

Supplementary Table 1: Results of analyses comparing health and lifestyle characteristics of sample with national normative data

	Results of χ^2 comparing smoking, fruit and vegetable intake and obesity norms for the whole sample and by yoga teachers and yoga practitioners		
	All	Yoga teachers	Yoga practitioners
Current Smoker	χ^2 (1, N=100) =221.814, $p < .0005$	χ^2 (1, N=28) =99.714, $p < .0005$	χ^2 (1, N=65) =108.25, $p < .0005$
Daily fruit/vegetable intake ≥ 5	χ^2 (1, N=1320) = 1030.898, $p < .0005$	χ^2 (1, N=557) = 600.86, $p < .005$	χ^2 (1, N= 676) = 408.56, $p < .0005$
Obese (BMI ≥ 30)	χ^2 (1, N=114) =510.537, $p < .0005$	χ^2 (1, N=27) = 510.537 $p < .0005$	χ^2 (1,N=87) = 245.98 $p < .0005$
	Results of one-sample t-tests (two-tailed) comparing BMI and wellbeing scales with available norms for the whole sample and by yoga teachers and yoga practitioners		
	All	Yoga teachers	Yoga practitioners
BMI	$t(2345) = -56.495$, $p < .0005$	$t(872) = -44.251$, $p < .0005$	$t(1315) = -36.499$, $p < .0005$
Wellbeing (WEMWBS)	$t(2174) = 16.808$, $p < .0005$	$t(853) = 21.163$, $p < .0005$	$t(1306) = 6.396$, $p < .0005$
Stress (PSS-4)	$t(2168) = -25.209$, $p < .0005$	$t(848) = -25.161$, $p < .0005$	$t(1306) = -13.497$, $p < .0005$
Satisfaction with life (ONS)	$t(2188) = 7.453$, $p < .0005$	$t(858) = 12.899$, $p < .0005$	$t(1315) = .399$, $p = .690$
Life worthwhile (ONS)	$t(2185) = 11.344$, $p < .0005$	$t(857) = 18.791$, $p < .0005$	$t(1314) = 1.971$, $p = .049$
Happiness yesterday (ONS)	$t(2184) = 12.349$, $p < .0005$	$t(856) = 14.943$, $p < .0005$	$t(1313) = 4.849$, $p < .0005$
Anxiety yesterday (ONS)	$t(2189) = 11.157$, $p = .009$	$t(859) = 3.475$, $p = .001$	$t(1315) = 11.675$, $p < .0005$

Supplementary Table 2: Spearman intercorrelations for health impact and yoga practice variables

	My physical health has improved as a result of yoga	My mental health has improved as a result of yoga	I have changed my lifestyle as a result of yoga	My stress level has improved as a result of yoga	My strength has improved as a result of yoga	My flexibility has improved as a result of yoga	My sleep has improved as a result of yoga
Hours at home per week	.305**	.276**	.411**	.303**	.283**	.226**	.265**
Hours in class per week	.194**	.104**	.165**	.102**	.142**	.158**	.127**
Days per week	.289**	.272**	.395**	.316**	.279**	.223**	.247**
Years of practice	.130**	.078**	.080**	.086**	.088**	.103**	.072**
My physical health has improved		.655**	.585**	.598**	.622**	.596**	.467**
My mental health has improved			.615**	.726**	.539**	.476**	.496**

I have changed my lifestyle				.682**	.547**	.480**	.510**
My stress level has improved					.568**	.505**	.541**
My strength has improved						.678**	.469**
My flexibility has improved							.447**

Statistical significance: *p< 0.01 level (2-tailed), **p<0.005 level (2-tailed).

