

Table S1. Search Strategy

Database	Search Terms
CINAHL	(yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video games OR virtual reality) NOTES: <i>Used one line for all yoga terms and one line for all telerehabilitation terms joined with “AND,” no fields, filters, or limits selected</i>
Cochrane	(yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video games OR virtual reality) NOTES: <i>Used All Text field, no limits, or filters</i>
IEEE Xplore	(yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video game OR virtual reality) NOTES: <i>Used main search bar with the field All, no limits or filters</i>
PEDro	Yoga, video Tele*, yoga Yoga, online Yoga, virtual reality Yoga, DVD NOTES: <i>Used Simple Search with each combination noted above (PEDro does not use Boolean operators), no limits or filters</i>
PsycInfo	(yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video game OR virtual reality)) NOTES: <i>Used field for Keyword no limits or filters selected</i>
PubMed	("Yoga"[Mesh] OR yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation"[Mesh] OR "Telemedicine"[Mesh] OR "Videoconferencing"[Mesh] OR "Video Recording"[Mesh] OR "Telenursing"[Mesh] OR "Video Games"[Mesh] OR "Virtual Reality"[Mesh] OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video games OR virtual reality) NOTES: <i>Used main search bar, no limits, filters, or fields selected</i>
Scopus	(yoga OR Iyengar OR ashtanga OR hatha OR asana) –all fields AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR dvd OR remote AND delivery OR eHealth OR video game OR virtual reality)—all fields NOTES: <i>Used Advanced Search and one line for all yoga terms and one line for all telerehabilitation terms joined with “AND”, no limits or filters</i>
Web of Science (topic)	(yoga OR Iyengar OR ashtanga OR hatha OR asana) AND (telerehabilitation OR tele-rehabilitation OR telemedicine OR videoconferencing OR video OR telenursing OR DVD OR remote delivery OR eHealth OR video games OR virtual reality) NOTES: <i>Used All field, no limits, filters</i>