

Supplemental Material S9. Y07 brief interview transcription.

Pt. ID	Y07
Pre-Yoga Questions	
How do you feel about yoga?	I would like to get back into doing yoga, even though I know I have limitations, getting dizzy, being off-balance. I am positive about yoga because of its health benefits... Overall, I feel positive about it.
Why do you want to participate in a yoga program?	I researched all the health benefits (such as flexibility) and I used to do yoga at least an hour daily before my accident.
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	Yoga can make me calm, because my depression and anxiety are at an all-time high due to permanent brain damage [...] breathing in yoga can help me.
Post-Yoga Questions	
How do you feel about yoga now?	I always knew it would help me. I always agree with yoga.
What do you like about yoga?	I really like the relaxation and breathing, and movement with that. I like everything about [yoga]. I know that this helps me best deal with stress and everything.
Are there things you do not like about yoga?	I like everything about yoga, especially like the yoga classes and I get to talk to people, I don't get much interaction especially after the stroke, um, so it's a good way for me to hear the teacher and I can relax and the camaraderie of the stroke survivors, and yeah, I like everything.
Did yoga help you?	Yes
If yes, how did yoga help?	Whenever something stresses me out, I don't run to [medication] first. I try to focus on my breathing and everything [...] that helps me calm down. I think that yoga helps me more than [medication].
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	I want to use less Xanax and I did. I first think about, focus on the breath, not pop a Xanax.