

Supplemental Material S3. Comparisons of group means and effect sizes pre- vs. post-yoga.

Measure	Pre	Post	Cohen’s d^a	Effect Size
UW Resilience Scale	29.71	35.00	+0.818	Large
Modified Perceived Stress Scale	16.71	11.57	−0.571	Medium
PROMIS Sleep Disturbance	21.14	16.43	−0.535	Medium
PROMIS Pain Interference	22.75	19.50	−0.300	Small
CAT Word Fluency	20.57	21.43	+0.172	—
CAT Naming (Object and Action)*	48.71	49.57	+0.155	—

^a $d \geq 0.2$ small, 0.5 medium, 0.8 large

*Small effect (+0.438) of action naming when analyzed separately (means: pre = 5.57; post = 6.71)