

Summary of yoga courses delivered in the trial (yoga teachers, delivery mode, location and number of participants allocated)

Phase and Wave of Trial	Yoga Teacher	Delivery Mode	Location (if applicable)	Number of Participants Allocated to Course
Pilot Phase Wave 1	Celia Grieve	Face-To-Face	Dene Park Community Centre, Harrogate	15
Pilot Phase Wave 1	Stephanie Braysmith	Face-To-Face	Amiyoga Studio, Hull	15
Pilot Phase Wave 1	Steve Smith	Face-To-Face	Hoylake Parade Community Centre, Wirral	15
Pilot Phase Wave 1	Clare Gardner	Face-To-Face	North Birkenhead Development Trust, Wirral	15
Pilot Phase Wave 2	Eve Douglas	Online	N/A	12
Pilot Phase Wave 2	Stephanie Braysmith	Online	N/A	12
Pilot Phase Wave 2	Clare Gardner	Online	N/A	12
Pilot Phase Wave 2	Paul Smith	Online	N/A	12
Main Phase Wave 1	Audrey Blow	Online	N/A	12
Main Phase Wave 1	Rosemary Bennett	Online	N/A	12
Main Phase Wave 1	Lina Newstead	Online	N/A	12
Main Phase Wave 2	Eve Douglas	Face-To-Face	United Reformed Church, Bristol	12
Main Phase Wave 2	Eve Douglas	Face-To-Face	Bradbury Hall, Bristol	12
Main Phase Wave 2	Ann Haggart	Online	N/A	12
Main Phase Wave 2	Ann Haggart	Online	N/A	12
Main Phase Wave 2	Emma Middleton	Face-To-Face	West Hendred Village Hall, Wantage	12
Main Phase Wave 2	Sheree Cox	Online	N/A	12
Main Phase Wave 2	Sheree Cox	Online	N/A	12
Main Phase Wave 2	Rosemary Bennett	Online	N/A	12