

Supplementary material. Viniyoga® Yoga Therapy Intervention

Supplementary Table 1: Principles of Viniyoga® Yoga Therapy Intervention

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- Placing special attention on the breath to create mindfulness, self-regulation and self-observation.
 - Yogic counselling to teach patients how to accept and understand their feelings moment to moment, such as fear, shame, guilt or anger, in a compassionate way.
 - Emphasis on building a positive therapeutic relationship that supports feelings of safety, creating optimal conditions for growth and change.
 - Patients participate in discussions to assist them in identifying their emotional reactions to pain and disability.
 - Focus on experiential learning through tailored daily home practices in order to increase patient confidence in behavioural and emotional regulation.
 - Patients encouraged to maintain self-introspective logs after each home practice.
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Supplementary Table 2: Components of Viniyoga therapist-led sessions and home practices

Yoga Components	Description (All components were adapted and applied to suit individual needs, abilities, context and beliefs)
Physical Postures (asana)	Forward bends and gentle counter poses (standing, sitting, supine). Dynamic Sequences with special focus on exhalations. Static postures as appropriate. Hand Therapy using special placements of digits and fingers (Nyāsa) coordinated with breath and/or chanting.
Breathing Techniques (pranayama)	Diaphragmatic breathing techniques; alternate nostril breathing, ujjayi, cooling breath (sitali) and breath ratios, as appropriate.
Yogic philosophy (from pre-modern literature such as Yoga Sutras and Bhagavad Gita)	Psycho-education about the connection between the mind and the body. Encouragement to take objective, observational, and non-judgmental stance to one's experience.

	<p>Use of ethical frameworks to encourage awareness of self and others.</p> <p>Use of concepts of compassion and impermanence to encourage reappraisal of potentially stressful situations and to enhance health promoting behaviours.</p> <p>Cultivating gratitude and appreciation through writing or verbal positive affirmations.</p>
Meditation, Visualisations and Chants	Positive imagery of nature, such as flowing water; body scans, visualisation techniques and chants, as appropriate for individual's circumstances and belief systems. Used either in conjunction with postures and/or as a meditative tool.