LIST OF ABBREVIATIONS/SYMBOLS

AIDS	Acquired Immune Deficiency Syndrome
AN	ART No (Participants not on ART treatment)
AY	ART Yes (Participants on ART treatment)
ART	Antiretroviral therapy
BVL	Baseline viral load
CAM	Complementary and Alternative Medicine
C/As	Children/Adolescents
CD4	CD4 cell count
CD4/CD8	CD4/CD8 ratio
CD8	CD8 cell count
CDI	Children's Depression Inventory
CG	Control Group
CG-AN	Control Group, ART No
CG-AY	Control Group, ART Yes
Diff.	Difference
DRT	Deep Relaxation Technique
DSB	Digit Span Backward
DSF	Digit Span Forward
DSTot	Digit Span Total
EP	Emotional Problems
FP	Functional Problems
FRQOL	Fatigue Related Quality of Life
HBVL	High baseline viral load
HIV	Human Immune Deficiency Virus
HIV+	HIV seropositive
HRQOL	Health Related Quality of Life
INE	Ineffectiveness
IP	Interpersonal Problems
LBVL	Low baseline viral load
MTCT	Mother to child transmission (of HIV)
NMPS	Negative Mood Physical Symptoms
NSE	Negative Self Esteem
PF	PedsQL multidimensional fatigue questionnaire
PF_CF	PF Cognitive Fatigue score
PF_GF	PF General Fatigue score
PF_SF	PF Sleep/rest Fatigue score
PF_Tot	PF FRQOL total score
PLHIV	People living with HIV/AIDS
PID	Participant identification code
PQ	PedsQL QOL questionnaire

PQ SocF	PQ Social Functioning score
PQ_EF	PQ Emotional Functioning Score
PQ_PF	PQ Physical Functioning score
PQ_PSF_Tot	PQ Psychosocial Functioning score
PQ_SchF	PQ School Functioning Score
PQ_Tot	PQ HRQOL total score
QOL	Quality of Life
QRT	Quick Relaxation Technique
RC1	Rehabilitation Center 1
RC2	Rehabilitation Center 2
SCS	Stroop Colour Score
SCWS	Stroop Colour-Word Score
SDMT	Symbol Digit Modulation Test score
SWS	Stroop Word score
UNAIDS	Joint United Nations program on HIV/AIDS
YG	Yoga Group
YG-AN	Yoga Group, ART No
YG-AY	Yoga Group, ART Yes
⇧	Increased compared to pre (favorable),
⇩	Decreased compared to pre (favorable)
↑	Increased compared to pre (not favorable)
↓	Decreased compared to pre (not favorable)
↑	Increased compared to pre
↓	Decreased compared to pre
⬇/⬇	Poorer (at baseline)
⬆/⬆	Improved (post intervention)
***	Significant with p<0.001
**	Significant with p<0.01
*	Significant with p<0.05