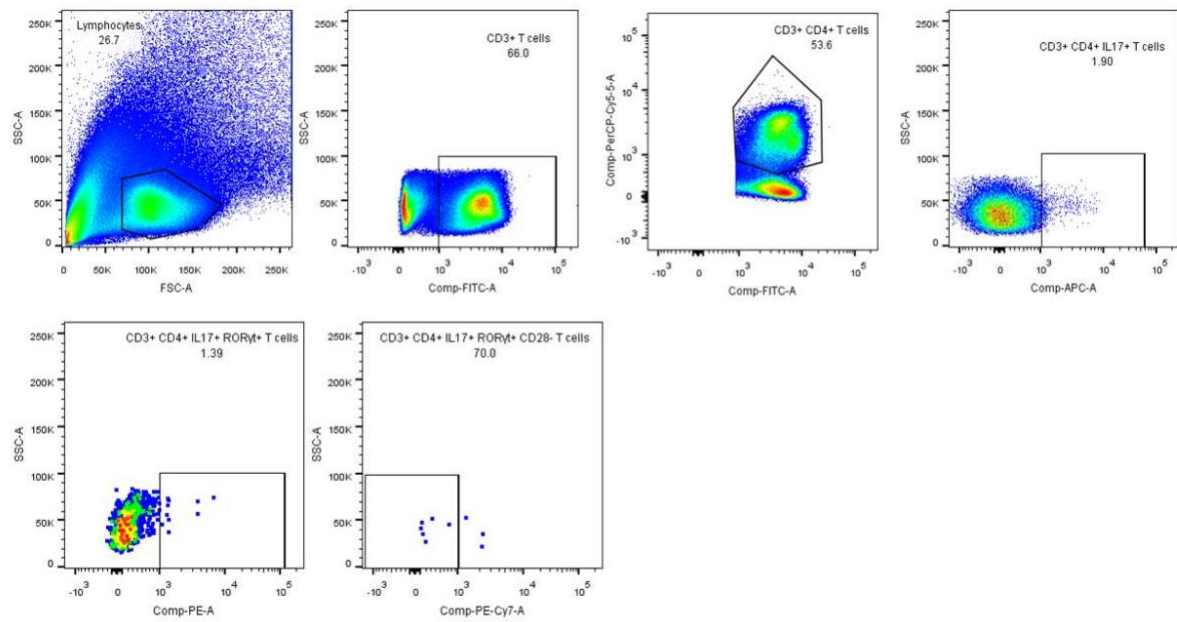


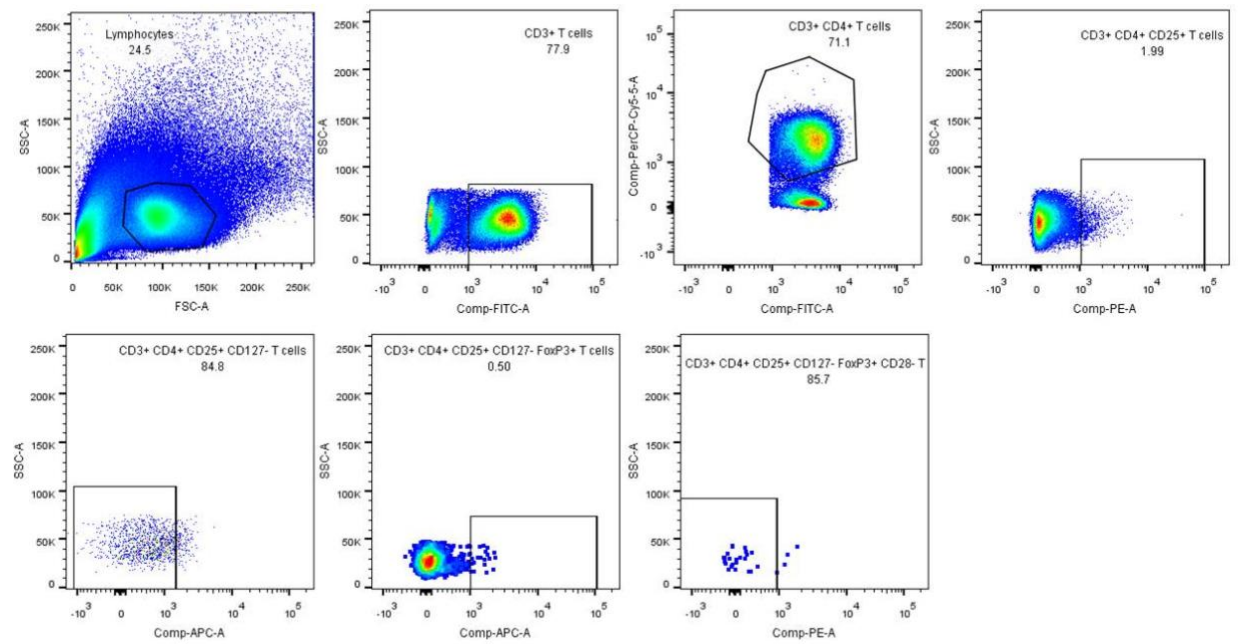
SUPPLEMENTARY MATERIAL

Yoga maintains Th17/Treg cell homeostasis and reduces the rate of T cell aging in Rheumatoid arthritis: A randomized controlled trial

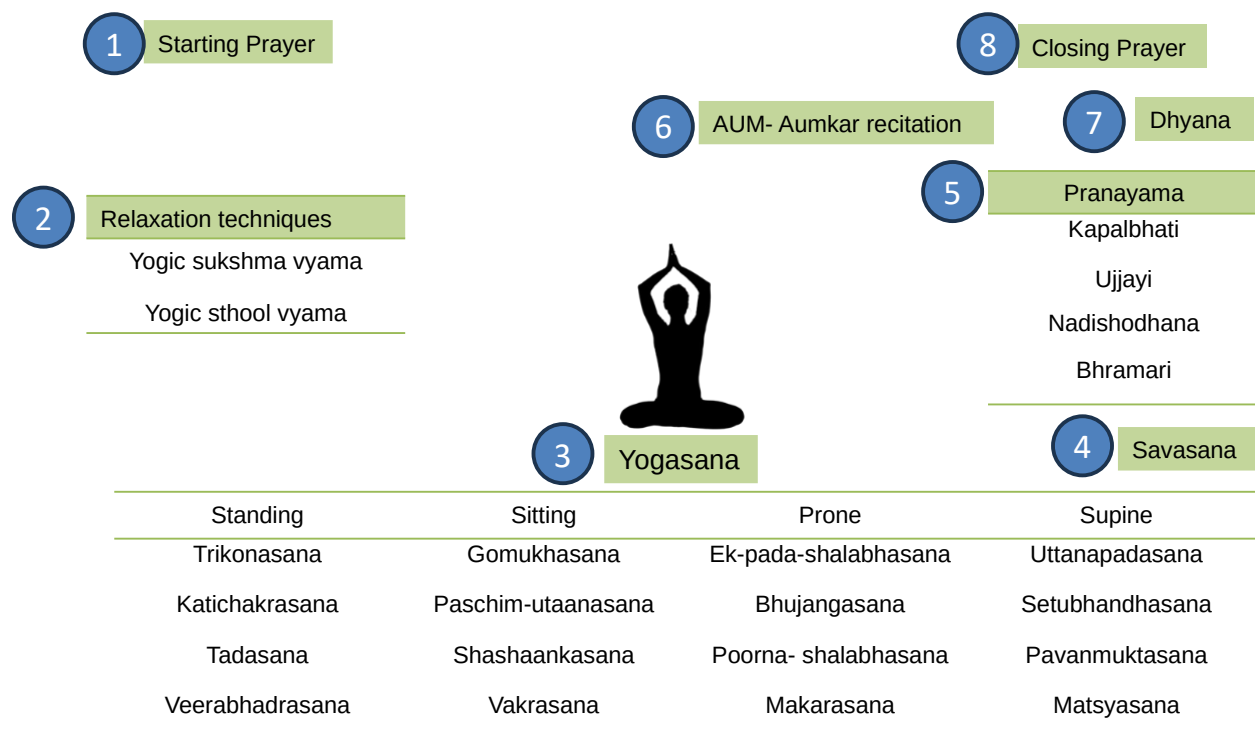
**Surabhi Gautam¹, Romsha Kumar², Uma Kumar³, Sanjeev Kumar², Kalpana Luthra²,
Rima Dada^{1,*}**



Supplementary Figure 1: Gating strategy for Th17 cell population (CD3⁺CD4⁺IL17⁺RORγt⁺ T cells) and aged Th17 cells (CD3⁺CD4⁺IL17⁺RORγt⁺CD28⁻ T cells).



Supplementary Figure 2: Gating strategy for Treg cell population ($CD3^+CD4^+CD25^+CD127^-$ Foxp3⁺ T cells) and aged Treg cells ($CD3^+CD4^+CD25^+CD127^-$ Foxp3⁺ CD28⁻ T cells).



Supplementary Figure 3: Details of yogic activities performed in a single session of yoga program.