In Mexico, the prevalence of depression was comparable with the increasing age. (Ortiz, 2012).

Older Adults are vulnerable to falls and during aging is likely to have alterations in the balance. (OMS, 2012).

The cognitive impairment increased by 5% in Adults Over 65 years, rising to 45% in those over 85 years. (Mejía Arango, 2007)

In Mexico, there exists a lack of knowledge about the strategies that maintain a successful aging. Thus studying yoga could show us the way to a preventive alternative for dealing with these obstacles.

**Objective**

For this reason, the purpose of this investigation will be to identify the relationship between levels of depression, balance problems, and cognitive impairment in older adults who do not practice yoga and adults who do practice yoga.

**Methodology**

- **Type of study:** Descriptive, comparative, correlational study. (Burns y Grove, 2004)

- **Population:**
  - Older Adults practitioners and non-practitioners of Yoga from the city of Saltillo, Coahuila.
  - Elderly 60 and over.

- **Sampling:**
  - For Convenience.
  - The sample size was estimated using the nQuery Advisor 7.0 software; level of confidence 90%, margin of error 5%, and a correlation of .35.

- **Sample:**
  - 130 yoga group (n1 = 65) without yoga group (n2 = 65)

**Measuring instruments**

- **Depression**
  - Depression Scale Center for Epidemiologic Studies (CES-D).

- **Balance**
  - Tinetti scale.
  - Barthel scale

- **Cognitive Function**
  - Mini Mental State Examination (MMSE)

**Results**

The results of the two groups will be compared. Descriptive statistics, comparison of means and correlation analysis will be used.

**Conclusion**

We will discuss the use of standardized assessments based on the scientific evidence available in the advanced nursing practice and their implications in positive health outcomes in Mexican older adults.