Abstract

**Objective:** Review yoga as a therapeutic option as it is easily adaptable to one's skills and can be done in various settings; in addition, many organizations provide accessible yoga classes. **Methods:** Databases searched included PubMed, Academic Search Premier, CINAHL, PsychINFO, and SCOPUS. Selected outcomes were levels of depression and secondary outcomes included QoL, stress, and anxiety. **Results:** Nine randomized controlled trials (RCTs) with 479 participants were included. Four RCTs had a low risk of bias. **Conclusion:** Yoga is a viable alternative holistic treatment for patients with depressive disorder.