

Actual time between randomisation and commencement, and any gaps in delivery for each yoga course delivered.

Phase of Trial	Mode of Delivery	Site ID	Number of weeks between randomisation and commencement of course	Number of weeks between Class Date 1 and Class Date 2	Number of weeks between Class Date 2 and Class Date 3	Number of weeks between Class Date 3 and Class Date 4	Number of weeks between Class Date 4 and Class Date 5	Number of weeks between Class Date 5 and Class Date 6	Number of weeks between Class Date 6 and Class Date 7	Number of weeks between Class Date 7 and Class Date 8	Number of weeks between Class Date 8 and Class Date 9	Number of weeks between Class Date 9 and Class Date 10	Number of weeks between Class Date 10 and Class Date 11	Number of weeks between Class Date 11 and Class Date 12
Pilot Phase - Wave 1	Face-to-face	10	2.71	1	1	1	1	1	1	3*	1	1	1	1
	Face-to-face	11	1.86	1	1	1	1	1	1	1	3*	1	1	1
	Face-to-face	12	2	1	1	1	1	1	1	3*	1	1	1	1
	Face-to-face	13	2	2**	1	1	1	1	4*	1	1	1	1	2***
Pilot Phase - Wave 2	Online	14	2.71	1	1	1	1	1	1	1	1	1	1	1
	Online	15	2.14	1	1	1	1	1	1	1	3*	1	1	1
	Online	16	2.86	1	1	1	1	1	1	1	1	1	1	1
	Online	17	2.57	1	1	1	1	1	1	1	1	1	1	1
Main Phase - Wave 1	Online	21	2.86	1	1	1	1	1	2**	1	1	1	1	1
	Online	22	3	1	1	1	1	1	1	2**	1	1	1	1
	Online	23	3	1	2**	1	1	1	1	1	1	1	1	1
Main Phase - Wave 2	Face-to-face	24	2.71	1	1	1	1	1	1	1	1	1	1	1
	Face-to-face	25	2.86	1	1	1	1	1	1	1	1	1	1	1
	Online	26	2.71	1	1	1	1	1	1	1	1	1	1	1
	Online	27	3	1	1	1	1	1	1	1	4*	1	1	1
	Face-to-face	28	2.29	1	1	1	1	1	1	1	1	1	1	1
	Online	29	2.71	1	1	1	1	1	1	1	1	1	1	1
	Online	30	3	1	1	1	1	1	1	1	1	1	1	1
	Online	31	2.86	1	1	1	1	1	1	1	1	1	1	1

*Gap due to Christmas/New Year public holiday which was included in the original course schedule provided to participants

**Gap due to yoga teacher being away which was included in the original course schedule provided to participants

*** Gap due to yoga teacher being away which was not included in the original course schedule provided to participants and was re-scheduled later