

Supplemental Material S7. Y05 brief interview transcription.

Pt. ID	Y05
Pre-Yoga Questions	
How do you feel about yoga?	I feel positive, there are untold benefits of yoga.
Why do you want to participate in a yoga program?	Learning, participating, experience health benefits, all good things.
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	Being moment, quickly present, quiet pain management, being in a moment quickly... the ground, breathing, peaceful place.
Post-Yoga Questions	
How do you feel about yoga now?	It's critical. I'm excited to be here. Smiling faces, [...]relaxation, meditation, full around conversation, positive, all good.
What do you like about yoga?	Sharing classic principles. The world is chaotic, um, high-stress, high-anxiety, um, main function yoga coming back, keeping simple, grounded, be present.
Are there things you do not like about yoga?	The clock, expired uh, yoga!
Did yoga help you?	Yes
If yes, how did yoga help?	Relaxing meditation, breathing, holding fast, it's like, uh, escape- my pain, my pain. Relaxed, keep breathing, center ground, my heart, lungs, gratitude, back again. It's like escape.
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	Level, my goal, level lowered, relaxation. Centeredness, for example, brain interface, experimental program, my brain cap, cerebellum, motor cortex, nothing, relax. My brain, cutting relax, flat line. My technician, wow, relax, boom. (Administrator: clarified what he meant by experimental program) Yeah, monitoring brain interface program, cap. A little sensitive brain waves, neat program. Yeah um, my technician, wow, brain waves coming down, yes because of yoga. I'm practicing yoga.