

Supplemental Material S4. Y02 brief interview transcription.

Pt. ID	Y02
Pre-Yoga Questions	
How do you feel about yoga?	Great!
Why do you want to participate in a yoga program?	I used to work on yoga for years, but I don't have the opportunity now.
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	It relaxes everyone. More importantly ... [can reduce] pain
Post-Yoga Questions	
How do you feel about yoga now?	I always like yoga, whether it's working and doing in a yoga studio or the tempo, or on the computer. I like that, all the time.
What do you like about yoga?	Helps me to relax, and stay calm myself, and unfortunately, it's not a lot of exercise, but being able to stretch and stuff, that's very good.
Are there things you do not like about yoga?	I like the in-person yoga in places like the Wah Lum temple, places like that, I like doing it on the ground with a mat and real, like warrior positions.
Did yoga help you?	Yes
If yes, how did yoga help?	It helps me stay calm and a little bit of motion and stretching and things like that. Helped me have less stress, for sure.
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	[. . .] exercises