Job stress is a condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their normal functioning. High level of stress (distress) causes physiological, psychological, and behavioural problems. The present study was aimed at assessing the efficacy of yoga in managing stress among middle level managers of textile industry. Fifty four managers participated in the study. Among them 36 were randomly selected for the experimental group and the remaining 18 were treated as control group. The research design adopted for the present study was Pre and Post Experimental design with control group. In the before condition, managers’ psycho-physiological stress levels were measured. Then stress management intervention was administered to the experimental group for a period of 6 weeks. Managers’ psycho-physiological stress levels were measured after the treatment. Significant changes were observed in the experimental group after treatment in the areas of somatic symptoms, psychological symptoms, State anxiety, Trait anxiety, State anger, and Well being.