

## Supplemental Material S6. Y04 brief interview transcription.

Pt. ID	Y04
<b>Pre-Yoga Questions</b>	
How do you feel about yoga?	I feel good about yoga. It makes your body feel relaxed.
Why do you want to participate in a yoga program?	I want to be relaxed and feel at ease.
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	It will help me relax. If I'm having a [bad] day. I think about the exercises... I can be here and mellow out.
<b>Post-Yoga Questions</b>	
How do you feel about yoga now?	Very good.
What do you like about yoga?	Seeing other people, doing relax stuff and chilling out.
Are there things you do not like about yoga?	Nothing.
Did yoga help you?	Yes
If yes, how did yoga help?	Taught me how to chill out, relax, and not sweat the small stuff.
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	Just chilling out and not getting snappy. Just chilling out. Got better at going with the flow.