**Electronic Supplementary Material 8.** Open Ended Survey on Preferred Length of Class Session/All Day Retreat

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| FG\*\* | Class Length Preference (hrs) | Notes | Retreat Length Preference (hrs) | Notes |
| Average | 2.46 |  | 7.14 |  |
| FG1 | 2.5 | *I found the classes to be a good length. Given how difficult it was to practice regularly on my own, having an extended class in which to reflect and lean was important. If it were much longer class would have been hard to fit in.* | 7.5 | *7.5 Again, I think the retreat was a good length. I was able to take a long time to settle in, and spent a while really engaged with some of the exercises. Towards the end I was able to feel myself becoming more distracted, but still found that part valuable.* |
| FG1 | 2.5 | *2.5 hours is perfect. An extra 1 hour session (optional) per week just for students (No Eric, Alex) would be great.* | 7.5 | *7.5 hours felt like a really good amount of time. No need to change.* |
| FG1 | 2.5 | *I thought the time was sufficient to introduce new exercises, more time would be too long. Less time wouldn’t allow us to go into as much detail as we did in some topics.* | 8 | *I feel like I got the most out of that day and would like to extend it as much as possible.* |
| FG2 | 2.5 | *is/was good, would prefer it broken into two days though.* | 7.5 | *7.5 was perfect, I loved all of it.* |
| FG2 | 2.5 | *felt like a flash- it was nice to end at the half hour mark in case people had 4 pm classes!* | 7.5 | *7.5 I think the content of the day was awesome- whatever time best facilitates that.* |
| FG2 | 2.5 | *hours was good. I never really felt like it had to be longer or shorter.* | 7.5 | *7.5 I think 7.5 hours was a good time* |
| FG2 | 2.5 | *hours worked well for me. Given timing and scheduling constraints, I consistently found myself unable to get lunch until after 3:30 pm, so some effort to encourage in-class eating or simply being aware of scheduling conflicts would be appreciated.* | 7.5 | *This length also worked for me given the relaxed, casual nature of the session.* |
| FG2 | 2.5 | *hours was great- same length as a weekly seminar, so it felt like a substantial but manageable chunk of time to commit to. It made me take the class more seriously since I could think of it as another class* | 6 | *It was a bit long, mostly in that it was a daunting amount of time to commit to. Maybe 7 hours? 6? The content of the day was nourishing though.* |
| FG3 | 2.5 | *it was fine just use time better* | 7.5 | *It was fine* |
| FG3 | 2.5 | *2.5 hours was the perfect amount of time* | 7.5 | *The retreat was also a great time length* |
| FG3 | 2.5 | *I thought 2.5 hours was good it was just long enough to push me but not too long that I resented it.* | 7.5 | *It was also a good length* |
| FG4 | 2.5 | *I felt that I achieved something in each session I had enough time to be productive but was starting to feel drained* | 7 | *I think it should be about 7 hours. It was difficult and exhausting but I feel like the long session was necessary to reach the benefit* |
| FG 4 | 2.5 | *2 or 2.5 The timing worked out for me most of the time, but any longer and it would have been hard* | 6.5 | *I was definitely faded by the end of the day at least for the last hour 6-7 would have been fine. It was frustrating to be exposed to new meditation techniques when I was so work out,* |
| FG 4 | 2 | *2 hours because it felt too long for me and a long stretch of time to donate to meditation.* | 5 | *It was a long haul and my body was definitely at the end of wanted to sleep or do other things.* |