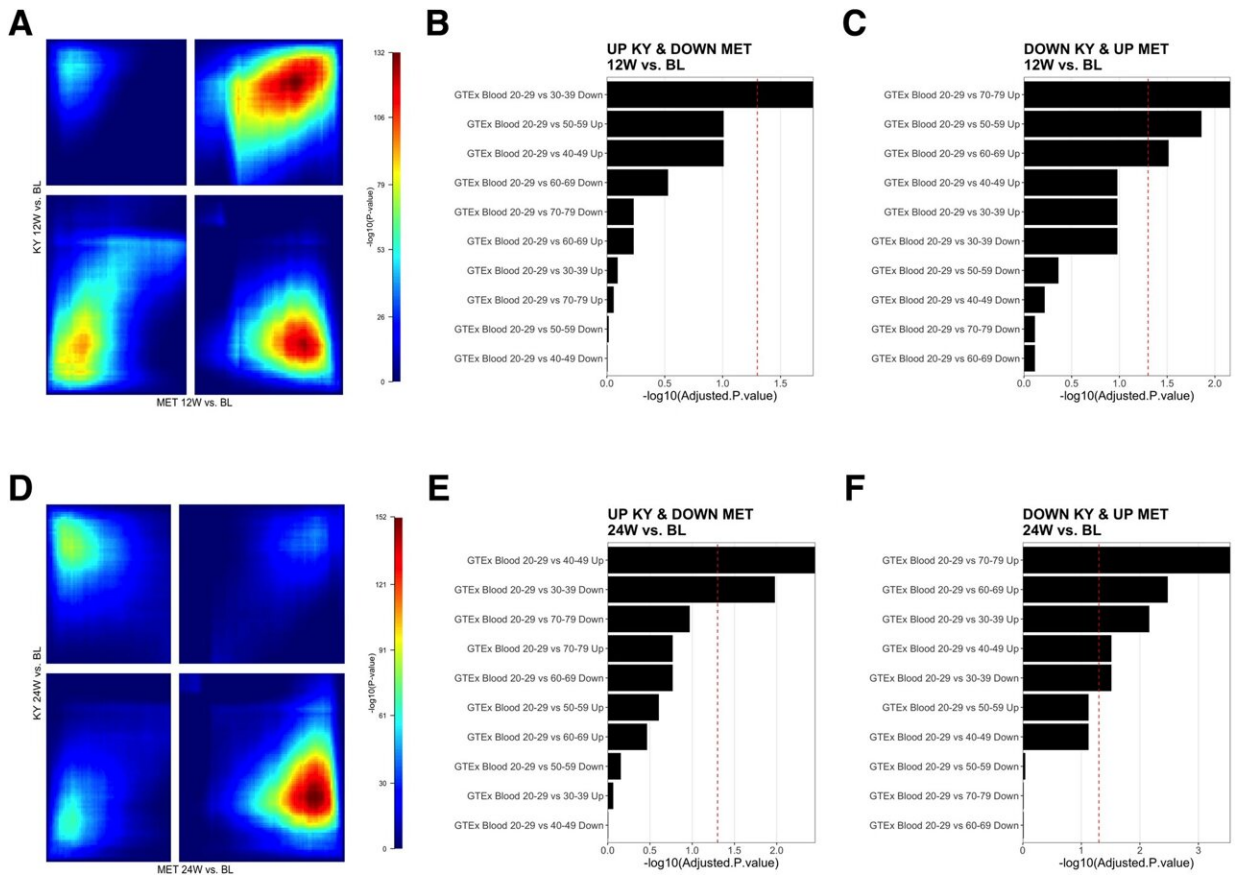

Identification of genes with discordant expression following KY and MET at 12- and 24-weeks enriched for aging signatures. **A** Stratified Rank-Rank Hypergeometric Overlap (RRHO) result map illustrating the statistical significance of the overlap between KY 12-week follow-up versus baseline and MET 12-week follow-up versus baseline. The color gradient represents the

-log10 (*p*-value) of the hypergeometric test, with warmer colors indicating higher significance. The *x*- and *y*-axes correspond to the ranked gene lists. Signal in the upper left quadrant and low right quadrant indicates discordant expression (e.g., upregulated in one dataset and down-regulated in the other). Signals in the upper right quadrant and lower left quadrant (grayed out) represent areas of expression overlap (e.g., upregulated or downregulated in both datasets). **B**, **C** Over-representation analyzes of Genotype-Tissue Expression (GTEx) blood aging signatures using discordant genes, where expression is upregulated in KY and downregulated in MET at 12-week follow-up, or vice versa. The x-axis denotes the -log10(adjusted *p*-value) of the analysis result. The red dashed line represents the threshold for statistical significance (adjusted *p*-value