

Supplementary Table 1. Qualitative analysis of changes in the psycho-emotional dimension following Soma e-motion program

Categories	Subcategories	Meaning unit
Non-clinical group		
Experienced positive emotion	Felt relaxation and comfort	Now I feel like I'm getting more comfortable. I can take care of my own breathing. It feels different from other technical movements. (Participant E)
		My mind became more comfortable. (Participant B)
		Once I closed my eyes, focused on of my body and tried to be more aware, I became much more comfortable. (Participant C)
		After doing this, I felt more supple and comfortable. Even small movements brought a lot of relaxation, which felt good. (Participant A)
		The more I relax my pelvis, scapula, waist, spine, back of the neck, the more I feel comfortable in my body. (Participant J)
		I felt a lot of relaxation in my body. I breathed in a lot of oxygen. After this, I feel refreshed and satisfied. (Participant H)
Wanted to stay with one's emotion	Felt joy and gratitude	I realized I could approach this program without feeling any pressure. (Participant L)
		I'm happy that I learned through the somatic program how slow movements could bring me so much comfort. (Participant R)
		It felt like moving slowly helped me focus on the body. When I feel a certain sensation in my body, I think it's good to stay in that moment for a sufficient amount of time. I wanted to spend enough time to savor the sensations I was getting from my body. (Participant B)
Experienced the mind's rest and space	Reduced frustration	First, I felt very good after completing. I was looking forward to it as the program was once a week. (Participant I)
		I felt that once I focused on my body, my mind was able to rest. (Participant H)
Resolving negative emotions	Freedom from pain and suffering	I had felt constricted in my body and mind, but now I feel my mind has opened up and feel comfortable, and my outlook on life has expanded. (Participant F)
		With ordinary fitness activities I would compare my body's movements to others and sometimes feel relatively deprived and discouraged, but I liked this somatic program because I only need to progress up to where my body allows movement and observe the possibilities of my own body. (Participant F)
Clinical group		
Experienced positive emotion	Felt joy and gratitude	It felt like all my frustrations were relieved. As the program progressed, I was able to focus on my body. (Participant B)
		It took a lot of effort and felt like I had exercised a lot as I moved parts of my body I wasn't used to moving, but it was a refreshing and beneficial experience. (Participant M)
		I felt gratitude and a sliver of hope during this time. (Participant O)
Experienced the mind's rest and space	Freedom from pain and suffering	It felt like giving my body the greatest kind of love; upon somatic experiencing, I feel hopeful and empowered that I know a method like this. (Participant K)
		I felt I had more space in my mind. (Participant N)
Resolving negative emotions	Mitigating lethargy	I thought I should try to create more space in my mind and body. (Participant Q)
		I observed my body without pain and experienced relaxation. (Participant R)
	Reduced anxiety symptoms	I realized that the negative things that had sedimented in my mind would disappear little by little through bodily movements. (Participant S)
		I had felt lethargic, depressed, lonely, avoided people, and didn't feel like doing anything, but from the somatic movements I felt a change. (Participant M)
		Through investigating my anxiety symptoms and feeling and identifying the level of such symptoms in this program, I think I made a great discovery that I can now measure the extent of my anxiety to a certain degree. (Participant P)
I was able to identify the state of my emotion. And when I was anxious, I could use breathing techniques to find stability. (Participant K)		
I used to feel nervous, vaguely anxious, and paranoid in my daily life. Even though this program didn't solve everything, it was good to learn how to feel more at ease. (Participant L)		
I saw a little bit of hope that I could find space in my mind apart from anxiety and tension. (Participant N)		
When I found myself hyperventilating and anxious, I followed the somatic movements and practiced grounding, which stabilized me slightly quicker than before. (Participant S)		
When I felt anxious and on edge, it had a positive effect of calming my mind. (Participant N)		