

## Supplemental Material S2. Post-yoga questionnaire.

Questions	Participant responses	Participant comments
Would you change the length of the yoga class?	A little shorter ( $n = 1$ ) No change ( $n = 12$ )	
Would you change the level of physical challenge?	No change ( $n = 6$ ) A little harder ( $n = 6$ ) Much harder ( $n = 1$ )	“... have standing options. Have separate classes for [people with hemiparesis].” PWA13
Would you change the amount of social time?	A little less ( $n = 1$ ) No change ( $n = 9$ ) A little more ( $n = 2$ ) Much more ( $n = 1$ )	“Social is ok but would like longer time practicing yoga.” PWA13
Would you change the yoga therapist’s speech rate?	A little slower ( $n = 2$ ) No change ( $n = 10$ ) A little faster ( $n = 1$ )	
Would you change the homework option?	No homework ( $n = 1$ ) A little less ( $n = 1$ ) No change ( $n = 8$ ) A little more ( $n = 3$ )	
Were the yoga prompts helpful?	I feel neutral ( $n = 3$ ) A little helpful ( $n = 4$ ) Very helpful ( $n = 6$ )	“Had a better time when instructor went off of the PowerPoint (e.g., no prompt).” PWA2 – used iPad  “Spouse indicated that she a hard time with prompts and camera shown at same time” PWA8 – used iPad
What did you like best about yoga?	<b>All of it (<math>n = 5</math>)</b> Breathwork ( $n = 5$ ) Mediation ( $n = 2$ ) Postures ( $n = 1$ ) Visualization ( $n = 1$ ) Affirmations ( $n = 0$ ) Social Time ( $n = 1$ )	“Calming and breathing works most.” PWA14  “Allow time to practice saying affirmations [during the practice].” PWA2  “Like [practicing] with other people, not on my own” PWA5
What will you continue to practice?	<b>All of it (<math>n = 5</math>)</b> Breathwork ( $n = 6$ ) Mediation ( $n = 2$ ) Postures ( $n = 4$ ) Visualization ( $n = 2$ ) Affirmations ( $n = 1$ )	“... breathwork and meditation before bed to help sleep!” PWA5
Would you like more yoga classes?	Yes ( $n = 13$ ) No ( $n = 0$ )	
<b>Other Comments</b>		“Class was wonderful and enjoyed practicing.” PWA10  “Best ever” PWA12  “Meditate [when stressed]” PWA12