

## Supplemental Table: Codes derived from meaning units in raw data

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Difficulties getting the point of practice	Reframing unpleasant sensations and difficulties as a positive experience
Realizing it is hard change behaviours	Experiencing the lying down as pleasant
Reflecting over expectations	Feeling calmness, lightness and relaxation during practice
Reflections about how hard it is to prioritize oneself	Experiencing less unpleasant sensations during practice
Having doubts about suitability for mindfulness	Feeling calmer after practice
Reflecting thoughts about the instructions	Feeling more relaxed after practice
Difficulties understanding the practices	Feeling energized after practice
Having doubts about the right level of effort	Experiencing longing for the next practice session
Reflections over how to get the technique right	Feeling relaxed after the Silent day
Reflecting over practicing in different places and times	Experiencing elation and energy and an subsequent emotional dip
Feeling stressed about finding the time to practice	Experiencing the Silent day as pleasant and rewarding
Finding it hard to write in the journal	Finding it easier to be present and find a calmness during the Silent day
A sense of starting from the beginning all over again	Having patience with the whole process
Doubts about capacity to deal with Silent day	Observing a stream of different sensations during practice
Realizing unwholesome ways to cope with negative experiences	Observing the breathing during practice
Struggling with disturbances from the surrounding environment	Observing neutral physical sensations during practice
Struggling with unpleasant and distracting thoughts during practice	Noticing bodily tensions from everyday experiences
Difficulties concentrating while practicing	Observing neutral experiences of sounds in the environment
Difficulties relaxing during practice	Observing the flow of thoughts during practice
Feeling stressed and worried during practice	Reflections over quietness
Feeling impatient during the practice	Experiencing not much at all during practice
Feeling a longing for signs of progress	Experiencing no special results from practicing
Experiencing a lack of healing closeness to nature	Experiencing surprising and unknown mental content
Judging the practice performance	Experiencing an altered sense of time passing
Comparing different practices with each other	Experiencing a sense of heaviness during practice
Comparing experiences with earlier sessions	Experiencing surprising physical sensations during practice
Observing judging attitude and correcting ones attitude	Experiencing various senses of emptiness during practice
Feeling depressed by slow walking	Hard to focus but hopeful anyway
Feeling depressed after the Silent day	Difficulties at start but an experience of flow after a while
Feeling sadness during Silent day, and realizing a need for closure	Noticing simple yoga poses can be challenging
Experiencing a sense of sensory overload during walking	Starting to realize what's the point of practicing
Feeling disappointment over the practice experience	Finding one dealing better with distractions during practice
Realizing existing pain and aches has been there before	Finding it easier to concentrate and experiencing a sense of progress
Experiencing unpleasant sensations and physical symptoms	Experiencing a sense of flow while practicing without guidance
Feeling tired during practice	Reframing unpleasant sensations and difficulties as a positive experience
Falling asleep – or almost – during practice	Finding rewarding feelings when awareness returns to object of meditation
Reflecting over strategies for dealing with drowsiness	Experiencing mindful movement as rewarding
Experiencing unpleasant sensations after the practice	Experiencing the lying down as pleasant
Feeling irritation after the practice	Feeling calmness, lightness and relaxation during practice
Experience of muscle soreness afterwards	Experiencing less unpleasant sensations during practice
Observing a stream of different sensations during practice	Feeling calmer after practice
Observing the breathing during practice	Feeling more relaxed after practice
Observing neutral physical sensations during practice	Feeling energized after practice
Noticing bodily tensions from everyday experiences	Experiencing longing for the next practice session
Observing neutral experiences of sounds in the environment	Feeling relaxed after the Silent day
Observing the flow of thoughts during practice	Experiencing elation and energy and an subsequent emotional dip
Reflections over quietness	Experiencing the Silent day as pleasant and rewarding
Experiencing not much at all during practice	Finding it easier to be present and find a calmness during the Silent day
Experiencing no special results from practicing	Having patience with the whole process
Experiencing surprising and unknown mental content	Realizing that presence has a calming effect
Experiencing an altered sense of time passing	Experiencing more patience with life
Experiencing a sense of heaviness during practice	Experiencing less resistance in everyday life
Experiencing surprising physical sensations during practice	Experiencing less rumination in everyday life
Experiencing various senses of emptiness during practice	Experiencing a heightened awareness of nature
Hard to focus but hopeful anyway	Experiencing a heightened awareness of thoughts and reactions during stress
Difficulties at start but an experience of flow after a while	Experiencing a sense of flexibility and control in life
Noticing simple yoga poses can be challenging	Finding it easier to deal with stress at work
Starting to realize what's the point of practicing	Finding the meditation useful in dealing with anxiety and tension
Finding one dealing better with distractions during practice	Finding it easier and rewarding to reach out to others
Finding it easier to concentrate and feeling a sense of progress	Reflecting over mindfulness as an integrated habit in life
Experiencing a sense of flow while practicing without guidance	Embracing difficult experiences as a kind of therapeutic process
	Mindfulness as part of a larger process of change

