

Supplemental Material S10. Y09 brief interview transcription.

Pt. ID	Y09
Pre-Yoga Questions	
How do you feel about yoga?	Pretty good... it's relaxing.
Why do you want to participate in a yoga program?	Stretching and music, oh, therapy and ... tingly. Yoga stretching is nice.
Do you think yoga can help you?	Yes
If yes, how can yoga help you?	Lots, lots of people. Relax, flexible, flexible arms, loosening arms ... my shoulders.
Post-Yoga Questions	
How do you feel about yoga now?	I am relaxed. I like feeling great and [there are] other[s]. It makes you happy.
What do you like about yoga?	I love yoga.
Are there things you do not like about yoga?	Nothing at all. Well, this one (put hands together, showing how his right hand doesn't come together with his left; he didn't like that pose).
Did yoga help you?	Yes
If yes, how did yoga help?	It helped a lot. Relaxed and [not] tense, um, relaxed.
Will you keep doing yoga?	Yes
Did yoga help you meet your goals for this program?	Yes
If yes, how did yoga help?	[Participant needed help thinking of his goals – he was reminded of his goals] Indicated improved focus and strength. Reported positive changes in breathing and flexibility.