

## 8.0 APPRAISAL

### 8.1 SUMMARY OF THE FINDINGS

This study examined the efficacy and adaptability of remote yoga (teleyoga) versus traditional in-person yoga, focusing on usability, inclusiveness, and cultural adaptability in India and North America.

Using a mixed-methods approach that included data from the Telehealth Usability Questionnaire (*TUQ*), Essential Properties of Yoga Questionnaire (*EPYQ*), and expert interviews, the study yielded

#### **key findings:**

**Effectiveness of Remote Yoga:** High satisfaction levels were reported, with participants valuing convenience, accessibility, and usability. Results suggest remote yoga as a viable alternative where in-person access is limited.

**Cultural and Demographic Variability:** Notable differences emerged between Indian and U.S. participants—Indian participants favored spirituality, philosophy, and individual attention, while U.S. participants emphasized physical awareness and posture. These findings highlight the importance of culturally adaptive practices in healthcare.

**Core Yoga Components:** Breathwork, body awareness, and health benefits were highly rated across regions, suggesting these as essential for effective yoga practice. Lower scores for social interaction and individual attention indicate areas for improvement in remote formats.

**Usability Challenges:** While generally positive, participants noted challenges with interaction quality, reliability, and authenticity, with the lack of direct instructor presence affecting discipline and practice depth.

**Framework Recommendations:** The study endorses structured models like the KAPER framework to standardize remote yoga delivery, addressing variability across regions and making it more applicable for healthcare integration.

**Healthcare and Wellness Applications:** Findings support remote yoga’s potential as a wellness tool, especially for those with limited access to traditional yoga. We recommended customized, demographic-specific interventions to optimize effectiveness.

**Limitations of Remote Yoga:** While remote yoga improves accessibility, it struggles to replicate the immersive and communal experience of in-person sessions, highlighting the potential value of hybrid models.

In summary, this study advocates for adaptive, culturally aware practices and standardized delivery frameworks to enhance remote yoga’s role in healthcare. Further research should explore specific health conditions, demographic factors, and long-term impacts, positioning remote yoga as a flexible and inclusive wellness solution.

## 8.2 CONCLUSIONS

Integrating yoga into mainstream healthcare requires addressing the inherent variability in its practice across diverse populations. This factor-based analysis reveals significant differences in yoga preferences based on region, sex, delivery mode, and participation status. In the post-pandemic landscape, remote yoga has gained broad acceptance and is shown to be comparable to in-person practice across Eastern and Western contexts. The findings advocate for customized yoga practices to enhance both delivery and outcomes, shifting from generalized “black box” evaluations to more detailed analyses of macro- and micro-level factors that shape practice. This approach enables

researchers, healthcare providers, and practitioners to develop systematic, goal-oriented interventions tailored to diverse needs. Further research should investigate how demographic factors like region, sex, and participation status impact the effectiveness of remote yoga, improving the validity and reliability of these interventions.

The study also analyzed satisfaction and usability of remote yoga (teleyoga) in Eastern and Western demographics through a mixed-methods approach, with high satisfaction rates reported. Participants appreciated the convenience, time efficiency, and accessibility of remote sessions, underscoring teleyoga's potential to promote holistic wellness, particularly in underserved communities. Experts noted the versatility of remote yoga in addressing varied wellness and healthcare needs, while limitations in interaction quality offer opportunities for improvement. These findings guide technology developers in creating culturally sensitive, user-centered solutions aligned with wellness goals. The study encourages stakeholders to leverage these insights for strategic research, supporting the customization of yoga for specific demographics. Expanding the KAPER framework could help standardize methodologies, promoting a cohesive integration of remote yoga into global healthcare strategies.

Both studies emphasize the importance of adapting yoga practices to meet demographic-specific needs, advancing effective integration of yoga into global healthcare. By identifying key factors such as region, delivery mode, and cultural preferences, the research supports remote yoga as an accessible and impactful wellness tool. These insights provide actionable guidance for healthcare providers, technology developers, and yoga practitioners to refine delivery methods, improve participant outcomes, and design culturally adaptive solutions. Standardizing practices through frameworks like KAPER can enhance the relevance and efficacy of remote yoga across diverse populations,

strengthening its role in comprehensive global health strategies.

### **8.3 IMPLICATIONS OF THE STUDY**

This study offers critical implications for the integration of yoga into global healthcare. It emphasizes the importance of customized, culturally adaptive yoga interventions, advocating for a departure from universal, “black box” models that overlook demographic-specific nuances. By identifying significant differences in yoga practice and reception based on region, sex, delivery mode, and participation status, this research lays a foundation for developing structured remote yoga interventions that cater to diverse populations, thereby enhancing their effectiveness and acceptance. Additionally, the findings highlight the need to improve the delivery and usability of remote yoga (teleyoga) through systematic protocols, ensuring it is as impactful as in-person sessions. This approach supports the creation of standards that allow healthcare providers and wellness practitioners to incorporate yoga more reliably into treatment plans, especially in remote or resource-limited areas.

### **8.4 APPLICATIONS OF THE STUDY**

The applications of this study span the healthcare, wellness, and technology sectors. For healthcare providers, it offers guidance on customizing yoga practices to develop targeted interventions that address specific health needs while respecting cultural and demographic diversity. The positive usability findings for remote yoga support its deployment in clinical and wellness settings, particularly where in-person access is limited, such as in remote areas or during health crises. Wellness app developers and digital health platforms can leverage these insights to enhance user interface design, participant engagement, and instructional quality, aligning the remote yoga experience more closely with traditional practices. Additionally, this study advocates for structured frameworks, like the KAPER model, to standardize yoga delivery across modalities, improving instructional methods and supporting researchers in achieving consistent, replicable outcomes across digital and in-person

settings.

## **8.5 STRENGTH OF THE STUDY**

This study has several strengths that enhance its reliability and relevance. The cross-sectional analysis of a large sample from diverse populations in India and North America provides comprehensive data, enabling comparisons that reveal how geographic, demographic, and cultural factors influence yoga practice and its effectiveness. The mixed-methods approach combining quantitative measures with qualitative insights allows for a nuanced understanding of participant experiences and expert perspectives, adding depth to the study's conclusions. Furthermore, by utilizing validated tools such as the Telehealth Usability Questionnaire (TUQ) and the Essential Properties of Yoga Questionnaire (EPYQ), the research ensures that the evaluation of remote yoga's usability and content inclusiveness is rigorous and standardized. The focus of this study on systematically evaluating different aspects of yoga leads to a data-driven approach that can help create yoga interventions for global healthcare that are reliable, flexible, and sensitive to different cultures.

## **8.6 LIMITATIONS OF THE STUDY**

The exclusive use of an online survey may have introduced limitations, such as the exclusion of individuals with limited Internet access and non-English speakers, particularly in diverse linguistic regions such as India. This study concentrated on the impact of yoga delivery modalities, excluding outcomes related to specific yoga therapies. Recognizing these limitations is crucial for enhancing the scope of future research. The study, focusing only on participants from India and North America, limits the applicability to other cultural contexts.

## **8.7 SUGGESTIONS FOR FUTURE STUDIES**

The study's limited scope omitted influential factors like socioeconomic status, health conditions, and specific yoga styles, resulting in broad, generalized outcomes. Self-reported data introduced potential

bias, while variability in delivery platforms and lack of follow-up added inconsistencies. Instructor influence and the complexity of yoga components may have also oversimplified findings. Future research should include a broader range of demographics, specific health outcomes, and use longitudinal designs.

Future studies should expand cultural diversity, assess unique yoga styles, and incorporate factors such as socioeconomic status and health conditions to better tailor interventions. Using objective measures, like biometric indicators, alongside self-reports could increase reliability. Standardizing remote yoga delivery, controlling instructor influence, and exploring hybrid models may improve consistency and participant engagement. Focusing on specific health issues and exploring future AI technologies could enhance remote yoga's accessibility and effectiveness, creating a robust wellness tool for diverse populations worldwide.

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## APPENDICES

### APPENDIX 1: TABLES

**Table A1: Study – 1 : Item correlation matrix and scale reliability.**

	SS1	SS2	SS3	SS4	SS5	SS6
SS1	1	0.665*	0.613*	0.500*	0.369*	0.601*
SS2	0.665*	1	0.731*	0.600*	0.492*	0.645*
SS3	0.613*	0.731*	1	0.723*	0.623*	0.726*
SS4	0.500*	0.600*	0.723*	1	0.716*	0.733*
SS5	0.369*	0.492*	0.623*	0.716*	1	0.655*
SS6	0.601*	0.645*	0.726*	0.733*	0.655*	1

\*Correlation is significant at the 0.01 level (two-tailed).

Subscales: SS1, Usefulness; SS2, Ease of Use and Learnability; SS3, Interface Quality; SS4, Interaction Quality; SS5, Reliability; SS6, Satisfaction and Future Use.

**Table A2: Study -1: Participant characteristics.**

Demographic Factor	Category	% of Participant		
		India (East) n=801	North America n=966	Total N n=1767
<b>Connection to yoga</b>	Yoga Student - Undergraduate Level	7.4%	4.3%	11.7%
	Yoga Scholar - MS, PhD Level	7.8%	2.3%	10.1%
	Regular Practitioner - No Formal Yoga Degree	11.2%	12.5%	23.8%
	Yoga Teacher, Master or Guru	12.5%	25.9%	38.4%
	Yoga Expert and Professors	6.5%	9.5%	16.0%
	Total	45.5%	54.5%	100.0%
<b>Experience of practicing yoga</b>	Less than 2 years	6.4%	7.0%	13.4%
	2–5 years	13.5%	6.4%	19.9%
	5–10 years	8.7%	6.4%	15.1%
	Over 10 years	16.9%	34.8%	51.6%
<b>Yoga lineage (Guru)</b>	Yes	20.4%	21.0%	41.5%
	No	18.1%	28.3%	46.5%
	Maybe	6.9%	5.2%	12.1%
<b>Age group</b>	18–25	10.6%	4.6%	15.2%
	26–35	11.6%	8.5%	20.0%
	36–45	10.8%	11.0%	21.8%
	46–55	8.9%	14.7%	23.6%
	56–65	2.3%	10.4%	12.7%
	66–75	1.0%	4.3%	5.3%
	75+	0.3%	1.0%	1.4%
<b>Sex</b>	Female	23.5%	42.4%	65.9%
	Male	22.0%	12.1%	34.1%
<b>Marital status</b>	Single	20.6%	20.1%	40.7%

	Married	23.7%	27.2%	50.9%
	Other	1.2%	7.2%	8.4%
<b>Highest level of education</b>	High School Diploma	3.1%	3.2%	6.4%
	Technical Diploma	1.3%	3.3%	4.6%
	Bachelor's Degree (BA/BS)	12.8%	19.1%	31.9%
	Master's Degree (MA, MSc)	21.1%	21.2%	42.4%
	PhD or Post-Doctoral Degree	3.4%	4.7%	8.1%
	Other	3.8%	3.0%	6.8%
<b>Education/training in yoga science</b>	Short Term Course	5.2%	7.0%	12.2%
	Certificate in Yoga	6.1%	9.1%	15.2%
	Diploma Course	3.9%	16.0%	19.9%
	Bachelor's Degree in Yoga	6.1%	2.6%	8.7%
	Master's Degree in Yoga	11.7%	5.8%	17.5%
	PhD or Post-Doctoral Degree	2.8%	1.9%	4.7%
	None	9.6%	12.2%	21.7%
<b>Manage a yoga center/studio</b>	Yes	23.1%	27.5%	50.6%
	No	18.0%	23.1%	41.1%
	Previously but not currently	4.4%	4.0%	8.3%
<b>TUQ yoga provider or receiver</b>	Yoga Provider/ Instructor	28.6%	30.8%	59.4%
	Yoga Receiver/Participant	16.9%	23.7%	40.6%
<b>Remote yoga experience</b>	Less than 6 months	9.8%	8.0%	17.8%
	Less than 1 year	6.3%	6.0%	12.3%
	1–3 years	15.1%	20.1%	35.2%
	More than 3 years	14.3%	20.4%	34.7%
	Total	45.5%	54.5%	100.0%

**Table A3. Descriptive statistics.**

Category		SS1*	SS2*	SS3*	SS4*	SS5*	SS6*	Total TUQ
India	Mean	5.390	5.157	5.039	5.083	4.671	5.152	5.082
	N	807	807	807	807	807	807	807
	SD	1.100	1.186	1.234	1.197	1.299	1.252	1.006
	% of Total N	45.70%	45.70%	45.70%	45.70%	45.70%	45.70%	45.70%
North America	Mean	5.536	5.166	4.810	4.521	3.894	4.797	4.787
	N	960	960	960	960	960	960	960
	SD	1.072	1.198	1.328	1.366	1.401	1.417	1.089
	% of Total N	54.30%	54.30%	54.30%	54.30%	54.30%	54.30%	54.30%
Female	Mean	5.513	5.141	4.862	4.698	4.148	4.903	4.878
	N	1162	1162	1162	1162	1162	1162	1162
	SD	1.098	1.209	1.328	1.347	1.443	1.427	1.093
	% of Total N	65.80%	65.80%	65.80%	65.80%	65.80%	65.80%	65.80%
Male	Mean	5.385	5.202	5.016	4.930	4.442	5.067	5.007
	N	605	605	605	605	605	605	605
	SD	1.062	1.158	1.209	1.257	1.322	1.201	0.993
	% of Total N	34.20%	34.20%	34.20%	34.20%	34.20%	34.20%	34.20%
Yoga Provider	Mean	5.470	5.127	4.888	4.822	4.270	4.995	4.929
	N	1048	1048	1048	1048	1048	1048	1048

	SD	1.1043	1.19591	1.3087	1.3527	1.42197	1.3924	1.10255
	% of Total N	59.30%	59.30%	59.30%	59.30%	59.30%	59.30%	59.30%
Yoga Receiver	Mean	5.469	5.212	4.954	4.713	4.217	4.907	4.912
	N	719	719	719	719	719	719	719
	SD	1.062	1.185	1.263	1.272	1.391	1.299	0.999
	% of Total N	40.70%	40.70%	40.70%	40.70%	40.70%	40.70%	40.70%
Total	Mean	5.469	5.162	4.915	4.778	4.249	4.959	4.922
	N	1767	1767	1767	1767	1767	1767	1767
	SD	1.087	1.192	1.290	1.321	1.409	1.355	1.061
	% of Total N	100%	100%	100%	100%	100%	100%	100%

\*Subscales - SS1: Usefulness, SS2: Ease of Use & Learnability, SS3: Interface Quality, SS4: Interaction Quality, SS5: Reliability, SS6: Satisfaction and Future Use

**Table A4. Study – 1: Percentage of responses categorized as positive or negative for each item and subscale.**

	Positive Response >4	Negative or Neutral Response	Mean	SD	Median
Remote yoga improves access to yoga services	75.83%	24.17%	5.31	1.504	6.00
Remote yoga saves travel time to physical location	85.17%	14.83%	5.80	1.316	6.00
Remote yoga provides for my wellness and health needs	73.85%	26.15%	5.23	1.425	6.00
<b>Subscale 1: Total Usefulness</b>	78.29%	21.71%	5.45	1.142	5.67
Remote yoga platform was simple to use	79.97%	20.03%	5.55	1.355	6.00
Remote yoga platform was easy to learn	76.63%	23.37%	5.34	1.452	6.00
I could learn yoga using remote yoga services	56.99%	43.01%	4.58	1.735	5.00
<b>Subscale 2: Total Ease of Use and Learnability</b>	71.19%	28.81%	5.16	1.233	5.33
Interaction with this remote yoga delivery is pleasant	64.97%	35.03%	4.99	1.542	5.00
I like using the remote yoga delivery	65.20%	34.80%	4.94	1.664	5.00
Remote yoga delivery is simple and easy to understand	72.33%	27.67%	5.23	1.436	6.00
Remote yoga delivery can do everything I want it to be able to do	54.90%	45.10%	4.48	1.705	5.00
<b>Subscale 3: Total Interface Quality</b>	64.35%	35.65%	4.91	1.324	5.00
I could easily interact with the yoga instructor using the remote yoga session	58.52%	41.48%	4.61	1.776	5.00
I could hear the yoga instructor clearly using the remote yoga session	73.97%	26.03%	5.20	1.495	6.00
I was able to express myself effectively during remote yoga	56.42%	43.58%	4.58	1.746	5.00
I could see the remote yoga instructor as if we were practicing yoga in person	58.40%	41.60%	4.69	1.764	5.00
<b>Subscale 4: Total Interaction Quality</b>	61.83%	38.17%	4.77	1.354	5.00

Instructions and value provided over the remote delivery are the same as in-person practice	46.35%	53.65%	4.10	1.869	4.00
Whenever I made a mistake using the remote yoga delivery, I could recover easily and quickly	55.12%	44.88%	4.58	1.636	5.00
The remote yoga delivery gave error messages that clearly told me how to fix problems	41.65%	58.35%	4.05	1.726	4.00
<b>Subscale 5: Total Reliability</b>	47.71%	52.29%	4.24	1.438	4.33
It is comfortable to communicate with the instructor during remote yoga	54.39%	45.61%	4.53	1.767	5.00
Remote yoga is effective for mind-body wellness	67.52%	32.48%	4.97	1.607	5.00
I will use remote yoga in the future	71.70%	28.30%	5.18	1.630	6.00
Overall, I am satisfied with remote yoga delivery	67.97%	32.03%	5.08	1.640	5.00
<b>Subscale 6: Total Satisfaction and Future Use</b>	65.39%	34.61%	4.94	1.408	5.00
<b>Total - All Subscales</b>	64.79%	35.21%	4.91	1.106	4.94

**Table A5. Study – 1: Multivariate tests**

Effect		Value	F	P	Partial Eta Squared
Intercept	Pillai's Trace	0.96	6554.032	<.001	0.957
India or North America	Pillai's Trace	0.09	29.683	<.001	0.092
Sex	Pillai's Trace	0.01	3.085	<.005	0.01
Provider (Instructor) or Receiver (Practitioner)	Pillai's Trace	0.01	2.031	<.059	0.007
India or North America × Sex	Pillai's Trace	0	1.081	<.372	0.004
India or North America × Provider (Instructor) or Receiver (Practitioner)	Pillai's Trace	0.01	2.686	<.013	0.009
Sex × Provider (Instructor) or Receiver (Practitioner)	Pillai's Trace	0	1.150	<.331	0.004
India or North America × Sex × Provider (Instructor) or Receiver (Practitioner)	Pillai's Trace	0	1.316	<.246	0.004

\* Hypothesis  $df=6$ , Error  $df=1754$ .

**Table A6. Item Correlation Matrix**

	SS1	SS2	SS3	SS4	SS5	SS6	SS7	SS8	SS9	SS10	SS11	SS12	SS13	SS14
SS1	1.000	0.614	0.404	0.427	0.510	0.402	0.532	0.601	0.530	0.330	0.287	0.443	0.511	0.468
SS2	0.614	1.000	0.468	0.520	0.564	0.473	0.603	0.575	0.519	0.322	0.226	0.402	0.464	0.382
SS3	0.404	0.468	1.000	0.631	0.444	0.498	0.462	0.424	0.424	0.459	0.433	0.342	0.335	0.347

SS4	0.427	0.520	0.631	1.000	0.619	0.531	0.621	0.467	0.384	0.431	0.293	0.321	0.334	0.286
SS5	0.510	0.564	0.444	0.619	1.000	0.556	0.646	0.606	0.476	0.402	0.329	0.383	0.437	0.355
SS6	0.402	0.473	0.498	0.531	0.556	1.000	0.557	0.506	0.427	0.413	0.367	0.394	0.423	0.409
SS7	0.532	0.603	0.462	0.621	0.646	0.557	1.000	0.683	0.516	0.396	0.277	0.370	0.471	0.370
SS8	0.601	0.575	0.424	0.467	0.606	0.506	0.683	1.000	0.683	0.406	0.377	0.494	0.632	0.531
SS9	0.530	0.519	0.424	0.384	0.476	0.427	0.516	0.683	1.000	0.521	0.463	0.637	0.678	0.679
SS10	0.330	0.322	0.459	0.431	0.402	0.413	0.396	0.406	0.521	1.000	0.622	0.519	0.487	0.517
SS11	0.287	0.226	0.433	0.293	0.329	0.367	0.277	0.377	0.463	0.622	1.000	0.572	0.503	0.536
SS12	0.443	0.402	0.342	0.321	0.383	0.394	0.370	0.494	0.637	0.519	0.572	1.000	0.729	0.754
SS13	0.511	0.464	0.335	0.334	0.437	0.423	0.471	0.632	0.678	0.487	0.503	0.729	1.000	0.787
SS14	0.468	0.382	0.347	0.286	0.355	0.409	0.370	0.531	0.679	0.517	0.536	0.754	0.787	1.000

*Correlation is significant at the 0.01 level (two-tailed).*

*SS1-Acceptance/Compassion, SS2-Breathwork, SS3-Physicality, SS4-Active Postures, SS5-Restorative Postures, SS6-Body Locks (Bandhas), SS7-Body Awareness, SS8-Mental/Emotional Awareness, SS9-Health Benefits, SS10-Individual Attention, SS11-Social Aspects, SS12-Spirituality, SS13-Meditation/Mindfulness, SS14-Yoga Philosophy*

**Table A7. Demographic Characteristics**

Factors		Region		Yoga Delivery Mode		Total	
		India	North America	Remote	In-Person	Count	%
Delivery Mode of Participants	Online mode only	662 (25.3%)	513 (19.6%)	1175 (44.9%)	0 (0.0%)	1,175	44.9%
	In-person mode only	634 (24.2%)	810 (30.9%)	0 (0.0%)	1444 (55.1%)	1,444	55.1%
India or North America	India	1296 (49.5%)	0 (0.0%)	662 (25.3%)	634 (24.2%)	1,296	49.5%
	North America	0 (0.0%)	1323 (50.5%)	513 (19.6%)	810 (30.9%)	1,323	50.5%
Connection to Yoga	Student – Undergraduate	294 (11.2%)	116 (4.4%)	161 (6.1%)	249 (9.5%)	410	15.7%
	Yoga Scholar – MS, PhD	200 (7.6%)	55 (2.1%)	138 (5.3%)	117 (4.5%)	255	9.7%
	Regular Practitioner	329 (12.6%)	381 (14.5%)	369 (14.1%)	341 (13.0%)	710	27.1%
	Yoga Teacher, Master or Guru	314 (12.0%)	572 (21.8%)	348 (13.3%)	538 (20.5%)	886	33.8%
	Yoga Expert and Professors	159 (6.1%)	199 (7.6%)	159 (6.1%)	199 (7.6%)	358	13.7%
Experience of practicing yoga	Less than 2 years	257 (9.8%)	247 (9.4%)	242 (9.2%)	262 (10.0%)	504	19.2%
	2–5 years	405 (15.5%)	169 (6.5%)	308 (11.8%)	266 (10.2%)	574	21.9%
	5–10 years	237 (9.0%)	161 (6.1%)	192 (7.3%)	206 (7.9%)	398	15.2%
	Over 10 years	397 (15.2%)	746 (28.5%)	433 (16.5%)	710 (27.1%)	1,143	43.6%
Follow Yoga Lineage (Guru)	Yes	512 (19.5%)	437 (16.7%)	434 (16.6%)	515 (19.7%)	949	36.2%
	No	571 (21.8%)	747 (28.5%)	584 (22.3%)	734 (28.0%)	1318	50.3%
	Maybe	213 (8.1%)	139 (5.3%)	157 (6.0%)	195 (7.4%)	352	13.4%
Age Group	18–25 yr.	412 (15.7%)	145 (5.5%)	237 (9.0%)	320 (12.2%)	557	21.3%
	26–35 yr.	298 (11.4%)	245 (9.4%)	266 (10.2%)	277 (10.6%)	543	20.7%
	36–45 yr.	266 (10.2%)	263 (10.0%)	287 (11.0%)	242 (9.2%)	529	20.2%
	46–55 yr.	219 (8.4%)	324 (12.4%)	232 (8.9%)	311 (11.9%)	543	20.7%
	56–65 yr.	65 (2.5%)	226 (8.6%)	91 (3.5%)	200 (7.6%)	291	11.1%

	66–75 yr.	25 (1.0%)	94 (3.6%)	46 (1.8%)	73 (2.8%)	119	4.5%
	75+	11 (0.4%)	26 (1.0%)	16 (0.6%)	21 (0.8%)	37	1.4%
Gender	Female	707 (27.0%)	1009 (38.5%)	756 (28.9%)	960 (36.7%)	1,716	65.5%
	Male	589 (22.5%)	314 (12.0%)	419 (16.0%)	484 (18.5%)	903	34.5%
Marital Status	Single	664 (25.4%)	547 (20.9%)	518 (19.8%)	693 (26.5%)	1,211	46.2%
	Married	605 (23.1%)	598 (22.8%)	580 (22.1%)	623 (23.8%)	1,203	45.9%
	Others	27 (1.0%)	178 (6.8%)	77 (2.9%)	128 (4.9%)	205	7.8%
Highest Level of Education	High School Diploma	127 (4.8%)	92 (3.5%)	77 (2.9%)	142 (5.4%)	219	8.4%
	Technical Diploma	31 (1.2%)	84 (3.2%)	51 (1.9%)	64 (2.4%)	115	4.4%
	Bachelors (BA/BS)	401 (15.3%)	469 (17.9%)	378 (14.4%)	492 (18.8%)	870	33.2%
	Masters (MA, MSc )	515 (19.7%)	495 (18.9%)	483 (18.4%)	527 (20.1%)	1,010	38.6%
	PhD and Post-Doctoral	86 (3.3%)	103 (3.9%)	93 (3.6%)	96 (3.7%)	189	7.2%
	Others	136 (5.2%)	80 (3.1%)	93 (3.6%)	123 (4.7%)	216	8.2%
Education/Training in Yoga Science	Short term course	132 (5.0%)	182 (6.9%)	160 (6.1%)	154 (5.9%)	314	12.0%
	Certificate in Yoga	166 (6.3%)	241 (9.2%)	185 (7.1%)	222 (8.5%)	407	15.5%
	Diploma course	89 (3.4%)	336 (12.8%)	151 (5.8%)	274 (10.5%)	425	16.2%
	Bachelor's Degree in Yoga	259 (9.9%)	61 (2.3%)	111 (4.2%)	209 (8.0%)	320	12.2%
	Master's in Yoga	287 (11.0%)	116 (4.4%)	205 (7.8%)	198 (7.6%)	403	15.4%
	PhD and Post-Doctoral	60 (2.3%)	35 (1.3%)	47 (1.8%)	48 (1.8%)	95	3.6%
	None	303 (11.6%)	352 (13.4%)	316 (12.1%)	339 (12.9%)	655	25.0%
Manage a Yoga Center / Studio	Yes	553 (21.1%)	580 (22.1%)	536 (20.5%)	597 (22.8%)	1,133	43.3%
	No	630 (24.1%)	646 (24.7%)	541 (20.7%)	735 (28.1%)	1,276	48.7%
	In Past	113 (4.3%)	97 (3.7%)	98 (3.7%)	112 (4.3%)	210	8.0%
Delivery Mode of Participants	Online mode only	662 (25.3%)	513 (19.6%)	1175 (44.9%)	0 (0.0%)	1,175	44.9%
	In-person mode only	634 (24.2%)	810 (30.9%)	0 (0.0%)	1444 (55.1%)	1,444	55.1%
India or North America	India	1296 (49.5%)	0 (0.0%)	662 (25.3%)	634 (24.2%)	1,296	49.5%
	North America	0 (0.0%)	1323 (50.5%)	513 (19.6%)	810 (30.9%)	1,323	50.5%

**Table A8. Descriptive Statistics**

		SS1	SS2	SS3	SS4	SS5	SS6	SS7	SS8	SS9	SS10	SS11	SS12	SS13	SS14	Total	
<b>India</b>	Mean	3.68	4.08	3.34	3.47	3.55	3.27	3.78	3.64	3.86	3.35	2.92	3.54	3.64	3.51	3.55	
	SD	.94	.92	.88	.85	.90	1.01	1.01	.97	.98	1.07	1.05	1.02	1.02	1.10	.72	
	Total	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296	1,296
	%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%	49.5%
<b>North America</b>	Mean	3.72	4.04	3.05	3.49	3.55	3.19	3.84	3.61	3.49	2.85	2.34	3.00	3.40	3.02	3.33	
	SD	.92	.85	.90	.83	.84	1.04	.91	.93	1.04	1.16	1.03	1.15	1.06	1.17	.69	
	Total	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323	1,323
	%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%	50.5%
<b>Women</b>	Mean	3.74	4.10	3.19	3.54	3.61	3.26	3.87	3.64	3.62	3.05	2.54	3.20	3.47	3.18	3.43	
	SD	.91	.85	.88	.82	.84	1.03	.93	.96	1.04	1.16	1.06	1.15	1.07	1.18	.72	
	Total	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716	1,716
	%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%	65.5%
<b>Men</b>	Mean	3.62	3.98	3.19	3.38	3.44	3.18	3.68	3.59	3.78	3.19	2.79	3.40	3.61	3.42	3.45	
	SD	.94	.94	.93	.87	.91	1.03	1.01	.94	.99	1.10	1.08	1.06	1.00	1.12	.72	
	Total	903	903	903	903	903	903	903	903	903	903	903	903	903	903	903	903
	%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%	34.5%
<b>Instructor</b>	Mean	3.81	4.13	3.17	3.47	3.65	3.25	3.93	3.74	3.80	3.17	2.68	3.38	3.66	3.42	3.52	
	SD	.90	.89	.90	.85	.87	1.05	.95	.94	.97	1.12	1.06	1.10	1.02	1.11	.70	
	Total	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485	1,485
	%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%	56.7%
<b>Practitioner</b>	Mean	3.55	3.97	3.22	3.49	3.41	3.20	3.64	3.47	3.51	3.00	2.56	3.13	3.34	3.05	3.33	
	SD	.93	.87	.90	.82	.86	1.00	.95	.94	1.07	1.16	1.10	1.14	1.06	1.20	.73	

	Total	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134	1,134
	%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%	43.3%
<b>Remote delivery mode</b>	Mean	3.72	4.04	3.22	3.46	3.56	3.24	3.79	3.66	3.75	3.01	2.65	3.33	3.58	3.35	3.45
	SD	.90	.91	.93	.85	.89	1.01	.98	.93	1.01	1.19	1.09	1.12	1.02	1.14	.71
	Total	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175
	%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%	44.9%
<b>In-person delivery mode</b>	Mean	3.68	4.07	3.17	3.50	3.54	3.22	3.82	3.60	3.62	3.18	2.61	3.22	3.46	3.19	3.42
	SD	.94	.86	.87	.83	.86	1.04	.95	.97	1.04	1.09	1.06	1.13	1.07	1.18	.72
	Total	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444	1,444
	%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%	55.1%
<b>Total</b>	Mean	3.70	4.06	3.19	3.48	3.55	3.23	3.81	3.62	3.68	3.10	2.63	3.27	3.52	3.26	3.44
	SD	.93	.88	.90	.84	.87	1.03	.96	.95	1.03	1.14	1.08	1.12	1.05	1.16	.72
	Total	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619	2,619
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

*SS1-Acceptance/Compassion, SS2-Breathwork, SS3-Physicality, SS4-Active Postures, SS5-Restorative Postures, SS6-Body Locks (Bandhas), SS7-Body Awareness, SS8-Mental/Emotional Awareness, SS9-Health Benefits, SS10-Individual Attention, SS11-Social Aspects, SS12-Spirituality, SS13-Meditation/Mindfulness, SS14-Yoga Philosophy*

**Table A9. Mean Differences for the 14 Subscales by Factor**

Subscale	Mean	India mean	North American mean	Diff.	Women mean	Men mean	Diff.	Instructor mean	Practitioner mean	Diff.	Remote delivery mode mean	In-person delivery mode mean	Diff.
SS1	3.70	3.68	3.72	<b>-0.03</b>	3.74	3.62	0.12	3.81	3.55	0.26	3.72	3.68	0.03
SS2	<b>4.06</b>	4.08	4.04	0.05	4.10	3.98	0.12	4.13	3.97	0.15	4.04	4.07	-0.03
SS3	3.19	3.34	3.05	0.29	3.19	3.19	0.00	3.17	3.22	<b>-0.05</b>	3.22	3.17	0.05
SS4	3.48	3.47	3.49	<b>-0.02</b>	3.54	3.38	0.16	3.47	3.49	<b>-0.02</b>	3.46	3.50	<b>-0.04</b>
SS5	3.55	3.55	3.55	0.00	3.61	3.44	<b>0.17</b>	3.65	3.41	0.25	3.56	3.54	0.02
SS6	3.23	3.27	3.19	0.08	3.26	3.18	0.08	3.25	3.20	<b>0.05</b>	3.24	3.22	0.02
SS7	<b>3.81</b>	3.78	3.84	<b>-0.06</b>	3.87	3.68	<b>0.19</b>	3.93	3.64	<b>0.29</b>	3.79	3.82	<b>-0.03</b>
SS8	3.62	3.64	3.61	0.03	3.64	3.59	0.05	3.74	3.47	0.27	3.66	3.60	0.06
SS9	3.68	3.86	3.49	0.37	3.62	3.78	-0.16	3.80	3.51	0.28	3.75	3.62	<b>0.13</b>
SS10	<b>3.10</b>	3.35	2.85	<b>0.50</b>	3.05	3.19	-0.14	3.17	3.00	0.17	3.01	3.18	<b>-0.17</b>
SS11	2.63	2.92	2.34	<b>0.57</b>	2.54	2.79	<b>-0.26</b>	2.68	2.56	0.11	2.65	2.61	0.04
SS12	3.27	3.54	3.00	<b>0.54</b>	3.20	3.40	-0.20	3.38	3.13	0.25	3.33	3.22	0.11
SS13	3.52	3.64	3.40	0.23	3.47	3.61	-0.14	3.66	3.34	<b>0.32</b>	3.58	3.46	<b>0.12</b>
SS14	3.26	3.51	3.02	0.49	3.18	3.42	<b>-0.24</b>	3.42	3.05	<b>0.37</b>	3.35	3.19	<b>0.17</b>
Total	3.44	3.55	3.33	0.22	3.43	3.45	-0.02	3.52	3.33	0.19	3.45	3.42	0.03

*SS1-Acceptance/Compassion, SS2-Breathwork, SS3-Physicality, SS4-Active Postures, SS5-Restorative Postures, SS6-Body Locks (Bandhas), SS7-Body Awareness, SS8-Mental/Emotional Awareness, SS9-Health Benefits, SS10-Individual Attention, SS11-Social Aspects, SS12-Spirituality, SS13-Meditation/Mindfulness, SS14-Yoga Philosophy*

**Table A10. Summary of the Significant Differences from the Multivariate Analysis**

Subscale	Region		Sex		Delivery mode		Participation status	
	Diff.	P	Diff.	P	Diff.	P	Diff.	p
SS1 Acceptance/Compassion	0.032	0.865	0.118	<b>0.009</b>	0.261	0.310	0.034	<b>0.000</b>
SS2 Breathwork	0.045	0.064	0.117	<b>0.002</b>	0.155	0.224	-0.026	<b>0.000</b>
SS3 Physicality	0.291	<b>0.000</b>	-0.001	0.124	0.054	0.751	0.051	0.304
SS4 Active Postures	0.023	0.238	0.160	<b>0.000</b>	0.024	0.128	-0.039	0.204
SS5 Restorative Postures	0.003	<b>0.030</b>	0.166	<b>0.000</b>	0.245	0.600	0.015	<b>0.000</b>
SS6 Body Locks (Bandhas)	0.080	<b>0.007</b>	0.078	<b>0.023</b>	0.051	0.975	0.021	0.348
SS7 Body Awareness	0.061	0.879	0.188	<b>0.000</b>	0.291	0.401	-0.031	<b>0.000</b>
SS8 Mental/Emotional Awareness	0.034	0.187	0.046	0.191	0.271	0.447	0.056	<b>0.000</b>
SS9 Health Benefits	0.371	<b>0.000</b>	-0.157	<b>0.021</b>	0.284	<b>0.042</b>	0.128	<b>0.000</b>
SS10 Individual Attention	0.498	<b>0.000</b>	-0.144	0.292	0.172	<b>0.000</b>	-0.172	<b>0.000</b>
SS11 Social Aspects	0.575	<b>0.000</b>	-0.256	<b>0.000</b>	0.114	0.976	0.038	<b>0.006</b>
SS12 Spirituality	0.544	<b>0.000</b>	-0.200	<b>0.017</b>	0.252	0.176	0.114	<b>0.000</b>
SS13 Meditation/Mindfulness	0.234	<b>0.000</b>	-0.143	<b>0.005</b>	0.318	<b>0.019</b>	0.120	<b>0.000</b>
SS14 Yoga Philosophy	0.495	<b>0.000</b>	-0.243	<b>0.000</b>	0.368	<b>0.006</b>	0.168	<b>0.000</b>

*Boldface text indicates significant results ( $p < 0.05$ ).*

**Table A11. Results of the Multivariate Tests**

<b>Effect</b>		<b>Value</b>	<b>F</b>	<b>p</b>	<b>Partial eta squared</b>
Intercept	Pillai's Trace	0.958	4183.376	<0.0000	0.958
Region	Pillai's Trace	0.113	23.620	<0.0000	0.113
Sex	Pillai's Trace	0.037	7.008	<b>&lt;0.0000</b>	0.037
Delivery mode	Pillai's Trace	0.027	5.052	<b>&lt;0.0000</b>	0.027
Participation status	Pillai's Trace	0.066	13.049	<b>&lt;0.0000</b>	0.066
Region × Sex	Pillai's Trace	0.017	3.227	<b>&lt;0.0000</b>	0.017
Region × Delivery mode	Pillai's Trace	0.014	2.633	<b>&lt;0.0008</b>	0.014
Region × Participation status	Pillai's Trace	0.014	2.584	<b>&lt;0.0010</b>	0.014
Sex × Delivery mode	Pillai's Trace	0.008	1.493	<0.1052	0.008
Sex × Participation status	Pillai's Trace	0.010	1.836	<b>&lt;0.0288</b>	0.010
Delivery mode × Participation status	Pillai's Trace	0.006	1.085	<0.3661	0.006
Region × Sex × Delivery mode	Pillai's Trace	0.007	1.360	<0.1642	0.007
Region × Sex × Participation status	Pillai's Trace	0.007	1.261	<0.2237	0.007
Region × Delivery mode × Participation status	Pillai's Trace	0.010	1.827	<b>&lt;0.0299</b>	0.010
Sex × Delivery mode × Participation status	Pillai's Trace	0.006	1.029	<0.4208	0.006
Region × Sex × Delivery mode × Participation status	Pillai's Trace	0.011	1.967	<b>&lt;0.0168</b>	0.011

*Hypothesis df = 14, Error df = 2590*

**Table 12A. Tests of the Between-Participant Effects**

<b>Factor</b>		<b>Type III sum of squares</b>	<b>df</b>	<b>Mean square</b>	<b>F</b>	<b>P</b>	<b>Partial eta squared</b>
<b>Region</b>	SS1 Acceptance/Compassion	0.024	1	0.024	0.029	0.865	0.000
	SS2 Breathwork	2.645	1	2.645	3.434	0.064	0.001
	SS3 Physicality	45.811	1	45.811	58.155	0.000	0.022
	SS4 Active Postures	0.972	1	0.972	1.394	0.238	0.001
	SS5 Restorative Postures	3.469	1	3.469	4.709	0.030	0.002
	SS6 Body Locks (Bandhas)	7.610	1	7.610	7.215	0.007	0.003
	SS7 Body Awareness	0.021	1	0.021	0.023	0.879	0.000
	SS8 Mental/Emotional Awareness	1.541	1	1.541	1.743	0.187	0.001
	SS9 Health Benefits	54.743	1	54.743	55.071	0.000	0.021
	SS10 Individual Attention	134.414	1	134.414	111.303	0.000	0.041
	SS11 Social Aspects	139.254	1	139.254	130.703	0.000	0.048
	SS12 Spirituality	140.737	1	140.737	121.208	0.000	0.044
	SS13 Meditation/Mindfulness	22.583	1	22.583	21.460	0.000	0.008
	SS14 Yoga Philosophy	107.588	1	107.588	86.609	0.000	0.032
<b>Sex</b>	SS1 Acceptance/Compassion	5.671	1	5.671	6.771	0.009	0.003
	SS2 Breathwork	7.689	1	7.689	9.981	0.002	0.004
	SS3 Physicality	1.866	1	1.866	2.369	0.124	0.001
	SS4 Active Postures	14.851	1	14.851	21.290	0.000	0.008
	SS5 Restorative Postures	17.139	1	17.139	23.262	0.000	0.009
	SS6 Body Locks (Bandhas)	5.418	1	5.418	5.137	0.023	0.002
	SS7 Body Awareness	16.524	1	16.524	18.275	0.000	0.007
	SS8 Mental/Emotional Awareness	1.509	1	1.509	1.707	0.191	0.001
	SS9 Health Benefits	5.276	1	5.276	5.308	0.021	0.002
	SS10 Individual Attention	1.344	1	1.344	1.113	0.292	0.000
	SS11 Social Aspects	13.969	1	13.969	13.111	0.000	0.005
	SS12 Spirituality	6.635	1	6.635	5.714	0.017	0.002
	SS13 Meditation/Mindfulness	8.351	1	8.351	7.936	0.005	0.003
	SS14 Yoga Philosophy	15.822	1	15.822	12.736	0.000	0.005
<b>Delivery mode</b>	SS1 Acceptance/Compassion	0.863	1	0.863	1.031	0.310	0.000
	SS2 Breathwork	1.139	1	1.139	1.479	0.224	0.001

	SS3 Physicality	0.079	1	0.079	0.101	0.751	0.000
	SS4 Active Postures	1.621	1	1.621	2.323	0.128	0.001
	SS5 Restorative Postures	0.203	1	0.203	0.275	0.600	0.000
	SS6 Body Locks (Bandhas)	0.001	1	0.001	0.001	0.975	0.000
	SS7 Body Awareness	0.637	1	0.637	0.705	0.401	0.000
	SS8 Mental/Emotional Awareness	0.512	1	0.512	0.579	0.447	0.000
	SS9 Health Benefits	4.106	1	4.106	4.131	0.042	0.002
	SS10 Individual Attention	22.509	1	22.509	18.639	0.000	0.007
	SS11 Social Aspects	0.001	1	0.001	0.001	0.976	0.000
	SS12 Spirituality	2.123	1	2.123	1.828	0.176	0.001
	SS13 Meditation/Mindfulness	5.763	1	5.763	5.476	0.019	0.002
	SS14 Yoga Philosophy	9.258	1	9.258	7.453	0.006	0.003
<b>Participation status</b>	SS1 Acceptance/Compassion	30.331	1	30.331	36.213	0.000	0.014
	SS2 Breathwork	10.587	1	10.587	13.744	0.000	0.005
	SS3 Physicality	0.834	1	0.834	1.058	0.304	0.000
	SS4 Active Postures	1.126	1	1.126	1.614	0.204	0.001
	SS5 Restorative Postures	23.426	1	23.426	31.795	0.000	0.012
	SS6 Body Locks (Bandhas)	0.931	1	0.931	0.882	0.348	0.000
	SS7 Body Awareness	44.315	1	44.315	49.009	0.000	0.018
	SS8 Mental/Emotional Awareness	36.977	1	36.977	41.820	0.000	0.016
	SS9 Health Benefits	46.233	1	46.233	46.511	0.000	0.018
	SS10 Individual Attention	16.605	1	16.605	13.750	0.000	0.005
	SS11 Social Aspects	8.192	1	8.192	7.689	0.006	0.003
	SS12 Spirituality	31.782	1	31.782	27.371	0.000	0.010
	SS13 Meditation/Mindfulness	49.977	1	49.977	47.490	0.000	0.018
	SS14 Yoga Philosophy	74.181	1	74.181	59.716	0.000	0.022
<b>Region × Sex</b>	SS1 Acceptance/Compassion	0.682	1	0.682	0.814	0.367	0.000
	SS2 Breathwork	1.690	1	1.690	2.194	0.139	0.001
	SS3 Physicality	0.497	1	0.497	0.631	0.427	0.000
	SS4 Active Postures	1.555	1	1.555	2.229	0.136	0.001
	SS5 Restorative Postures	4.666	1	4.666	6.333	0.012	0.002
	SS6 Body Locks (Bandhas)	1.115	1	1.115	1.057	0.304	0.000
	SS7 Body Awareness	0.031	1	0.031	0.035	0.853	0.000

SS8 Mental/Emotional Awareness	0.013	1	0.013	0.015	0.904	0.000
SS9 Health Benefits	5.996	1	5.996	6.032	0.014	0.002
SS10 Individual Attention	3.192	1	3.192	2.643	0.104	0.001
SS11 Social Aspects	9.415	1	9.415	8.837	0.003	0.003
SS12 Spirituality	4.565	1	4.565	3.931	0.048	0.002
SS13 Meditation/Mindfulness	2.993	1	2.993	2.844	0.092	0.001
SS14 Yoga Philosophy	4.427	1	4.427	3.564	0.059	0.001

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## APPENDIX 2: Informed Consent Statement:

**Participation in Observational Study:** Cross-sectional Comparative study of Yoga Delivery on Remote and In-person In Demographics of India (East) & North America (West) I have read and understood the information provided in this form.

I have had the opportunity to ask questions, and my questions have been answered satisfactorily. I voluntarily agree to participate in this study.

### Participant's Information:

- **Print Name of Participant:** \_\_\_\_\_
  - **Signature of Participant:** \_\_\_\_\_
  - **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (Day/Month/Year)
- 

### Statement by the Researcher Obtaining Consent:

I confirm that I have provided accurate information about the study to the participant. I have ensured that the participant understands the nature of the study and their right to withdraw at any time. The participant was provided detailed information. I confirm that the participant has not been coerced and has given consent freely and voluntarily.

- **Print Name of Researcher:** \_\_\_\_\_
- **Signature of Researcher:** \_\_\_\_\_
- **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (Day/Month/Year)

## APPENDIX 3: IEC Letter



# स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

### Institutional Ethics Committee (IEC)-SVYASA Clearance Certificate

Dear **Mr. Sanjay Gupta**

Date: 20<sup>th</sup> June, 2022

The institutional Ethics committee (IEC) of Swami Vivekananda Yoga Anusandhana Samsthana (Deemed-to-be University under Section 3 of the UGC Act, 1956) reviewed your application in the committee meeting held on 14<sup>th</sup> May, 2022 (Online) based on:

#### I. Documents

1. Covering Letter
2. Project Application
3. Project Proposal
4. Informed consent form
5. Undertaking

#### II. Presentation to IEC on 14<sup>th</sup> May, 2022

III. Your clarification provided to the comments of the members made during presentation.

After perusal of this information, IEC has decided to approve your study. Details of approval are as follows.

**Certificate Reference Number:** RES/IEC-SVYASA/232/2022

**Project Title:** "Cross-sectional Comparative study of Yoga Delivery Modes: Remote and In-person in Demographics of India (East) & North America (West)".

**Nature of Study:** PhD



APPENDIX 4: Questionnaire

APPENDIX 4.1 – TUQ Scale

**TELEHEALTH USABILITY QUESTIONNAIRE (TUQ)**

#	Statements	N/A	1	2	3	4	5	6	7
1.	Telehealth improves my access to healthcare services.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
2.	Telehealth saves me time traveling to a hospital or specialist clinic.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
3.	Telehealth provides for my healthcare need.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
4.	It was simple to use this system.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
5.	It was easy to learn to use the system.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
6.	I believe I could become productive quickly using this system	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
7.	The way I interact with this system is pleasant.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
8.	I like using the system.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
9.	The system is simple and easy to understand.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
10.	This system is able to do everything I would want it to be able to do.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
11.	I can easily talk to the clinician using the telehealth system.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
12.	I can hear the clinician clearly using the telehealth system.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
13.	I felt I was able to express myself effectively.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
14.	Using the telehealth system, I can see the clinician as well as if we met in person.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE
15.	I think the visits provided over the telehealth system are the same as in-person visits.	<input type="checkbox"/>	DISAGREE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AGREE

16.	Whenever I made a mistake using the system, I could recover easily and quickly.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE
17.	The system gave error messages that clearly told me how to fix problems.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE
18.	I feel comfortable communicating with the clinician using the telehealth system.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE
19.	Telehealth is an acceptable way to receive healthcare services.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE
20.	I would use telehealth services again.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE
21.	Overall, I am satisfied with this telehealth system.	<input type="checkbox"/>	DISAGREE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> AGREE

In this questionnaire, 1 - strongly disagree, 2 – disagree, 3 – somewhat disagree, 4 – neither agree nor disagree, 5 – somewhat agree, 6 – agree, 7 – strongly agree

To determine the usability of the telehealth system, calculate the total and determine the average of the responses to all statements. The higher the overall average, the higher the usability of the telehealth system.

Please cite: Parmanto B, Lewis AN Jr, Graham KM, Bertolet MH, (2016), "Development of the Telehealth Usability Questionnaire (TUQ)", *Int J Telerehabil*, 8(1):3-10. DOI: 10.5195/ijt.2016.6196. PMID: 27563386

## APPENDIX 4.2 – EPYQ Scale

HOW MUCH did the instructor mention or include...?	Not at all	A little bit	A moderate amount	Quite a bit	A very large amount
1. Setting intentions or goals for the class?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Acceptance of one's body while doing yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. General thoughts of gratitude, love, kindness, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Self-compassion (kindness / warmth towards oneself)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Acceptance of things as they are?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Placing one's focus on the breath?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Deep breathing (full inhalation and exhalation)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Linking breathing with movement?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Instruction of a breathing technique (Pranayama)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Instruction of why breathing is important?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Physical balance?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Physical flexibility?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Physical strength?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Vigorous activity or physical exertion?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH did the instructor mention or include...?	Not at all	A little bit	A moderate amount	Quite a bit	A very large amount
15. Being in constant motion (vinyasa or flow)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Challenging one's physical balance ("finding one's edge" in regards to physical balance)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Challenging one's physical flexibility ("finding one's edge" in regards to physical flexibility)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Challenging one's physical strength ("finding one's edge" in regards to physical strength)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Alignment, form, and/or correct posture?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Modifications to increase the difficulty of a pose?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Holding poses (longer than a few seconds)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Inverted poses (poses where the head is below the heart or hips)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Resting between poses?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Modifications to make a pose easier?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Recovery type poses (poses used to rest or recover after more difficult poses)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Restorative yoga poses (totally supported / relaxing poses typically held for a longer period of time)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Savasana (Corpse Pose / the final lying down resting pose)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Engaging muscles at the pelvic floor / region (engaging Mula Bandha)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH did the instructor mention or include...?	Not at all	A little bit	A moderate amount	Quite a bit	A very large amount
29. Engaging muscles at the core / abdominal region (engaging Uddiyana Bandha)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Engaging Jalandhara Bandha (drawing the chin back and lengthening the back of the neck)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Body awareness / paying attention to one's body?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Asking students to concentrate on postural alignment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. Asking students to concentrate on bodily sensations (such as tightness, softness, and muscle awareness)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. Allowing or being present to emotions or feelings that come up while doing yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. Physical relaxation ("letting go" of physical tensions)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. Mental relaxation ("letting go" of mental tensions, worries, or mental stress)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. Emotional release ("letting go" of emotions)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. Visualization or guided imagery?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. Physical health benefits of yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. Emotional health benefits of yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. Mental health benefits of yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. Spiritual benefits of yoga?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH did the instructor mention or include...?	Not at all	A little bit	A moderate amount	Quite a bit	A very large amount
43. Giving individual attention or feedback (instructor or assistants)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. Physically assisting students with poses (aligning, pressing, or stretching a student in a pose)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. Physical support / adjustment of students during Savasana (such as light facial massage, pressing shoulders, or pulling feet)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. Partner yoga (two or more persons connecting / touching in a posture)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. Time for introductions or greetings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. Teacher facilitated social interaction during the session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. Chanting and/or reciting mantras or saying "OM"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50. Spiritual readings, quotes, sayings, teachings, or ideas?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51. Energy (prana, chakras, energy meridians, or nadis)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52. Reference to a connection to a higher power or something greater than oneself (Spirit, God, Universe)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53. Quieting the mind?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. Mindfulness (non-judgmental awareness of one's thoughts, feelings, or movements)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55. Meditation during the session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH did the instructor mention or include...?	Not at all	A little bit	A moderate amount	Quite a bit	A very large amount
56. Meditation (Dhyana: deep absorptive meditation)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57. Withdrawal of the senses (Pratyhara: directing the attention from the external toward an internal awareness)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58. Concentration (Dharana: a state of complete absorption or concentration / focus of the mind)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59. Ethical principles (Yamas: compassion, truthfulness, non-stealing, moderation, non-greediness)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60. Personal observances [Niyamas: purity / cleanliness (includes diet / nutrition), diligence / focused effort, contentment, self-study, attuning oneself to the Divine]?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

61. Union with the Divine or "pure awareness" (Samadhi)?

62. How yoga teachings / practice can be used in life outside of class?

APPENDIX 5 – Published Papers

**PUBLICATION DETAILS**

**Name of the Research Scholar: Sanjay Gupta**

**University Registration No.: 1100812023**

**Name of the Research Supervisor/s: Dr. Sony Kumari**

Sl.No.	Name of the Article / Title	Published/ Accepted	web link of article if published	Name of the Journal and Publisher	Is it indexed journal? Yes/No If yes provide details	Impact Factors (Thomson Reuters-2018)	UGC Listed Yes/No If yes provide the details/link
1	Customizing Yoga for Global Diversity: A Comparative Study of Eastern and Western Practices for Effective Integration Into Complementary Healthcare	Published	<a href="https://pubmed.ncbi.nlm.nih.gov/39512965/">https://pubmed.ncbi.nlm.nih.gov/39512965/</a>	Cureus by Springer Nature	Web of Science, PubMed	Clarivate – 1.1	Yes UGC CARE II <a href="https://mjl.clarivate.com://search-results?issn=2168-8184&amp;hide_exact_match_fl=true&amp;utm_source=mjl&amp;utm_medium=share-by-link&amp;utm_campaign=search-results-share-this-journal">https://mjl.clarivate.com://search-results?issn=2168-8184&amp;hide_exact_match_fl=true&amp;utm_source=mjl&amp;utm_medium=share-by-link&amp;utm_campaign=search-results-share-this-journal</a>
2	Study Protocol: A Cross-sectional Comparative Study of Yoga Delivery Modes in India (East) & North America (West)	Published	<a href="https://bpasjournals.com/library-science/index.php/journal/article/view/1605/1028">https://bpasjournals.com/library-science/index.php/journal/article/view/1605/1028</a>	Library Progress International by BPAS Journals	Scopus		Yes UGC CARE II <a href="https://www.scopus.com/sourceid/21101204534">https://www.scopus.com/sourceid/21101204534</a>

3	Effectiveness of Remote Yoga for the Global Population and Implications for Healthcare Integration: A Mixed-Method Global Cross-Sectional Study	Published	<a href="https://qtanalytics.in/journals/index.php/IJERR/article/view/4342/2264">https://qtanalytics.in/journals/index.php/IJERR/article/view/4342/2264</a>	International Journal of Experimental Research and Review  By Scopus International Academic Publishing House (IAPH)	Scopus		Yes UGC CARE II <a href="https://www.scopus.com/sourceid/21101140508">https://www.scopus.com/sourceid/21101140508</a>
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**Signature of Research Scholar**

***Sanjay Gupta***

**Name & Signature of the Research Supervisor**



**Dr. Sony Kumari, M.A., Ph.D**

## APPENDIX 6 – Conference Paper

Conference Name	Organizer	Nation/ International	Date
International Conference on Holistic Health: Interconnected Realm of Well Being	SGT University	International	18 Sept. 2024
Yoga for Global Peace and Happiness	Shri Rawatpura Sarkar University	International	Oct. 21-23, 2024

