SUPPLEMENT

Supplementary information for:
More than a feeling: Perceptions of wellbeing in regular Ashtanga Yoga practitioners

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Supplement 1. *Demographic characteristics of the current sample of Regular Ashtanga Yoga Practitioners (RAYPs) versus the broader set of surveys completed.*

Characteristic	Category	RAYPs N=166		Broader Sample N=352	
		N	%	N	%
Gender	Female	133	80.12%	253	71.88%
	Male	29	17.47%	61	17.33%
	Other/Not reported	4	2.41%	38	10.79%
Age	18 to 24 years old	14	8.43%	25	7.10%
	25 to 34 years old	53	31.93%	108	30.68%
	35 to 44 years old	47	28.31%	94	26.70%
	45 to 54 years old	34	20.48%	69	19.60%
	55 to 64 years old	16	9.64%	24	6.82%
	65 to 74 years old	1	0.60%	1	0.28%
	75 years old and above	1	0.60%	1	0.28%
	Not reported	0	0.00%	30	8.52%
Location	Americas	60	36.14%	120	30.11%
	Europe	42	25.30%	88	23.58%
	Asia	14	8.43%	36	6.25%
	Oceania	43	25.90%	69	19.60%
	Africa	2	1.20%	2	0.57%
	Not reported	5	3.01%	37	10.51%
Area	Urban	105	63.25%	204	57.95%
	Sub-urban	42	25.30%	79	22.44%
	Rural	16	9.64%	32	9.09%
	Other/Not reported	3	1.81%	37	10.51%
Citizenship	Same as location	124	74.70%	250	71.02%
	Different from location	38	22.89%	70	19.89%
	Not reported	4	2.41%	32	9.09%
Education	High school education incomplete	1	0.60%	6	1.70%
	High school education complete	9	5.42%	16	4.55%
	Trade vocational	14	8.43%	24	6.82%

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Characteristic	Category	RAYPs N=166		Broader Sample N=352	
		N	%	N	%
	Bachelor	69	41.57%	131	37.22%
	Master	53	31.93%	110	31.25%
	Doctorate	20	12.05%	33	9.38%
	Not reported	0	0.00%	32	9.09%
Survey Language	English	141	84.94%	302	85.80%
	Spanish	25	15.06%	50	14.20%
Ethnicity	Arabic	1	0.60%	1	0.28%
	African	1	0.60%	2	0.57%
	Asian	16	9.64%	33	9.38%
	Caucasian	95	57.23%	182	51.70%
	Hispanic or Latino	24	14.46%	48	13.64%
	Native American	6	3.61%	8	2.27%
	Multiethnic	14	8.43%	29	8.24%
	Other/Not reported	9	5.42%	49	13.92%
Spiritual Tradition	Buddhism	33	19.88%	60	17.05%
	Christianity	24	14.46%	63	17.90%
	Hinduism	12	7.23%	20	5.68%
	Islam	2	1.20%	2	0.57%
	Judaism	1	0.60%	3	0.85%
	Atheism	21	12.65%	44	12.50%
	Agnosticism	14	8.43%	29	8.24%
	Aboriginal Spirituality	1	0.60%	2	0.57%
	None of the above	49	29.52%	73	20.74%
	Other/Not reported	9	5.42%	56	15.91%

Supplement 2. *Characteristics of Regular Ashtanga Yoga Practitioners' (RAYPs) yoga practice versus the broader sample of participants*

Aspect of AY practice	Category	RAYPs N=166		Broader Sample N=352	
		N	%	N	%
Years of AY practice	Less than 3 months	1	0.60%	14	3.98%
	3 to 6 months	3	1.81%	9	2.56%
	6 months to 12 months	8	4.82%	21	5.97%
	1 to 2 years	31	18.67%	53	15.06%
	3 to 5 years	50	30.12%	84	23.86%
	6 to 10 years	30	18.07%	52	14.77%
	11 to 15 years	21	12.65%	27	7.67%
	16 to 20 years	17	10.24%	27	7.67%
	More than 20 years	5	3.01%	11	3.13%
	Not reported	0	0.00%	54	15.34%
Years of regular AY practice	Less than 3 months	3	1.81%	4	1.14%
	3 to 6 months	5	3.01%	12	3.41%
	6 months to 12 months	13	7.83%	21	5.97%
	1 to 2 years	35	21.08%	47	13.35%
	3 to 5 years	47	28.31%	66	18.75%
	6 to 10 years	32	19.28%	44	12.50%
	11 to 15 years	13	7.83%	16	4.55%
	16 to 20 years	13	7.83%	19	5.40%
	More than 20 years	3	1.81%	4	1.14%
	Not reported	2	1.20%	119	33.81%
AY practice modality	Mysore style	72	43.37%	122	34.66%
	Traditional Sanskrit-led class	3	1.81%	7	1.99%
	Led class (primary or intermediate)	2	1.20%	8	2.27%
	Guided AY based class (different each class)	5	3.01%	13	3.69%
	Self-practice	3	1.81%	3	0.85%
	Mysore and traditional Sanskrit-led class	44	26.51%	69	19.60%
	Mysore and led class	11	6.63%	18	5.11%
	Mysore and guided AY based class	1	0.60%	2	0.57%
	Mysore, Sanskrit-led and led class	16	9.64%	27	7.67%
	Mysore, Sanskrit-led and guided AY based	1	0.60%	3	0.85%
	Mysore, Sanskrit-led, led class and guided	3	1.81%	7	1.99%
	Mysore, led-class and guided AY based	2	1.20%	8	2.27%
	Mysore and Self-practice	1	0.60%	1	0.28%
	Sanskrit-led and led class	0	0.00%	2	0.57%
	Sanskrit-led and guided AY based class	0	0.00%	1	0.28%
	Led class and guided AY based class	0	0.00%	1	0.28%
	Sanskrit-led, led class and guided AY based	1	0.60%	2	0.57%
	Other	1	0.60%	3	0.85%
	Not reported	0	0.00%	55	15.63%
Frequency	Less than once a week	0	0.00%	5	1.42%
	1 to 2 days per week	11	6.63%	38	10.80%

Aspect of AY practice	Category	RAYPs N=166		Broader Sample N=352	
		N	%	N	%
	3 to 4 days per week	42	25.30%	78	22.16%
	5 to 6 days per week	98	59.04%	135	38.35%
	Everyday	9	5.42%	13	3.69%
	It depends	4	2.41%	27	7.67%
	Not reported	2	1.20%	56	15.91%
Duration	Less than 20 minutes	1	0.60%	4	1.14%
	20 to 40 minutes	0	0.00%	8	2.27%
	41 to 60 minutes	16	9.64%	39	11.08%
	61 to 80 minutes	52	31.33%	90	25.57%
	81 to 100 minutes	46	27.71%	83	23.58%
	101 to 120 minutes	37	22.29%	52	14.77%
	More than 120 minutes	12	7.23%	17	4.83%
	It depends	2	1.20%	5	1.42%
	Not reported	0	0.00%	54	15.34%
Time of the day	6am to 10am	105	63.25%	178	50.57%
	11am to 1pm	12	7.23%	20	5.68%
	2pm to 5pm	5	3.01%	12	3.41%
	6pm to 9pm	18	10.84%	44	12.50%
	It depends	26	15.66%	44	12.50%
	Not reported	0	0.00%	54	15.34%
Consistency	1	0	0.00%	3	0.85%
	2	0	0.00%	6	1.70%
	3	0	0.00%	9	2.56%
	4	3	1.81%	11	3.13%
	5	2	1.20%	15	4.26%
	6	13	7.83%	32	9.09%
	7	42	25.30%	64	18.18%
	8	51	30.72%	74	21.02%
	9	31	18.67%	43	12.22%
	10	22	13.25%	35	9.94%
	Not reported	2	1.20%	60	17.05%
Asana sequence	Surya Namaskar A and B	0	0.00%	6	1.70%
	Surya Namaskar and standing	1	0.60%	4	1.14%
	Primary series up to Janu C	3	1.81%	6	1.70%
	Primary series up to Navasana	21	12.65%	54	15.34%
	Second half of Primary series	6	3.61%	9	2.56%
	Full Primary series	46	27.71%	81	23.01%
	Primary up to 1st half of Intermediate	55	33.13%	81	23.01%
	Primary up to 2nd half of Intermediate	7	4.22%	10	2.84%
	Full Primary and Intermediate	13	7.83%	15	4.26%
	Primary, Int. up to 1st half of Adv. A	5	3.01%	8	2.27%
	Primary, Int. up to 2nd half of Adv. A	1	0.60%	1	0.28%
	Full Primary, Int. and Adv. A	3	1.81%	3	0.85%
	Full Primary, Int. and Adv. A and B	2	1.20%	2	0.57%

Aspect of AY practice	Category	RAYPs N=166		Broader Sample N=352	
		N	%	N	%
	Other	3	1.81%	16	4.55%
	Not reported	0	0.00%	56	15.91%
AY elements	Free breathing with sound	149	89.76%	253	71.88%
	Use of bandhas	153	92.17%	251	71.31%
	Use of drishti	159	95.78%	266	75.57%
	Chanting opening and closing mantras	144	86.75%	244	69.32%
	Meditation before or after practice	81	48.80%	139	39.49%
	Pranayama before or after practice	91	54.82%	124	35.23%
	Resting on moon days	116	69.88%	190	53.98%
	Vinyasa throughout practice	161	96.99%	276	78.41%
	Other	10	6.02%	18	5.11%
	Not reported	0	0.00%	54	15.34%

see details of survey questions exploring each aspect of the AY practice in supplement 3

Supplement 3. *Regular Ashtanga Yoga Practitioners' (AYPs) engagement in Ashtanga Yoga Philosophy*

Aspect of Yoga Philosophy	Category	RAYP N=166		Broader Sample N=352	
		N	%	N	%
Yama	0	0	0.00%	1	0.28%
	1	0	0.00%	2	0.57%
	2	0	0.00%	2	0.57%
	3	0	0.00%	3	0.85%
	4	1	0.60%	2	0.57%
	5	5	3.01%	22	6.25%
	6	11	6.63%	17	4.83%
	7	9	5.42%	63	17.90%
	8	43	25.90%	79	22.44%
	9	29	17.47%	46	13.07%
	10	18	10.84%	31	8.81%
	Not reported	0	0.00%	84	23.86%
Niyama	0	0	0.00%	1	0.28%
	1	0	0.00%	0	0.00%
	2	1	0.60%	2	0.57%
	3	1	0.60%	4	1.14%
	4	6	3.61%	12	3.41%
	5	8	4.82%	19	5.40%
	6	21	12.65%	34	9.66%
	7	41	24.70%	67	19.03%
	8	55	33.13%	77	21.88%
	9	20	12.05%	31	8.81%
	10	12	7.23%	18	5.11%
	Not reported	1	0.60%	87	24.72%
Asana	0	0	0.00%	0	0.00%
	1	0	0.00%	1	0.28%
	2	0	0.00%	0	0.00%
	3	0	0.00%	1	0.28%
	4	1	0.60%	3	0.85%
	5	6	3.61%	12	3.41%
	6	0	0.00%	6	1.70%
	7	11	6.63%	21	5.97%
	8	31	18.67%	46	13.07%
	9	32	19.28%	56	15.91%
	10	84	50.60%	120	34.09%
	Not reported	1	0.60%	86	24.43%

Aspect of Yoga Philosophy	Category	RAYP N=166		Broader Sample N=352	
		N	%	N	%
Pranayama	0	0	0.00%	1	0.28%
	1	1	0.60%	2	0.57%
	2	1	0.60%	3	0.85%
	3	3	1.81%	6	1.70%
	4	2	1.20%	6	1.70%
	5	8	4.82%	19	5.40%
	6	10	6.02%	18	5.11%
	7	17	10.24%	25	7.10%
	8	40	24.01%	64	18.18%
	9	29	17.47%	47	13.35%
	10	55	33.13%	77	21.88%
	Not reported	0	0.00%	84	23.86%
Pratyahara	0	3	1.81%	6	1.70%
	1	3	1.81%	7	1.99%
	2	5	3.01%	17	4.83%
	3	9	5.42%	13	3.69%
	4	12	7.23%	20	5.68%
	5	24	14.46%	37	10.51%
	6	19	11.45%	35	9.94%
	7	36	21.69%	50	14.20%
	8	30	18.07%	41	11.65%
	9	13	7.83%	21	5.97%
	10	8	4.82%	12	3.41%
	Not reported	4	2.41%	93	26.42%
Dharana	0	0	0.00%	0	0.00%
	1	0	0.00%	2	0.57%
	2	0	0.00%	1	0.28%
	3	1	0.60%	3	0.85%
	4	2	1.20%	7	1.99%
	5	16	9.64%	24	6.82%
	6	20	12.05%	33	9.38%
	7	39	23.49%	58	16.48%
	8	54	32.53%	83	23.58%
	9	23	13.86%	36	10.23%
	10	9	5.42%	18	5.11%
	Not reported	2	1.20%	87	24.72%

Aspect of Yoga Philosophy	Category	RAYP N=166		Broader Sample N=352	
		N	%	N	%
Dhyana	0	1	0.60%	5	1.42%
	1	3	1.81%	6	1.70%
	2	3	1.81%	7	1.99%
	3	6	3.61%	14	3.98%
	4	4	2.41%	9	2.57%
	5	21	12.65%	33	9.38%
	6	27	16.27%	45	12.78%
	7	43	25.90%	59	16.76%
	8	32	19.28%	49	13.92%
	9	17	10.24%	25	7.10%
	10	7	4.22%	12	3.41%
	Not reported	2	1.20%	88	25.00%
Samadhi	0	3	1.81%	5	1.42%
	1	4	2.41%	10	1.70%
	2	9	5.42%	12	3.41%
	3	16	9.64%	26	7.39%
	4	14	8.43%	24	6.82%
	5	26	15.66%	33	9.38%
	6	15	9.04%	31	8.81%
	7	26	15.66%	38	10.80%
	8	31	18.67%	51	14.49%
	9	14	8.43%	20	5.68%
	10	7	4.22%	13	3.69%
	Not reported	1	0.60%	89	25.28%
Relevance of philosophy	0	0	0.00%	2	0.57%
	1	3	1.81%	3	0.85%
	2	1	0.60%	6	1.70%
	3	4	2.41%	7	1.99%
	4	5	3.01%	11	3.13%
	5	9	5.42%	16	4.55%
	6	15	9.04%	23	6.53%
	7	21	3.01%	35	9.94%
	8	28	16.87%	54	15.34%
	9	18	10.84%	29	8.24%
	10	61	36.75%	78	22.16%
	Not reported	1	0.60%	88	25.00%
Philosophy frequency	Never	4	2.41%	12	3.41%
	Less than once per month	28	16.87%	44	12.50%
	Once or twice per month	33	19.88%	58	16.48%
	Once or twice per week	42	25.30%	70	19.89%
	Almost daily	59	35.54%	83	23.58%
	Not reported	0	0.00%	85	24.15%

Aspect of Yoga Philosophy	Category	RAYP N=166		Broader Sample N=352	
		N	%	N	%
Type of yoga philosophy	After class conference by teacher	68	40.96%	97	27.57%
	Study and chanting of mantras	82	49.40%	119	33.81%
	Yoga teacher training programs	60	36.14%	80	22.73%
	Yoga retreats	51	30.72%	73	20.74%
	Public events	29	17.47%	43	12.22%
	Face to face courses	43	25.90%	61	17.33%
	Online courses	46	27.71%	63	17.90%
	Reading books and texts	138	83.13%	208	59.09%
	Online videos	80	48.19%	124	35.23%
	Reading blogs	86	51.81%	125	35.51%
	Reading social media posts	88	53.01%	126	35.80%
	Other	10	6.02%	18	5.11%
	Not reported	4	2.41%	100	28.41%

Supplement 4. *Questions Included from the Ashtanga Yoga and Wellbeing Online Survey*

Topic	Item	Type
Ashtanga Yoga Practice		
Criterion for selection	Do you consider yourself a regular Ashtanga Yoga practitioner?	Close-ended
Years of AY practice	How many years have you been practising Ashtanga Yoga?	Close-ended
Years of regular AY practice	How long have you been practising Ashtanga Yoga on a regular basis?	Close-ended
AY practice modality	What is your Ashtanga Yoga practice like? Select all that apply	Close-ended
Frequency	How many days do you usually practice per week?	Close-ended
Duration	How many minutes does your practice usually last, during an average session?	Close-ended
Time of the day	At what time do you usually practice?	Close-ended
Consistency	In a scale from 0 to 10, with 0 being completely inconsistent and 10 being completely consistent, how consistent is your practice?	Close-ended
Asana sequence	What sequence(s) are you currently practising? Select the option that best represents your regular asana practice	Close-ended
AY elements	What elements does your Ashtanga Yoga practice include? Select all that apply	Close-ended
Ashtanga Yoga Philosophy		
Introduction to questions on eight limbs	Ashtanga Yoga can be translated as the "8 limbs of yoga" and refer not only to the physical practice of yoga, but also to a philosophical framework describing 8 different and interconnected aspects of yoga. These eight aspects (i.e. yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi) might be or not a part of your practice, and might vary in terms of their presence. On a scale of 0 to 10, with 0 being never and 10 being always, please indicate to what extent you consider the presence of each element in your regular practice and/or life:	-
Yama	To what extent do you consider and apply moral observances (e.g. non-violence, truthfulness, non-stealing, non-temptation, non-collecting) in your behaviour with others?	Close-ended
Niyama	To what extent do you consider and apply moral inner observances (e.g. cleanliness, contentment, self-discipline, self-study, devotion) in your own behaviour?	Close-ended
Asana	To what extent do you incorporate physical postures into	Close-ended

	your own practice?	
Pranayama	To what extent do you practice yoga breathing techniques?	Close-ended
Pratyahara	To what extent do you practice withdrawal from your senses during your practice?	Close-ended
Dharana	To what extent do you experience a state of concentration during your practice?	Close-ended
Dhyana	To what extent do you experience a state of meditation during your practice?	Close-ended
Samadhi	To what extent do you experience a state of bliss, absorption and oneness in your practice?	Close-ended
Relevance of philosophy	On a scale from 0 to 10, 0 being completely irrelevant and 10 being completely relevant, how relevant is yoga philosophy to your own practice?	Close-ended
Philosophy frequency	How often do you engage with yoga philosophy?	Close-ended
Type of yoga philosophy	In which type(s) of yoga philosophy activity do you engage with? Select all that apply	Close-ended
Wellbeing		
Perception of wellbeing	What does wellbeing mean to you?	Open-ended
Demographics		
Age	What is your age?	Close-ended
Gender	What is your gender?	Close-ended
Location	Where do you live?	Close-ended
Area	In which are do you live?	Close-ended
Citizenship	What is your nationality?	Close-ended
Ethnicity	Please specify your ethnicity	Close-ended
Education	What is the highest degree or level of education you have completed?	Close-ended
Spiritual tradition	With which of the following spiritual or religious traditions do you relate the most?	Close-ended
	Comments	Open-ended

Supplement 5. *Word count and word frequency of open-ended response to define wellbeing*

	Number of Words
Minimum	1
Maximum	87
Mean	16
Median	11

Word	Length	Count	Weighted Percentage
well	4	41	3.05%
feeling	7	38	2.82%
mental	6	36	2.67%
body	4	35	2.60%
physical	8	35	2.60%
life	4	32	2.38%
mind	4	29	2.15%
good	4	25	1.86%
healthy	7	23	1.71%
health	6	22	1.63%
mentally	8	22	1.63%
balance	7	21	1.56%
means	5	21	1.56%
physically	10	21	1.56%
able	4	18	1.34%
spiritual	9	17	1.26%
state	5	17	1.26%
feel	4	14	1.04%
peace	5	14	1.04%
happy	5	12	0.89%
others	6	9	0.67%
social	6	9	0.67%
content	7	8	0.59%
contentment	11	8	0.59%
emotional	9	8	0.59%
one	3	8	0.59%
better	6	7	0.52%
calm	4	7	0.52%
ease	4	7	0.52%
harmony	7	7	0.52%
overall	7	7	0.52%
self	4	7	0.52%
things	6	7	0.52%
balanced	8	6	0.45%
change	6	6	0.45%
happiness	9	6	0.45%

pain	4	6	0.45%
present	7	6	0.45%
spirit	6	6	0.45%
think	5	6	0.45%
way	3	6	0.45%
wellbeing	9	6	0.45%
inner	5	5	0.37%
live	4	5	0.37%
people	6	5	0.37%
sense	5	5	0.37%
stress	6	5	0.37%
work	4	5	0.37%
ability	7	4	0.30%
accept	6	4	0.30%
accepting	9	4	0.30%
around	6	4	0.30%
best	4	4	0.30%
come	4	4	0.30%
connected	9	4	0.30%
day	3	4	0.30%
emotionally	11	4	0.30%
freedom	7	4	0.30%
kind	4	4	0.30%
moment	6	4	0.30%
something	9	4	0.30%
spiritually	11	4	0.30%
strong	6	4	0.30%
time	4	4	0.30%
world	5	4	0.30%
acceptance	10	3	0.22%
anxiety	7	3	0.22%
areas	5	3	0.22%
aspects	7	3	0.22%
comfortable	11	3	0.22%
current	7	3	0.22%
enjoy	5	3	0.22%
every	5	3	0.22%
family	6	3	0.22%
find	4	3	0.22%
free	4	3	0.22%
fully	5	3	0.22%
grateful	8	3	0.22%
hard	4	3	0.22%
illness	7	3	0.22%
joy	3	3	0.22%

keep	4	3	0.22%
living	6	3	0.22%
love	4	3	0.22%
making	6	3	0.22%
now	3	3	0.22%
optimal	7	3	0.22%
positive	8	3	0.22%
practicing	10	3	0.22%
right	5	3	0.22%
skin	4	3	0.22%
soul	4	3	0.22%
stability	9	3	0.22%
suffering	9	3	0.22%
unwell	6	3	0.22%
allows	6	2	0.15%
always	6	2	0.15%
aware	5	2	0.15%
back	4	2	0.15%
beyond	6	2	0.15%
calmness	8	2	0.15%
capacity	8	2	0.15%
centered	8	2	0.15%
choices	7	2	0.15%
compassionate	13	2	0.15%
connection	10	2	0.15%
conscious	9	2	0.15%
constant	8	2	0.15%
cope	4	2	0.15%
deal	4	2	0.15%
energy	6	2	0.15%
enjoying	8	2	0.15%
enjoyment	9	2	0.15%
enough	6	2	0.15%
environment	11	2	0.15%
everything	10	2	0.15%
external	8	2	0.15%
feels	5	2	0.15%
first	5	2	0.15%
forward	7	2	0.15%
friends	7	2	0.15%
full	4	2	0.15%
general	7	2	0.15%
generally	9	2	0.15%
hand	4	2	0.15%
heart	5	2	0.15%

human	5	2	0.15%
important	9	2	0.15%
includes	8	2	0.15%
independent	11	2	0.15%
interaction	11	2	0.15%
internally	10	2	0.15%
issues	6	2	0.15%
know	4	2	0.15%
knowing	7	2	0.15%
lack	4	2	0.15%
layers	6	2	0.15%
lean	4	2	0.15%
look	4	2	0.15%
lot	3	2	0.15%
loving	6	2	0.15%
maintenance	11	2	0.15%
matter	6	2	0.15%
moving	6	2	0.15%
nature	6	2	0.15%
need	4	2	0.15%
non	3	2	0.15%
open	4	2	0.15%
part	4	2	0.15%
partner	7	2	0.15%
person	6	2	0.15%
pleasure	8	2	0.15%
plenitude	9	2	0.15%
pressures	9	2	0.15%
purpose	7	2	0.15%
relationships	13	2	0.15%
satisfied	9	2	0.15%
see	3	2	0.15%
short	5	2	0.15%
situation	9	2	0.15%
strength	8	2	0.15%
times	5	2	0.15%
treat	5	2	0.15%
understand	10	2	0.15%
usually	7	2	0.15%
want	4	2	0.15%
wellness	8	2	0.15%
within	6	2	0.15%
yoga	4	2	0.15%
'wellness'	10	1	0.07%
100	3	1	0.07%

absence	7	1	0.07%
abundant	8	1	0.07%
acknowledgin	12	1	0.07%
acknowledging	13	1	0.07%
activities	10	1	0.07%
activity	8	1	0.07%
actualization	13	1	0.07%
adversities	11	1	0.07%
adversity	9	1	0.07%
affect	6	1	0.07%
ageing	6	1	0.07%
aligned	7	1	0.07%
alive	5	1	0.07%
amidst	6	1	0.07%
animal	6	1	0.07%
anxious	7	1	0.07%
applying	8	1	0.07%
approach	8	1	0.07%
ask	3	1	0.07%
asked	5	1	0.07%
aspect	6	1	0.07%
attention	9	1	0.07%
authentically	13	1	0.07%
awake	5	1	0.07%
based	5	1	0.07%
basic	5	1	0.07%
basically	9	1	0.07%
basis	5	1	0.07%
becoming	8	1	0.07%
behaviour	9	1	0.07%
beings	6	1	0.07%
belong	6	1	0.07%
beneficial	10	1	0.07%
birth	5	1	0.07%
bliss	5	1	0.07%
bounce	6	1	0.07%
breath	6	1	0.07%
bring	5	1	0.07%
brings	6	1	0.07%
brought	7	1	0.07%
built	5	1	0.07%
calling	7	1	0.07%
capable	7	1	0.07%
card	4	1	0.07%
care	4	1	0.07%

career	6	1	0.07%
caught	6	1	0.07%
centre	6	1	0.07%
challenges	10	1	0.07%
chaotic	7	1	0.07%
choice	6	1	0.07%
circle	6	1	0.07%
circumstances	13	1	0.07%
clarity	7	1	0.07%
clear	5	1	0.07%
closer	6	1	0.07%
combined	8	1	0.07%
comes	5	1	0.07%
comfort	7	1	0.07%
comforting	10	1	0.07%
commit	6	1	0.07%
commitments	11	1	0.07%
communities	11	1	0.07%
complete	8	1	0.07%
compromised	11	1	0.07%
concentrate	11	1	0.07%
conditions	10	1	0.07%
confidence	10	1	0.07%
confident	9	1	0.07%
consequence	11	1	0.07%
consistent	10	1	0.07%
context	7	1	0.07%
control	7	1	0.07%
corona	6	1	0.07%
cos	3	1	0.07%
count	5	1	0.07%
course	6	1	0.07%
daily	5	1	0.07%
days	4	1	0.07%
decisions	9	1	0.07%
deep	4	1	0.07%
default	7	1	0.07%
degenerate	10	1	0.07%
depression	10	1	0.07%
describe	8	1	0.07%
desires	7	1	0.07%
diet	4	1	0.07%
difference	10	1	0.07%
different	9	1	0.07%
difficult	9	1	0.07%

discovering	11	1	0.07%
disorder	8	1	0.07%
dognatic	8	1	0.07%
dont	4	1	0.07%
dress	5	1	0.07%
drives	6	1	0.07%
easy	4	1	0.07%
eat	3	1	0.07%
eating	6	1	0.07%
effortlessly	12	1	0.07%
elusive	7	1	0.07%
end	3	1	0.07%
endure	6	1	0.07%
energetic	9	1	0.07%
energetically	13	1	0.07%
engaging	8	1	0.07%
equanimous	10	1	0.07%
equilibrium	11	1	0.07%
essentially	11	1	0.07%
esteem	6	1	0.07%
everyone	8	1	0.07%
exciting	8	1	0.07%
experienced	11	1	0.07%
explain	7	1	0.07%
favourable	10	1	0.07%
finding	7	1	0.07%
fit	3	1	0.07%
food	4	1	0.07%
foods	5	1	0.07%
foot	4	1	0.07%
fred	4	1	0.07%
friend	6	1	0.07%
fulfillment	11	1	0.07%
fulfilment	10	1	0.07%
fun	3	1	0.07%
function	8	1	0.07%
functioning	11	1	0.07%
future	6	1	0.07%
generates	9	1	0.07%
gentle	6	1	0.07%
get	3	1	0.07%
getting	7	1	0.07%
gives	5	1	0.07%
goal	4	1	0.07%
goes	4	1	0.07%

great	5	1	0.07%
grounded	8	1	0.07%
guess	5	1	0.07%
habitual	8	1	0.07%
handle	6	1	0.07%
happening	9	1	0.07%
harming	7	1	0.07%
harmonious	10	1	0.07%
head	4	1	0.07%
help	4	1	0.07%
helped	6	1	0.07%
helps	5	1	0.07%
hinder	6	1	0.07%
holistic	8	1	0.07%
holistically	12	1	0.07%
however	7	1	0.07%
huge	4	1	0.07%
identity	8	1	0.07%
ill	3	1	0.07%
imbalances	10	1	0.07%
impacts	7	1	0.07%
impossible	10	1	0.07%
inconformity	12	1	0.07%
incorporates	12	1	0.07%
individual	10	1	0.07%
injuries	8	1	0.07%
injury	6	1	0.07%
inside	6	1	0.07%
joyful	6	1	0.07%
just	4	1	0.07%
keeping	7	1	0.07%
key	3	1	0.07%
kids	4	1	0.07%
killing	7	1	0.07%
kinds	5	1	0.07%
leading	7	1	0.07%
learn	5	1	0.07%
less	4	1	0.07%
lessening	9	1	0.07%
let	3	1	0.07%
level	5	1	0.07%
lifestyle	9	1	0.07%
light	5	1	0.07%
lives	5	1	0.07%
longevity	9	1	0.07%

looking	7	1	0.07%
loved	5	1	0.07%
loves	5	1	0.07%
maintaining	11	1	0.07%
make	4	1	0.07%
makes	5	1	0.07%
manage	6	1	0.07%
may	3	1	0.07%
mean	4	1	0.07%
meaningful	10	1	0.07%
meant	5	1	0.07%
measure	7	1	0.07%
medicare	8	1	0.07%
ment	4	1	0.07%
met	3	1	0.07%
mindset	7	1	0.07%
momentums	9	1	0.07%
mood	4	1	0.07%
mosquitoes	10	1	0.07%
motivates	9	1	0.07%
move	4	1	0.07%
movements	9	1	0.07%
needed	6	1	0.07%
needs	5	1	0.07%
negative	8	1	0.07%
new	3	1	0.07%
niyamas	7	1	0.07%
nothing	7	1	0.07%
nurture	7	1	0.07%
nurtured	8	1	0.07%
observant	9	1	0.07%
ones	4	1	0.07%
organs	6	1	0.07%
origin	6	1	0.07%
otherwise	9	1	0.07%
outlook	7	1	0.07%
overcome	8	1	0.07%
package	7	1	0.07%
particular	10	1	0.07%
particularly	12	1	0.07%
parts	5	1	0.07%
past	4	1	0.07%
patch	5	1	0.07%
peaceful	8	1	0.07%
peacefull	9	1	0.07%

perceived	9	1	0.07%
perfect	7	1	0.07%
personalities	13	1	0.07%
plant	5	1	0.07%
possibility	11	1	0.07%
practises	9	1	0.07%
project	7	1	0.07%
proper	6	1	0.07%
proportion	10	1	0.07%
prosperous	10	1	0.07%
psyche	6	1	0.07%
psychological	13	1	0.07%
purposeful	10	1	0.07%
put	3	1	0.07%
quality	7	1	0.07%
quiet	5	1	0.07%
really	6	1	0.07%
recognising	11	1	0.07%
recovery	8	1	0.07%
refers	6	1	0.07%
refined	7	1	0.07%
relation	8	1	0.07%
relative	8	1	0.07%
relatively	10	1	0.07%
remaining	9	1	0.07%
require	7	1	0.07%
required	8	1	0.07%
resilient	9	1	0.07%
respond	7	1	0.07%
rested	6	1	0.07%
safe	4	1	0.07%
secure	6	1	0.07%
seeking	7	1	0.07%
seem	4	1	0.07%
senation	8	1	0.07%
sensation	9	1	0.07%
sensible	8	1	0.07%
serene	6	1	0.07%
serves	6	1	0.07%
set	3	1	0.07%
shallow	7	1	0.07%
shape	5	1	0.07%
share	5	1	0.07%
simple	6	1	0.07%
situations	10	1	0.07%

sleep	5	1	0.07%
socially	8	1	0.07%
societal	8	1	0.07%
someone	7	1	0.07%
sometimes	9	1	0.07%
sorry	5	1	0.07%
source	6	1	0.07%
specific	8	1	0.07%
spending	8	1	0.07%
sports	6	1	0.07%
spund	5	1	0.07%
stable	6	1	0.07%
stand	5	1	0.07%
starts	6	1	0.07%
staying	7	1	0.07%
steady	6	1	0.07%
stength	7	1	0.07%
stillness	9	1	0.07%
stopped	7	1	0.07%
streas	6	1	0.07%
struggle	8	1	0.07%
struggled	9	1	0.07%
sub	3	1	0.07%
succumbing	10	1	0.07%
sugar	5	1	0.07%
support	7	1	0.07%
supported	9	1	0.07%
sure	4	1	0.07%
surround	8	1	0.07%
surroundings	12	1	0.07%
susceptibility	14	1	0.07%
sustain	7	1	0.07%
sustainable	11	1	0.07%
synchronisation	15	1	0.07%
taking	6	1	0.07%
taxing	6	1	0.07%
tend	4	1	0.07%
term	4	1	0.07%
textbook	8	1	0.07%
thing	5	1	0.07%
thoughts	8	1	0.07%
throughs	8	1	0.07%
throws	6	1	0.07%
together	8	1	0.07%
tolerance	9	1	0.07%

tool	4	1	0.07%
tools	5	1	0.07%
towards	7	1	0.07%
tranquility	11	1	0.07%
transcending	12	1	0.07%
transit	7	1	0.07%
traumatic	9	1	0.07%
true	4	1	0.07%
trusting	8	1	0.07%
tuned	5	1	0.07%
turbulent	9	1	0.07%
two	3	1	0.07%
uncomfort	9	1	0.07%
unconditionally	15	1	0.07%
underpins	9	1	0.07%
understanding	13	1	0.07%
unless	6	1	0.07%
upkeep	6	1	0.07%
use	3	1	0.07%
vege	4	1	0.07%
versa	5	1	0.07%
version	7	1	0.07%
vice	4	1	0.07%
view	4	1	0.07%
virus	5	1	0.07%
vitality	8	1	0.07%
voice	5	1	0.07%
washy	5	1	0.07%
water	5	1	0.07%
ways	4	1	0.07%
weak	4	1	0.07%
weakness	8	1	0.07%
weeding	7	1	0.07%
welcoming	9	1	0.07%
whole	5	1	0.07%
wishy	5	1	0.07%
without	7	1	0.07%
word	4	1	0.07%
working	7	1	0.07%
worried	7	1	0.07%
worries	7	1	0.07%
write	5	1	0.07%
yamas	5	1	0.07%
young	5	1	0.07%
yourself	7	1	0.07%

Supplement 6. *Proportions of participants' responses across overarching themes*

Quotes Across Themes	Participants	Proportion
Quotes spaning one overarching theme	5	3.01%
Quotes spaning two overarching themes	34	20.48%
Quotes spaning three overarching themes	65	39.16%
Quotes spaning four overarching themes	62	37.35%
TOTAL	166	100.00%

Overarching Theme	Participants	Proportion
Multidimensional nature of wellbeing	152	91.57%
Holistic nature of wellbeing	103	62.05%
Non-dualistic nature of wellbeing	160	96.39%
Dynamic nature of wellbeing	101	60.84%

Conflict of interest statement

The authors report no conflicts of interest.

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