Appendix

**Perceived autonomy subscale from the Psychological Need Satisfaction in Exercise Scale**
(adapted by Bree Geary for yoga and adapted for state) (Wilson et al., 2006)

1. I felt free to practice yoga in my own way
2. I felt free to make my own yoga practice decisions
3. I felt like I was in charge of my yoga practice decisions
4. I felt like I had a say in choosing the yoga poses that I do
5. I felt free to choose which yoga poses to participate in
6. I felt like I was the one who decided what yoga poses to do

Participants responded to each item via a 6-point Likert scale from 1 = false to 6 = true.

**Perceived competence subscale from the Psychological Need Satisfaction in Exercise Scale**
(adapted by Bree Geary for yoga and adapted for state) (Wilson et al., 2006)

1. I felt able to try yoga poses that were personally challenging
2. I felt confident in trying even the most challenging yoga poses
3. I felt confident in my ability to try yoga poses that personally challenge me
4. I felt capable of trying yoga poses that were challenging to me
5. I felt like I was capable of trying even the most challenging yoga poses
6. I felt good about the way I was able to try challenging yoga poses

Participants responded to each item via a 6-point Likert scale from 1 = false to 6 = true.

**Feeling scale** (Hardy & Rejeski, 1989)

1. How do you feel right now?

Participants responded to the item via a Likert scale from -5 = very bad to 5 = very good

**Rating of perceived exertion** (Borg, 1998)

1. What is your current level of exertion? By exertion we mean how hard you feel you are working.

Participants responded to the item via a Likert scale from 6 = no exertion to 20 = maximal exertion.

**State mindfulness scale of physical activity-2** (Cox et al., 2016, Ullrich-French et al., 2022)

1. I was aware of different emotions that arose in me.
2. I noticed unpleasant and pleasant emotions.
3. I noticed pleasant and unpleasant thoughts.
4. I noticed emotions come and go.
5. I noticed thoughts come and go.
6. It was interesting to see the patterns of my thinking.
7. I focused on the movement of my body.
8. I felt present in my body.
9. I listened to what my body was telling me.
10. I was aware of how my body felt.
11. I noticed the sensations in my body.
12. I was in tune with how hard my muscles were working.
13. I let my thoughts/emotions just be without fixating on them.
14. I accepted my thoughts/emotions without judging them.
15. I did not react to my thoughts/emotions.
16. I was okay with experiencing the physical sensations in my body.
17. I acknowledged how my body felt without trying to change it.
18. I acknowledged how my body felt even if it was unpleasant.
19. I was okay with how my body felt, even if it did not meet expectations.

Participants responded to these items on via a 6-point Likert scale from 0 = not at all to 5 = very much.

**Intentions to practice yoga** (adapted by Bree Geary for yoga; Conner et al., 2017)

1. In the next two weeks, I intend to practice yoga.
2. In the next two weeks, I will try to practice yoga.
3. In the next two weeks, I plan to practice yoga.

Participants responded to these items on a 7-point Likert scale from 1 = strongly disagree to 7 = strongly agree.

**Self-report yoga practice**

1. Have you practiced yoga in the past two weeks? Include any form, type, virtual, or in-person yoga. Yes/No

**Past yoga experience** (adapted for brevity from Moliver et al., 2011)

1. Have you ever practiced yoga before? Yes/No
2. Do you currently practice yoga regularly? Yes/No
   a. How many hours per week of yoga do you practice?*
3. How many years have you practiced yoga for? Yes/No
4. Approximately, how many hours of yoga have you practiced in your lifetime?*
   *For these two items, participants were prompted to write a number in the box.

Across analyses, item #4, number of lifetime hours of yoga practice, was utilized as the moderator.
Table 1A. Effects of Autonomy-Supportive Yoga Instructions on Study Outcomes with Yoga Experience Moderation

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<th>95% CI</th>
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Note. Multilevel modeling. Aim 1 and Aim 4 include time because the outcomes (FS and yoga practice intentions) were measured multiple times (See Figure 2 for specific time points). Aim 2, 3, and 5 do not include time because the outcomes (perceived autonomy, perceived competence, and yoga practice) were only measured once. SE = standard error, CI = confidence interval, $d$ = Cohen’s $d$ effect size, *$p < .05$, **$p < .01$, ***$p < .001$. 