### S1 Table. Topic of each session of the YOMI program

<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Summary of content</th>
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| Week 1  | Session 1 | Presentation and introduction  
**Psychoeducation:** Introductory lecture to yoga and mindfulness, stress, yin and yang.  
**Mindfulness:** Short story about mindfulness.  
**Yin yoga:** Practice introducing the yin yoga program and different asanas. |
| Session 2 | Observation and breathing  
**Psychoeducation:** Lecture on the breath, its physiology and function during stress and worry. Introduction to an observational mindset.  
**Mindfulness:** Breathing exercise ‘counting breath’, body scan with physical tension and relaxation.  
**Yin yoga:** Practice focused on breathing and observing thoughts, emotions and bodily sensations. |
| Week 2  | Session 3 | Our five senses.  
**Psychoeducation:** Introduction to our five senses. Lecture on non-reactive observation and theory of grasping-rejecting.  
**Mindfulness:** Breathing exercise ‘ujjayi pranayama’. Co-breathing exercise. Mindfulness eating exercise focusing on exploring all five senses.  
**Yin yoga:** Practice focusing on observing all five senses, physical aspects of yin yoga. |
| Session 4 | Balance  
**Psychoeducation:** Lecture on finding balance between activity and restoration, the sympathetic and parasympathetic nervous system. Introducing the three emotion regulation systems and the concept of function and form.  
**Mindfulness:** Breathing exercise ‘Nadi Shodhana’. Exercise ‘Three circles’.  
**Yin yoga:** Practice focusing on self-compassion, using the concepts of function and form. |
| Week 3  | Session 5 | YOMI-practice  
**Psychoeducation:** recap of lectures from session 1-4  
**Mindfulness:** Meditation on breathing and letting go.  
**Yin yoga:** Practice focusing on exploring one’s practice. |
| Session 6 | Introduction to acceptance  
**Psychoeducation:** Lecture introducing the definition of acceptance, true/false acceptance, introducing defusion.  
**Mindfulness:** Mindfulness exercise on observing automatic thoughts. Meditation on passing clouds. Meditation on acceptance.  
**Yin yoga:** Practice focusing on acting non-reactive and non-judgmental. |
| Week 4  | Session 7 | Applications of acceptance  
**Psychoeducation:** Lecture on acceptance, applications of acceptance, functional contextualism and compassion. Introduction of “SOAS”.  
**Mindfulness:** SOAS. Compassion meditation |
| Week 5 | Session 9 | YOMI practice | **Psychoeducation:** recap of lectures from session 6-8  
**Mindfulness:** Meditation on conscious breath and happiness  
**Yin yoga:** Practice focusing on silence and being in stillness |
|--------|-----------|----------------|---------------------------------------------------------------|
| Session 10 | YOMI in the everyday life. | **Psychoeducation:** Lecture on how the YOMI practice can be used in the everyday life. Introducing the concept of ‘monkey mind’.  
**Mindfulness:** Walking meditation  
**Yin yoga:** Practice focusing on combining all tools and concepts of the program |