s 22

Staff training. Yoga providers will be experienced with teaching yoga classes for older people. We expect to train 6-8 instructors in total across all sites who will manage multiple classes each. We have one instructor already trained and ready to commence (AI Sesto) and commitments from two others (including Youkhana who co-authored our yoga systematic review as a Masters student project[3]) who have expressed willingness to contribute to the project should we be funded. With their professional networks, we are confident that we will identify additional instructors. s 22

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Semi-structured interviews will be conducted with 4-6 yoga instructors and 25-30 participants at both 12 and 18 months post-randomisation (50-60 in total) to understand their experiences and attitudes regarding the intervention. s 22

s 22