

Supplementary Table 2. Qualitative analysis of changes in the physical dimension following Soma-emotion program

Category	Subcategory	Meaning unit
Non-clinical group		
Awareness of movement in each body part	Felt changes in the spine	I sensed the warm movement of all parts in my body and spine where I had pain, which relieved the whole body. (Participant H)
		When I was stretching the spine, I felt it elongate like a rubber band being pulled. (Participant D)
		As I could precisely feel each and every part of the bone, I felt relief in the spine and grew more aware of my body. (Participant C)
		When I stretched my arm, I felt my back elongate all the way down the bones of the spine to the lower back area behind my lower abdomen. (Participant B)
		I also felt strength in my muscles, and felt my lower body and back were being stretched out. (Participant J)
Noticed movement of rib cage	Felt movements of scapula and pelvis	My rib cage felt to me like a large basket. As I breathed, I could feel this basket collapse into a circle, then expand like the spokes of a basket. (Participant H)
		While the last time my sensations were centered on the spine, this time I sensed delicate movements in the rib cage. As I contracted and stretched my body, I felt movements in not only my spine but also the rib bones and pelvis, and I also sensed them together when raising and lowering my arms. (Participant I)
Increased space between eyebrows	Felt movements of scapula and pelvis	I felt the movements of my scapula. (Participant H)
		I felt my scapula being stretched out and could feel better the movements of my pelvic bones. (Participant B)
Detected subtle sensations	Felt subtle sensation of various muscles	When I am in a bad mood or feeling low-energy, I tend to frown in my face and furrow my eyebrows. However, after the soma e-motion program I feel refreshed in my body, which I think widened the space between my eyebrows. (Participant F)
		I could sense subtle and delicate changes as we observed each part of the body. (Participant D)
Felt vivid bodily sensations	Felt subtle sensation of various muscles	At first, I didn't get the chance to feel minute movements or muscles, but gradually I became aware of them. (Participant E)
		As I felt the movement of the muscle delicately, I experienced the mystery of the body. Also, as I moved my muscles delicately, my body alignment and posture improved. (Participant K)
		It felt as if my cells were awakening. I felt a different sensation from ordinary weight training. (Participant A)
		As I repeated the movement of rotating the eye and neck, it felt as if the functions of various muscles and the nerve cells connected to them were gradually improving. (Participant A)
		I could feel various parts of my body twitching and moving. Even when I drank water, I seemed to be able to perceive even when the smallest details, such as the sound of water flowing down my gastrointestinal tract. (Participant I)
Experienced body vibration	Felt subtle sensation of various muscles	As the scapula stretched out broadly, this broadened my chest, and stimulated various nerves in all parts of my body. I appreciated moving each part of the body separately. (Participant F)
		When rotating from the waist, I thought I sensed the movements of the intestines also, and now I can also feel my rib bones moving. (Participant F)
Awareness of body balance	Experienced body vibration	While doing the sitting movements, I felt vibrations coming from my body. (Participant F)
		At first, I just followed the movements, but once the movements deepened a little, I started feeling a vibration in my body. From the pelvis to the waist, I felt a little spinning sensation, and felt a vibration. It felt as if the body and mind were organically moving together. (Participant G)
		Alignment of the body
Noticed differences between left and right side of body	Experienced body vibration	At first, I didn't know how to conduct the movements, so I put a lot of effort on finding the correct movement. But as I investigated the movements of my spine, I think I found my own way of alignment. (Participant D)
		When moving the spine, I felt as if the right side was contracting, and left side was extending. The left side was feeling more comfortable, so I was curious to know why. (Participant D)
		Compared to before, I see a noticeable difference when rotating my body. I recognized that there is a difference between the right side and the left side in the way the body rotate. (Participant A)
Awareness of imbalance in body	Experienced body vibration	Originally my body moved easier on the right side than on the left side. I think it's because the balance is broken. Usually, people tend to keep moving the side that works better, but I realized more movement is needed on the other side. This time I focused more on moving the difficult side, and now I feel more balanced. (Participant G)
		Stimulated blood circulation
Activation of the body	Experienced body vibration	I felt my blood circulation was improving. (Participant C)
		Flexibility
		Increased metabolism
Experienced physiological phenomena	Experienced body vibration	It seemed like things were flowing well within the body, and I felt a burp coming up, which also indicated good circulation. (Participant H)
		I think my body flexibility improved. Somatics itself is quite a beneficial program. (Participant C)
		I feel my body becoming a bit more flexible than before. (Participant A)
		The program was more energy consuming than I expected. My body feels a bit more dynamic and active. (Participant H)
Urge to release intestinal gas	Experienced body vibration	When I was contracting and extending my body, it really felt like gas was about to get released, so I paid a lot of attention. (Participant I)
		Belching
		Activation of salivary glands
Mitigation of pain	Experienced body vibration	I noticed a change in my stomach, like a boiling sensation. I was concerned about a fart coming out and making a sound and wondered if it was only me feeling like this. (Participant D)
		I didn't notice at first, but perhaps because blood circulation improved, burps would come out, and afterwards the body started feeling hot. (Participant I)
		I get a feeling that air is coming out of the body and feel like burping. (Participant J)
Reduced shoulder pain	Experienced body vibration	There was a lot more saliva being created in my mouth than usual. I think the movements throughout the body stimulated the secretion of saliva. (Participant C)
		I also felt like a lot of saliva was coming out. When I'm working, I would usually feel my mouth becomes dry, but after the soma e-motion program I'm noticing a lot of secretion from my salivary glands. (Participant B)
		I often had severe shoulder pain before this program. When doing the shoulder motions in program, I felt the pain decrease even with a simple movement. (Participant B)
Reduced pain in the arm	Experienced body vibration	I usually had rather rounded shoulders. My shoulders now feel more refreshed after I tried moving them back several times, even though it was difficult at first. (Participant H)
		Relieved muscle tension
		I usually had issues with my shoulders. Through the soma movements, I was able to relax the parts where I had pain. (Participant I)
Sweating profusely	Experienced body vibration	My shoulder condition is usually not good. When doing the movements, I realized I was straining my shoulders a lot. I think that was the reason why I had shoulder pain. (Participant I)
		I usually take medicine for carpal tunnel syndrome. At first, I felt a searing pain when I did the arm-raising movements, but with repetition the pain subsided, and I felt more relief. (Participant J)
		Through soma movements, I was able to release the muscles in my back that were tensed up. (Participant G)
Felt warm energy	Experienced body vibration	I was sweating so much even with sitting movements. I wondered if I were the only one. (Participant C)
		A lot of sweat came out. Once I focused and slowed down my movements, I felt a change. After 30 or so minutes, I felt my body heating up. (Participant I)
		Prior to the program I had a lot of chills in my body and poor blood circulation. But upon soma movements, it felt like warm energy was flowing to previously blocked, icy areas. Through a variety of movements, it felt as if the warmth in my body were expanding. I definitely felt my body was getting warm. (Participant E)
		At first, I felt quite out of breath, but eventually it felt like a warm energy was flowing inside and clearing out my entire body. (Participant C)
		I used to feel like I was forcing my body to move. Now, as I slowly move my body according to my rhythm, I can feel its warm energy. (Participant H)
Clinical group	None	I felt my body heating up. (Participant I)
		It felt like my muscles were getting hot. (Participant A)