**Supplementary material**

**Interview Guide**

Introduction: Thank you for consenting to participate in this study. This interview will include questions about your experience in the LoveYourBrain Yoga Program. You can take a break or stop at any time. We would like to audio-record this interview to ensure we capture what you say to the best of our ability. Is that okay with you? Do you have any other questions about the study before we begin your interview?

Why did you sign up for the LoveYourBrain Yoga program?

Was it different from what you expected? Why or why not?

[After reading the prompt about each of the classes (see below), the researcher will ask:]

What do you remember about that session? What did you like most (i.e., about the breathing, yoga, quote, meditation, discussion)? What would you change (i.e., about the breathing, yoga, quote, meditation, discussion)?

The first session introduced a breathing exercise where you laid on your back and counted your breath, a series of gentle yoga poses, and a meditation where you moved your awareness throughout different parts of your body. The quote was about how yoga allows us to rediscover a sense of wholeness if our lives. The discussion asked everyone to share their story and their superhero.

The second session included a similar breathing exercise and gentle yoga poses, and introduced a new meditation to feel peaceful. The quote was about finding peace and balance in challenging times. The discussion was a Mindfulness Eating Exercise with a raisin.

The third session included a similar breathing exercise and gentle yoga poses, and introduced a new meditation about finding love within. The quote was about the importance of believing that things will work out. The discussion asked everyone to share one positive and one challenging outcome of their TBI.

The fourth session introduced a new breathing exercise where you make a sound on your exhale as if you were fogging a mirror (Ujjayi breath) and offered new gentle yoga poses. The meditation was about feeling yourself as a mountain. The quote was about resilience. The discussion described the difference between resilience and recovery, and asked everyone to share one thing that has helped people become more resilient following their TBI.

The fifth session included a similar breathing exercise and gentle yoga poses, and introduced a mantra meditation. The quote was about the importance of community. The discussion asked everyone to talk to someone in the group, share something about them, and then report back to the group.

The last session included a similar breathing exercise and gentle yoga poses, and introduced a meditation about compassion. The quote was about gratitude. The discussion asked everyone to share one takeaway from their experience in the series that they are grateful for.

**Outcomes**

What were some of the changes you noticed in yourself from participating? (e.g., Physical? Emotional? Social?)

Overall, what did you find most helpful about the series?

Overall, what do you think could be improved about the series?

Is there anything else you’d like to share?

[If selected ‘I am a caregiver’]

What were some of the changes you noticed in your family member/friend from participating? (e.g., Physical? Emotional? Social?)

Do you think it was beneficial for your relationship?