YOGA-CaRe HF
Yoga-Based Cardiac Rehabilitation in Heart Failure

OBJECTIVE: To determine whether a yoga-based cardiac rehabilitation program, compared with enhanced standard care, reduces the occurrence of a first cardiac event and improves quality of life, exercise capacity, and health status among people with heart failure with reduced ejection fraction.

STUDY DESIGN: Multicenter, prospective, randomized, open-label, blinded-endpoint trial, N=3,492

CONCLUSIONS: Yoga-based cardiac rehabilitation improved quality of life, increased 6-minute walk distance, and improved quality-adjusted utility value at 3 months compared with enhanced standard care, with differences persisting through 24 months. The intervention did not significantly reduce the composite clinical endpoint of death, repeat hospitalization, or stroke.

American Heart Association.

© 2026 American Heart Association. All rights reserved.
Results reflect the data available at the time of presentation.