

Supplementary Material

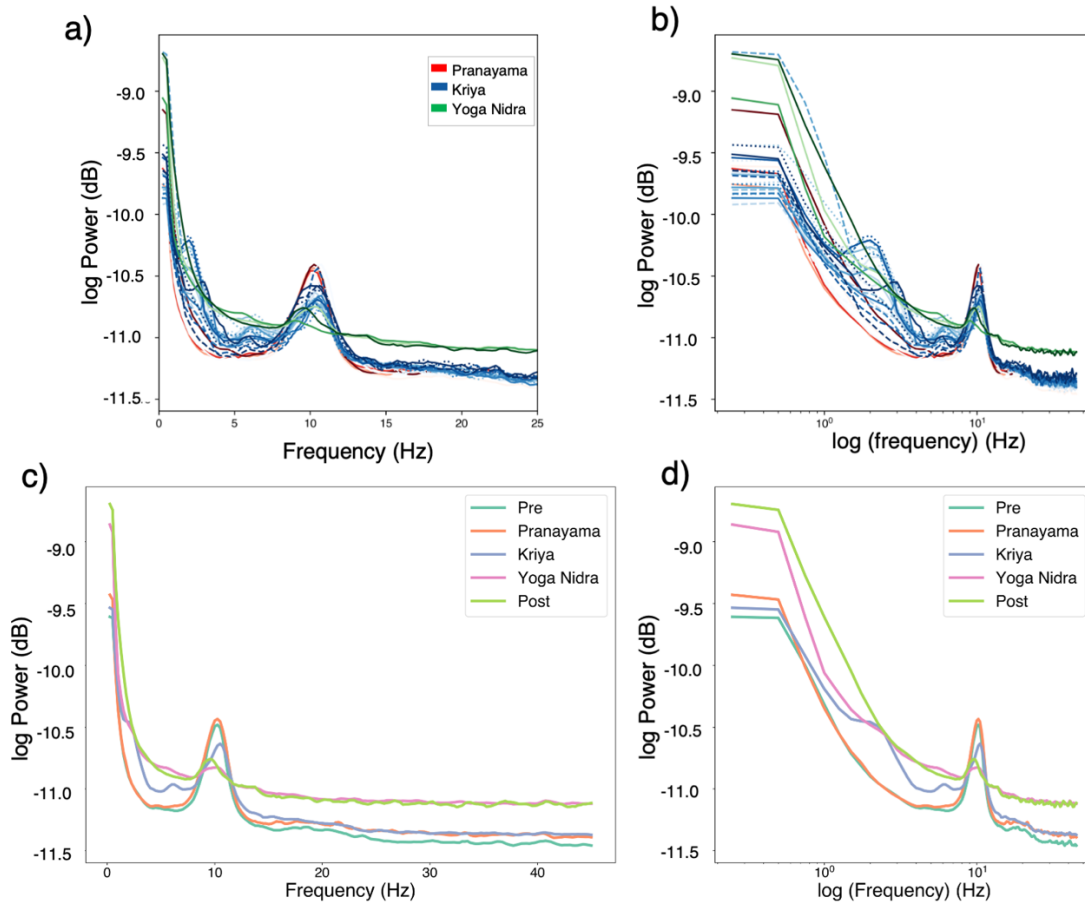


Figure S1: Power spectral densities (PSDs) plots for channel P4 across a) averaged time blocks (3 mins each) during pranayama (red), kriya (blue) and yoga-nidra (green). Dotted lines show different time blocks. b) Similar plot with frequency in log-scale. We can clearly see a sharp alpha, delta and theta rhythms across different time blocks. c) PSD averaged across the five events (pre, pranayama, kriya, yoga-nidra, post) similar to figure 5B. d) Same as panel c but frequency in log-scale.

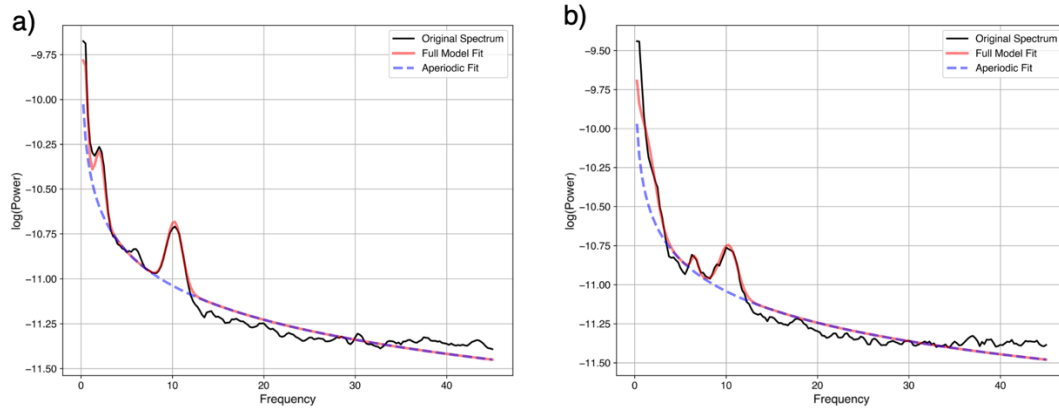


Figure S2: FOOOF model fits for a) alpha and delta rhythm during kriya period in one exemplar subject and b) alpha and theta rhythm.

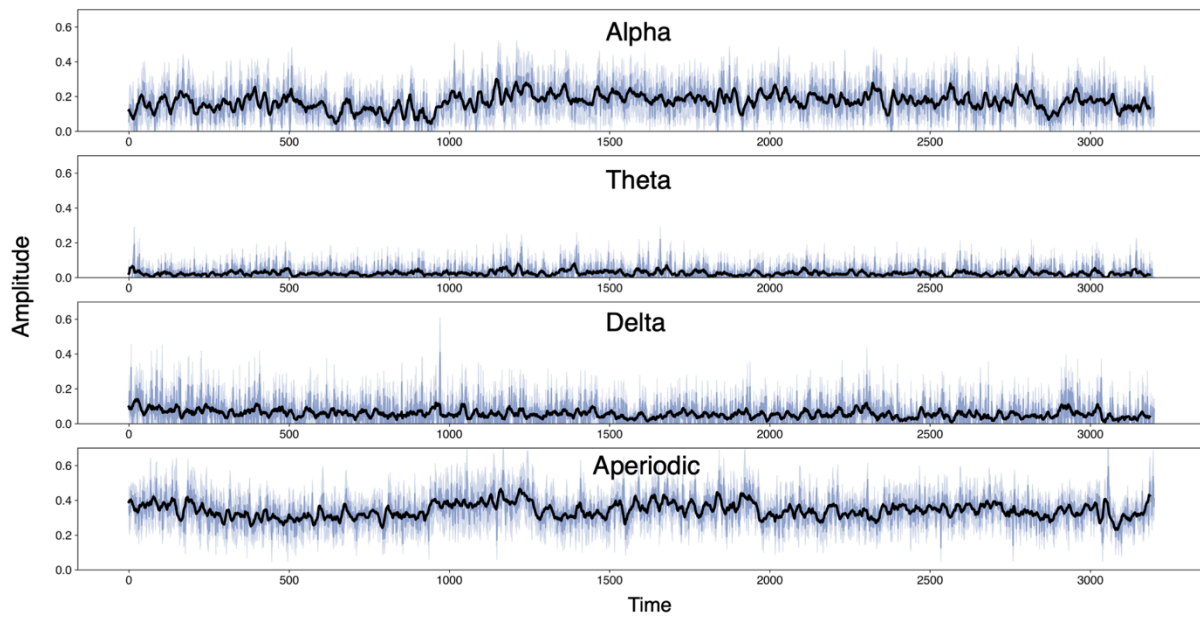


Figure S3: Control subjects EEG parameters: Amplitude (in dB) for alpha (channel P4), theta (channel P3), delta (channel T3) and aperiodic exponent (unitless) for channel PZ. The control participants listened to relaxing music during the entire duration.

	Amplitude					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.31, SD=0.27	M=0.30, SD=0.27	M=0.35, SD=0.20	M=0.24, SD=0.13	M=0.16, SD=0.12	0.72
FP2	M=0.31, SD=0.26	M=0.30, SD=0.27	M=0.36, SD=0.21	M=0.27, SD=0.18	M=0.17, SD=0.12	0.69
F3	M=0.31, SD=0.27	M=0.30, SD=0.27	M=0.35, SD=0.20	M=0.24, SD=0.13	M=0.16, SD=0.13	0.71
FZ	M=0.34, SD=0.26	M=0.32, SD=0.28	M=0.33, SD=0.19	M=0.22, SD=0.11	M=0.16, SD=0.12	0.89
F4	M=0.39, SD=0.27	M=0.38, SD=0.29	M=0.40, SD=0.20	M=0.27, SD=0.12	M=0.18, SD=0.14	0.98
F8	M=0.44, SD=0.28	M=0.42, SD=0.30	M=0.45, SD=0.21	M=0.27, SD=0.11	M=0.18, SD=0.14	1.17
T3	M=0.31, SD=0.27	M=0.30, SD=0.29	M=0.30, SD=0.19	M=0.21, SD=0.10	M=0.14, SD=0.11	0.82
C3	M=0.33, SD=0.22	M=0.30, SD=0.24	M=0.32, SD=0.17	M=0.24, SD=0.09	M=0.16, SD=0.12	0.96
C4	M=0.39, SD=0.23	M=0.37, SD=0.25	M=0.38, SD=0.18	M=0.26, SD=0.09	M=0.17, SD=0.12	1.20
T4	M=0.45, SD=0.24	M=0.41, SD=0.28	M=0.45, SD=0.21	M=0.31, SD=0.12	M=0.20, SD=0.14	1.27
T5	M=0.65, SD=0.36	M=0.62, SD=0.39	M=0.56, SD=0.26	M=0.32, SD=0.16	M=0.23, SD=0.22	1.41
P3	M=0.64, SD=0.37	M=0.62, SD=0.42	M=0.55, SD=0.27	M=0.31, SD=0.14	M=0.20, SD=0.17	1.53
PZ	M=0.66, SD=0.36	M=0.63, SD=0.39	M=0.58, SD=0.25	M=0.33, SD=0.13	M=0.21, SD=0.16	1.62
P4	M=0.72, SD=0.36	M=0.68, SD=0.42	M=0.64, SD=0.27	M=0.36, SD=0.15	M=0.23, SD=0.19	1.70
T6	M=0.76, SD=0.38	M=0.72, SD=0.43	M=0.65, SD=0.28	M=0.37, SD=0.20	M=0.25, SD=0.22	1.64
O1	M=0.47, SD=0.28	M=0.43, SD=0.31	M=0.41, SD=0.20	M=0.25, SD=0.12	M=0.17, SD=0.15	1.34
OZ	M=0.77, SD=0.42	M=0.75, SD=0.46	M=0.64, SD=0.29	M=0.37, SD=0.20	M=0.25, SD=0.23	1.54
	Band					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.96, SD=0.61	M=0.88, SD=0.65	M=1.11, SD=0.54	M=1.09, SD=0.52	M=0.70, SD=0.46	0.48
FP2	M=0.94, SD=0.60	M=0.86, SD=0.63	M=1.08, SD=0.54	M=1.00, SD=0.51	M=0.69, SD=0.47	0.46
F3	M=0.97, SD=0.60	M=0.88, SD=0.64	M=1.11, SD=0.54	M=1.10, SD=0.53	M=0.70, SD=0.44	0.51
FZ	M=0.92, SD=0.61	M=0.83, SD=0.57	M=0.97, SD=0.50	M=0.78, SD=0.38	M=0.56, SD=0.40	0.70
F4	M=1.22, SD=0.60	M=1.10, SD=0.63	M=1.21, SD=0.51	M=1.03, SD=0.39	M=0.68, SD=0.48	0.99
F8	M=1.38, SD=0.58	M=1.29, SD=0.65	M=1.41, SD=0.48	M=1.09, SD=0.40	M=0.76, SD=0.48	1.16
T3	M=0.79, SD=0.53	M=0.71, SD=0.51	M=0.82, SD=0.48	M=0.71, SD=0.36	M=0.49, SD=0.40	0.64
C3	M=1.12, SD=0.60	M=0.95, SD=0.63	M=1.11, SD=0.54	M=1.02, SD=0.37	M=0.68, SD=0.48	0.81
C4	M=1.47, SD=0.61	M=1.35, SD=0.66	M=1.39, SD=0.48	M=1.15, SD=0.39	M=0.71, SD=0.51	1.35
T4	M=1.64, SD=0.71	M=1.41, SD=0.71	M=1.52, SD=0.50	M=1.32, SD=0.47	M=0.83, SD=0.49	1.33
T5	M=1.65, SD=0.61	M=1.45, SD=0.62	M=1.59, SD=0.42	M=1.19, SD=0.47	M=0.74, SD=0.47	1.67
P3	M=1.71, SD=0.55	M=1.55, SD=0.67	M=1.62, SD=0.41	M=1.21, SD=0.41	M=0.72, SD=0.44	1.99
PZ	M=1.83, SD=0.64	M=1.60, SD=0.68	M=1.75, SD=0.42	M=1.32, SD=0.42	M=0.77, SD=0.51	1.83
P4	M=1.88, SD=0.57	M=1.62, SD=0.69	M=1.87, SD=0.43	M=1.40, SD=0.49	M=0.83, SD=0.51	1.94
T6	M=1.82, SD=0.61	M=1.56, SD=0.65	M=1.79, SD=0.44	M=1.29, SD=0.49	M=0.77, SD=0.48	1.91
O1	M=1.47, SD=0.66	M=1.30, SD=0.67	M=1.39, SD=0.53	M=1.00, SD=0.45	M=0.62, SD=0.44	1.52
OZ	M=1.71, SD=0.61	M=1.54, SD=0.62	M=1.67, SD=0.43	M=1.21, SD=0.45	M=0.74, SD=0.47	1.78
	Peak					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=10.10, SD=0.68	M=10.07, SD=0.65	M=10.16, SD=0.59	M=10.28, SD=0.50	M=10.31, SD=0.68	-0.31
FP2	M=10.00, SD=0.78	M=10.05, SD=0.67	M=10.05, SD=0.71	M=10.04, SD=0.91	M=10.07, SD=1.01	-0.08
F3	M=10.07, SD=0.69	M=10.08, SD=0.64	M=10.15, SD=0.57	M=10.28, SD=0.49	M=10.27, SD=0.64	-0.30
FZ	M=9.97, SD=0.64	M=9.99, SD=0.60	M=10.14, SD=0.64	M=10.24, SD=0.49	M=10.29, SD=0.69	-0.48
F4	M=10.01, SD=0.58	M=9.99, SD=0.55	M=10.13, SD=0.57	M=10.23, SD=0.46	M=10.33, SD=0.76	-0.47
F8	M=9.89, SD=0.50	M=9.90, SD=0.54	M=10.03, SD=0.55	M=10.13, SD=0.45	M=10.16, SD=0.80	-0.40
T3	M=10.00, SD=0.63	M=9.98, SD=0.59	M=10.08, SD=0.64	M=10.09, SD=0.43	M=9.96, SD=0.66	0.06
C3	M=9.87, SD=0.53	M=9.87, SD=0.51	M=9.94, SD=0.62	M=10.03, SD=0.36	M=10.03, SD=0.62	-0.28
C4	M=9.97, SD=0.49	M=9.91, SD=0.45	M=9.99, SD=0.51	M=9.97, SD=0.33	M=10.06, SD=0.54	-0.17
T4	M=10.13, SD=0.46	M=10.03, SD=0.46	M=10.22, SD=0.49	M=10.21, SD=0.34	M=10.22, SD=0.74	-0.15
T5	M=9.91, SD=0.58	M=9.82, SD=0.64	M=9.88, SD=0.59	M=9.90, SD=0.45	M=10.04, SD=0.69	-0.20
P3	M=10.07, SD=0.54	M=10.02, SD=0.53	M=10.11, SD=0.54	M=9.98, SD=0.36	M=9.96, SD=0.51	0.21
PZ	M=10.17, SD=0.53	M=10.12, SD=0.53	M=10.19, SD=0.54	M=10.02, SD=0.39	M=10.19, SD=0.55	-0.04
P4	M=10.16, SD=0.51	M=10.04, SD=0.52	M=10.17, SD=0.51	M=10.07, SD=0.39	M=10.12, SD=0.63	0.07
T6	M=10.01, SD=0.53	M=9.90, SD=0.57	M=9.97, SD=0.55	M=9.93, SD=0.45	M=10.05, SD=0.70	-0.06
O1	M=9.83, SD=0.59	M=9.74, SD=0.55	M=9.89, SD=0.60	M=10.03, SD=0.45	M=10.11, SD=0.71	-0.43
OZ	M=10.08, SD=0.55	M=9.91, SD=0.56	M=9.97, SD=0.58	M=9.81, SD=0.48	M=10.04, SD=0.69	0.06

Table S1: Alpha rhythm parameters during different stages of SKY practice: pre resting, pranayama, kriya, yoga-nidra, post resting. Mean and standard deviations of the band parameters: amplitude, band-width, peak frequency are reported along with Cohen's d between pre and post resting stages.

	Amplitude					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.06, SD=0.06	M=0.05, SD=0.07	M=0.11, SD=0.12	M=0.10, SD=0.06	M=0.05, SD=0.05	0.18
FP2	M=0.08, SD=0.12	M=0.06, SD=0.07	M=0.14, SD=0.16	M=0.17, SD=0.24	M=0.07, SD=0.08	0.10
F3	M=0.06, SD=0.06	M=0.05, SD=0.07	M=0.11, SD=0.12	M=0.10, SD=0.06	M=0.05, SD=0.05	0.18
FZ	M=0.05, SD=0.05	M=0.05, SD=0.07	M=0.09, SD=0.13	M=0.10, SD=0.05	M=0.06, SD=0.05	-0.20
F4	M=0.08, SD=0.07	M=0.07, SD=0.09	M=0.12, SD=0.13	M=0.12, SD=0.06	M=0.07, SD=0.05	0.16
F8	M=0.11, SD=0.08	M=0.11, SD=0.12	M=0.16, SD=0.15	M=0.13, SD=0.07	M=0.07, SD=0.05	0.60
T3	M=0.05, SD=0.06	M=0.04, SD=0.06	M=0.08, SD=0.11	M=0.11, SD=0.06	M=0.06, SD=0.05	-0.18
C3	M=0.08, SD=0.07	M=0.07, SD=0.08	M=0.12, SD=0.16	M=0.14, SD=0.06	M=0.07, SD=0.04	0.18
C4	M=0.12, SD=0.06	M=0.10, SD=0.08	M=0.14, SD=0.11	M=0.18, SD=0.08	M=0.09, SD=0.07	0.46
T4	M=0.11, SD=0.08	M=0.10, SD=0.07	M=0.13, SD=0.13	M=0.14, SD=0.06	M=0.07, SD=0.04	0.63
T5	M=0.11, SD=0.13	M=0.08, SD=0.10	M=0.14, SD=0.10	M=0.16, SD=0.07	M=0.07, SD=0.05	0.41
P3	M=0.08, SD=0.05	M=0.07, SD=0.06	M=0.11, SD=0.06	M=0.14, SD=0.06	M=0.07, SD=0.05	0.20
PZ	M=0.09, SD=0.07	M=0.08, SD=0.07	M=0.13, SD=0.11	M=0.15, SD=0.06	M=0.07, SD=0.04	0.35
P4	M=0.09, SD=0.09	M=0.08, SD=0.07	M=0.14, SD=0.13	M=0.15, SD=0.07	M=0.07, SD=0.05	0.27
T6	M=0.11, SD=0.13	M=0.09, SD=0.11	M=0.16, SD=0.14	M=0.17, SD=0.08	M=0.08, SD=0.07	0.29
O1	M=0.11, SD=0.11	M=0.09, SD=0.09	M=0.15, SD=0.15	M=0.14, SD=0.07	M=0.07, SD=0.06	0.45
OZ	M=0.11, SD=0.13	M=0.08, SD=0.09	M=0.15, SD=0.10	M=0.19, SD=0.10	M=0.09, SD=0.07	0.19
	Band					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.23, SD=0.28	M=0.18, SD=0.25	M=0.28, SD=0.23	M=0.41, SD=0.23	M=0.20, SD=0.18	0.13
FP2	M=0.23, SD=0.26	M=0.18, SD=0.24	M=0.30, SD=0.25	M=0.42, SD=0.24	M=0.21, SD=0.18	0.09
F3	M=0.23, SD=0.28	M=0.18, SD=0.23	M=0.28, SD=0.24	M=0.41, SD=0.24	M=0.22, SD=0.21	0.04
FZ	M=0.18, SD=0.25	M=0.15, SD=0.19	M=0.23, SD=0.25	M=0.38, SD=0.21	M=0.22, SD=0.23	-0.17
F4	M=0.25, SD=0.30	M=0.21, SD=0.22	M=0.30, SD=0.26	M=0.46, SD=0.22	M=0.26, SD=0.26	-0.04
F8	M=0.36, SD=0.30	M=0.32, SD=0.32	M=0.39, SD=0.29	M=0.50, SD=0.25	M=0.29, SD=0.26	0.25
T3	M=0.17, SD=0.24	M=0.11, SD=0.13	M=0.19, SD=0.22	M=0.37, SD=0.21	M=0.21, SD=0.19	-0.18
C3	M=0.30, SD=0.29	M=0.21, SD=0.21	M=0.33, SD=0.28	M=0.56, SD=0.21	M=0.24, SD=0.17	0.25
C4	M=0.47, SD=0.29	M=0.35, SD=0.23	M=0.43, SD=0.27	M=0.74, SD=0.29	M=0.37, SD=0.26	0.36
T4	M=0.37, SD=0.28	M=0.31, SD=0.24	M=0.36, SD=0.27	M=0.54, SD=0.23	M=0.27, SD=0.22	0.40
T5	M=0.33, SD=0.38	M=0.23, SD=0.28	M=0.42, SD=0.30	M=0.66, SD=0.29	M=0.29, SD=0.25	0.12
P3	M=0.27, SD=0.22	M=0.21, SD=0.17	M=0.32, SD=0.18	M=0.60, SD=0.29	M=0.27, SD=0.25	0.00
PZ	M=0.25, SD=0.24	M=0.20, SD=0.17	M=0.38, SD=0.25	M=0.63, SD=0.25	M=0.28, SD=0.21	-0.13
P4	M=0.29, SD=0.29	M=0.22, SD=0.22	M=0.37, SD=0.27	M=0.64, SD=0.29	M=0.30, SD=0.25	-0.04
T6	M=0.33, SD=0.39	M=0.23, SD=0.29	M=0.46, SD=0.31	M=0.71, SD=0.34	M=0.34, SD=0.31	-0.03
O1	M=0.42, SD=0.39	M=0.29, SD=0.27	M=0.45, SD=0.32	M=0.57, SD=0.27	M=0.25, SD=0.21	0.54
OZ	M=0.34, SD=0.39	M=0.21, SD=0.25	M=0.47, SD=0.34	M=0.82, SD=0.43	M=0.38, SD=0.34	-0.11
	Peak					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=5.64, SD=0.46	M=5.54, SD=0.42	M=5.72, SD=0.26	M=5.43, SD=0.18	M=5.51, SD=0.37	0.31
FP2	M=5.61, SD=0.46	M=5.60, SD=0.30	M=5.71, SD=0.26	M=5.44, SD=0.19	M=5.50, SD=0.34	0.27
F3	M=5.60, SD=0.45	M=5.57, SD=0.37	M=5.72, SD=0.25	M=5.43, SD=0.17	M=5.53, SD=0.45	0.16
FZ	M=5.55, SD=0.49	M=5.60, SD=0.36	M=5.71, SD=0.28	M=5.35, SD=0.16	M=5.44, SD=0.39	0.25
F4	M=5.69, SD=0.33	M=5.73, SD=0.31	M=5.75, SD=0.29	M=5.46, SD=0.14	M=5.50, SD=0.32	0.58
F8	M=5.60, SD=0.31	M=5.74, SD=0.24	M=5.81, SD=0.24	M=5.47, SD=0.15	M=5.55, SD=0.39	0.14
T3	M=5.61, SD=0.57	M=5.69, SD=0.39	M=5.69, SD=0.34	M=5.37, SD=0.17	M=5.45, SD=0.45	0.31
C3	M=5.64, SD=0.37	M=5.63, SD=0.24	M=5.66, SD=0.24	M=5.42, SD=0.15	M=5.40, SD=0.42	0.61
C4	M=5.55, SD=0.24	M=5.64, SD=0.24	M=5.71, SD=0.21	M=5.39, SD=0.14	M=5.35, SD=0.34	0.68
T4	M=5.60, SD=0.24	M=5.65, SD=0.20	M=5.73, SD=0.26	M=5.49, SD=0.10	M=5.53, SD=0.28	0.27
T5	M=5.76, SD=0.31	M=5.77, SD=0.30	M=5.80, SD=0.22	M=5.48, SD=0.15	M=5.43, SD=0.42	0.89
P3	M=5.68, SD=0.30	M=5.82, SD=0.23	M=5.80, SD=0.21	M=5.51, SD=0.11	M=5.47, SD=0.35	0.64
PZ	M=5.59, SD=0.36	M=5.73, SD=0.27	M=5.83, SD=0.19	M=5.53, SD=0.10	M=5.63, SD=0.40	-0.11
P4	M=5.70, SD=0.36	M=5.78, SD=0.24	M=5.81, SD=0.21	M=5.49, SD=0.13	M=5.51, SD=0.34	0.54
T6	M=5.67, SD=0.40	M=5.79, SD=0.33	M=5.81, SD=0.19	M=5.45, SD=0.13	M=5.55, SD=0.40	0.30
O1	M=5.65, SD=0.43	M=5.69, SD=0.30	M=5.71, SD=0.25	M=5.39, SD=0.22	M=5.37, SD=0.48	0.61
OZ	M=5.72, SD=0.41	M=5.79, SD=0.32	M=5.78, SD=0.23	M=5.51, SD=0.13	M=5.51, SD=0.32	0.57

Table S2: Theta rhythm parameters during different stages of SKY practice: pre resting, pranayama, kriya, yoga-nidra, post resting. Mean and standard deviations of the band parameters: amplitude, band-width, peak frequency are reported along with Cohen's d between pre and post resting stages.

	Amplitude					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.13, SD=0.12	M=0.09, SD=0.08	M=0.14, SD=0.12	M=0.17, SD=0.10	M=0.12, SD=0.12	0.08
FP2	M=0.13, SD=0.12	M=0.09, SD=0.09	M=0.13, SD=0.12	M=0.17, SD=0.11	M=0.12, SD=0.12	0.08
F3	M=0.13, SD=0.12	M=0.09, SD=0.09	M=0.14, SD=0.12	M=0.17, SD=0.10	M=0.12, SD=0.12	0.08
FZ	M=0.10, SD=0.08	M=0.08, SD=0.08	M=0.11, SD=0.10	M=0.16, SD=0.08	M=0.12, SD=0.11	-0.21
F4	M=0.09, SD=0.08	M=0.06, SD=0.07	M=0.10, SD=0.10	M=0.17, SD=0.08	M=0.12, SD=0.11	-0.31
F8	M=0.10, SD=0.07	M=0.06, SD=0.05	M=0.11, SD=0.07	M=0.18, SD=0.08	M=0.12, SD=0.12	-0.20
T3	M=0.11, SD=0.10	M=0.08, SD=0.08	M=0.12, SD=0.09	M=0.16, SD=0.07	M=0.11, SD=0.10	0.00
C3	M=0.10, SD=0.06	M=0.07, SD=0.06	M=0.12, SD=0.07	M=0.19, SD=0.08	M=0.12, SD=0.09	-0.26
C4	M=0.10, SD=0.05	M=0.07, SD=0.04	M=0.11, SD=0.08	M=0.21, SD=0.07	M=0.13, SD=0.10	-0.38
T4	M=0.09, SD=0.05	M=0.06, SD=0.03	M=0.09, SD=0.07	M=0.17, SD=0.07	M=0.11, SD=0.10	-0.25
T5	M=0.08, SD=0.05	M=0.05, SD=0.04	M=0.12, SD=0.08	M=0.22, SD=0.09	M=0.11, SD=0.10	-0.38
P3	M=0.10, SD=0.06	M=0.06, SD=0.04	M=0.11, SD=0.08	M=0.17, SD=0.07	M=0.10, SD=0.08	0.00
PZ	M=0.09, SD=0.06	M=0.06, SD=0.05	M=0.11, SD=0.09	M=0.16, SD=0.07	M=0.10, SD=0.08	-0.14
P4	M=0.07, SD=0.05	M=0.05, SD=0.04	M=0.11, SD=0.09	M=0.18, SD=0.08	M=0.11, SD=0.10	-0.51
T6	M=0.08, SD=0.06	M=0.05, SD=0.04	M=0.12, SD=0.09	M=0.21, SD=0.10	M=0.12, SD=0.11	-0.45
O1	M=0.14, SD=0.08	M=0.09, SD=0.06	M=0.16, SD=0.09	M=0.24, SD=0.10	M=0.14, SD=0.12	0.00
OZ	M=0.08, SD=0.09	M=0.05, SD=0.05	M=0.13, SD=0.10	M=0.22, SD=0.09	M=0.12, SD=0.10	-0.42
	Band					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=0.36, SD=0.29	M=0.25, SD=0.24	M=0.31, SD=0.20	M=0.53, SD=0.24	M=0.35, SD=0.35	0.03
FP2	M=0.37, SD=0.30	M=0.25, SD=0.26	M=0.31, SD=0.20	M=0.52, SD=0.26	M=0.36, SD=0.36	0.03
F3	M=0.36, SD=0.30	M=0.25, SD=0.24	M=0.31, SD=0.20	M=0.53, SD=0.24	M=0.36, SD=0.36	0.00
FZ	M=0.32, SD=0.28	M=0.25, SD=0.27	M=0.27, SD=0.20	M=0.64, SD=0.30	M=0.40, SD=0.37	-0.24
F4	M=0.28, SD=0.21	M=0.17, SD=0.18	M=0.25, SD=0.17	M=0.60, SD=0.25	M=0.37, SD=0.34	-0.32
F8	M=0.32, SD=0.22	M=0.19, SD=0.14	M=0.28, SD=0.16	M=0.62, SD=0.26	M=0.38, SD=0.35	-0.21
T3	M=0.32, SD=0.26	M=0.23, SD=0.25	M=0.29, SD=0.19	M=0.62, SD=0.28	M=0.41, SD=0.39	-0.27
C3	M=0.32, SD=0.20	M=0.23, SD=0.21	M=0.37, SD=0.22	M=0.69, SD=0.26	M=0.41, SD=0.34	-0.32
C4	M=0.35, SD=0.20	M=0.23, SD=0.16	M=0.33, SD=0.18	M=0.72, SD=0.23	M=0.37, SD=0.31	-0.08
T4	M=0.27, SD=0.16	M=0.19, SD=0.12	M=0.25, SD=0.17	M=0.56, SD=0.24	M=0.36, SD=0.34	-0.34
T5	M=0.23, SD=0.18	M=0.13, SD=0.12	M=0.33, SD=0.20	M=0.74, SD=0.29	M=0.38, SD=0.36	-0.53
P3	M=0.28, SD=0.18	M=0.14, SD=0.11	M=0.28, SD=0.16	M=0.58, SD=0.22	M=0.31, SD=0.23	-0.15
PZ	M=0.24, SD=0.18	M=0.14, SD=0.11	M=0.26, SD=0.17	M=0.56, SD=0.24	M=0.33, SD=0.31	-0.36
P4	M=0.20, SD=0.16	M=0.12, SD=0.09	M=0.25, SD=0.17	M=0.61, SD=0.27	M=0.36, SD=0.33	-0.62
T6	M=0.19, SD=0.18	M=0.12, SD=0.12	M=0.29, SD=0.21	M=0.70, SD=0.31	M=0.38, SD=0.38	-0.64
O1	M=0.42, SD=0.27	M=0.29, SD=0.25	M=0.47, SD=0.25	M=0.80, SD=0.35	M=0.43, SD=0.38	-0.03
OZ	M=0.22, SD=0.23	M=0.11, SD=0.12	M=0.31, SD=0.20	M=0.70, SD=0.28	M=0.39, SD=0.36	-0.56
	Peak					
Channel	Pre	Pranayama	Kriya	Yoga Nidra	Post	Cohen's d
FP1	M=2.11, SD=0.28	M=2.12, SD=0.30	M=2.17, SD=0.21	M=2.32, SD=0.18	M=2.30, SD=0.41	-0.54
FP2	M=2.12, SD=0.28	M=2.12, SD=0.27	M=2.18, SD=0.21	M=2.31, SD=0.18	M=2.31, SD=0.37	-0.58
F3	M=2.11, SD=0.31	M=2.12, SD=0.28	M=2.18, SD=0.21	M=2.32, SD=0.18	M=2.29, SD=0.40	-0.50
FZ	M=2.14, SD=0.36	M=2.02, SD=0.32	M=2.20, SD=0.29	M=2.44, SD=0.15	M=2.38, SD=0.32	-0.70
F4	M=2.16, SD=0.31	M=2.10, SD=0.30	M=2.20, SD=0.26	M=2.37, SD=0.19	M=2.25, SD=0.39	-0.26
F8	M=2.19, SD=0.30	M=2.20, SD=0.26	M=2.22, SD=0.25	M=2.31, SD=0.18	M=2.35, SD=0.38	-0.47
T3	M=2.07, SD=0.36	M=2.00, SD=0.29	M=2.17, SD=0.29	M=2.44, SD=0.17	M=2.26, SD=0.39	-0.51
C3	M=2.30, SD=0.32	M=2.17, SD=0.32	M=2.30, SD=0.23	M=2.48, SD=0.18	M=2.28, SD=0.35	0.06
C4	M=2.35, SD=0.32	M=2.38, SD=0.22	M=2.39, SD=0.23	M=2.58, SD=0.17	M=2.41, SD=0.33	-0.18
T4	M=2.42, SD=0.35	M=2.34, SD=0.29	M=2.37, SD=0.25	M=2.48, SD=0.15	M=2.38, SD=0.32	0.12
T5	M=2.17, SD=0.41	M=2.15, SD=0.30	M=2.24, SD=0.25	M=2.40, SD=0.16	M=2.32, SD=0.34	-0.40
P3	M=2.13, SD=0.35	M=2.08, SD=0.25	M=2.15, SD=0.23	M=2.34, SD=0.15	M=2.21, SD=0.29	-0.25
PZ	M=2.12, SD=0.45	M=2.09, SD=0.32	M=2.18, SD=0.25	M=2.35, SD=0.17	M=2.26, SD=0.35	-0.35
P4	M=2.24, SD=0.38	M=2.10, SD=0.31	M=2.27, SD=0.25	M=2.41, SD=0.15	M=2.29, SD=0.45	-0.12
T6	M=2.19, SD=0.43	M=2.12, SD=0.33	M=2.29, SD=0.24	M=2.40, SD=0.15	M=2.22, SD=0.38	-0.07
O1	M=2.23, SD=0.35	M=2.20, SD=0.26	M=2.34, SD=0.21	M=2.46, SD=0.17	M=2.32, SD=0.42	-0.23
OZ	M=2.14, SD=0.39	M=2.09, SD=0.34	M=2.23, SD=0.27	M=2.37, SD=0.18	M=2.21, SD=0.37	-0.18

Table S3: Delta rhythm parameters during different stages of SKY practice: pre resting, pranayama, kriya, yoga-nidra, post resting. Mean and standard deviations of the band parameters: amplitude, band-width, peak frequency are reported along with Cohen's d between pre and post resting stages.

Channel	Exponent					Cohen's d	
	Pre	Pranayama	Kriya	Yoga Nidra	Post		
FP1	M=0.85, SD=0.30	M=0.74, SD=0.34	M=0.77, SD=0.22	M=0.59, SD=0.20	M=0.38, SD=0.22	1.79	
FP2	M=0.89, SD=0.35	M=0.76, SD=0.36	M=0.80, SD=0.25	M=0.66, SD=0.25	M=0.39, SD=0.21	1.73	
F3	M=0.85, SD=0.30	M=0.74, SD=0.34	M=0.77, SD=0.22	M=0.59, SD=0.20	M=0.38, SD=0.22	1.79	
FZ	M=0.91, SD=0.29	M=0.81, SD=0.40	M=0.88, SD=0.23	M=0.68, SD=0.17	M=0.41, SD=0.19	2.04	
F4	M=0.70, SD=0.22	M=0.63, SD=0.33	M=0.70, SD=0.19	M=0.55, SD=0.14	M=0.34, SD=0.17	1.83	
F8	M=0.57, SD=0.17	M=0.50, SD=0.23	M=0.58, SD=0.16	M=0.48, SD=0.13	M=0.30, SD=0.16	1.64	
T3	M=0.85, SD=0.27	M=0.77, SD=0.39	M=0.81, SD=0.24	M=0.62, SD=0.17	M=0.36, SD=0.17	2.17	
C3	M=0.53, SD=0.24	M=0.50, SD=0.34	M=0.50, SD=0.21	M=0.42, SD=0.12	M=0.26, SD=0.15	1.35	
C4	M=0.45, SD=0.15	M=0.38, SD=0.19	M=0.48, SD=0.16	M=0.37, SD=0.12	M=0.23, SD=0.13	1.57	
T4	M=0.47, SD=0.17	M=0.40, SD=0.23	M=0.50, SD=0.17	M=0.40, SD=0.12	M=0.27, SD=0.13	1.32	
T5	M=0.58, SD=0.23	M=0.54, SD=0.32	M=0.57, SD=0.18	M=0.45, SD=0.13	M=0.29, SD=0.16	1.46	
P3	M=0.43, SD=0.16	M=0.40, SD=0.22	M=0.47, SD=0.16	M=0.36, SD=0.13	M=0.24, SD=0.14	1.26	
PZ	M=0.51, SD=0.17	M=0.44, SD=0.21	M=0.54, SD=0.17	M=0.41, SD=0.12	M=0.27, SD=0.14	1.54	
P4	M=0.55, SD=0.19	M=0.47, SD=0.23	M=0.58, SD=0.18	M=0.45, SD=0.13	M=0.30, SD=0.16	1.42	
T6	M=0.66, SD=0.22	M=0.58, SD=0.29	M=0.65, SD=0.18	M=0.53, SD=0.14	M=0.36, SD=0.18	1.49	
O1	M=0.62, SD=0.18	M=0.59, SD=0.34	M=0.66, SD=0.28	M=0.52, SD=0.13	M=0.33, SD=0.16	1.70	
OZ	M=0.60, SD=0.20	M=0.56, SD=0.29	M=0.62, SD=0.18	M=0.53, SD=0.14	M=0.34, SD=0.18	1.37	

Table S4: Aperiodic signal exponents during different stages of SKY practice: pre resting, pranayama, kriya, yoga-nidra, post resting. Mean and standard deviations of the band parameters: amplitude, band-width, peak frequency are reported along with Cohen's d between pre and post resting stages.