

## Supplemental Material S8. Y06 brief interview transcription.

Pt. ID	Y06
<b>Pre-Yoga Questions</b>	
How do you feel about yoga?	It's great, if feeling great, if feeling bad – anytime. I ask my mom if she would like to do yoga with me, she says yes before I finish asking the question.
Why do you want to participate in a yoga program?	I want to take something I love to do (yoga) and help someone else. Somebody else might see "this thing" and someone else says, "I think I can try this too."
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	Yoga calms me down when I am emotional for any reason. I know yoga will make me feel better even if I do not feel like it.
<b>Post-Yoga Questions</b>	
How do you feel about yoga now?	Awesome, it's an experience that everyone should have.
What do you like about yoga?	Calmness.
Are there things you do not like about yoga?	I don't think there was anything.
Did yoga help you?	Yes
If yes, how did yoga help?	It's calming to the effect of, I can do this. All these other things in my world they're tough, but I do yoga and...it calms me down and then I'm ready to get going again for anything.
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	Of course, plenty of things that I do that calms me down and you know? But yoga and the people you, you grow both it is, it's so good for me, it's so good for me to just not have anything else to do except be in that zone, nothing to worry about just right now I'm doing yoga.