

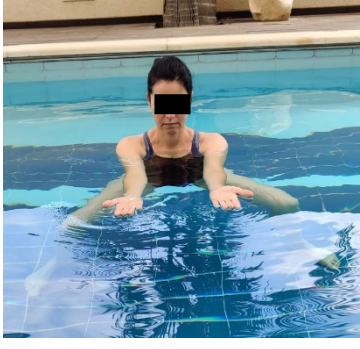

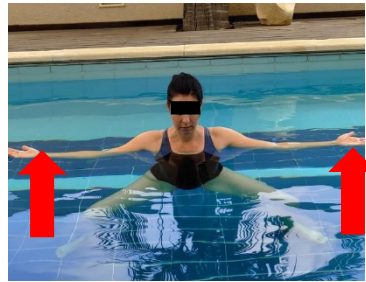


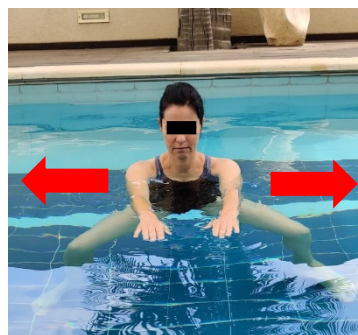
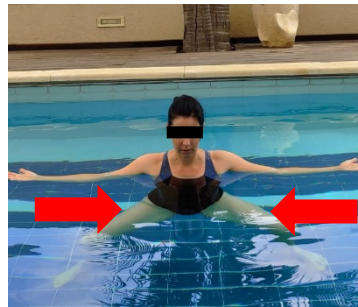
**Supplementary Table S1. Illustration \* of the Intervention Protocol (16 Ai-Chi movements).**

<p>1. Contemplating (X5 times)</p>	 
<p>2. Floating (X5 times)</p>	 

3. Uplifting  
(X5 times)



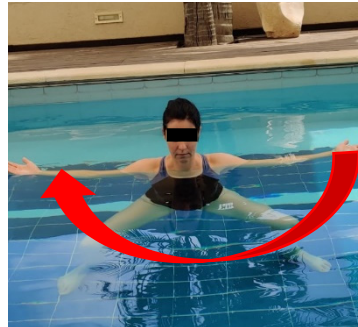
4. Enclosing  
(X5 times)



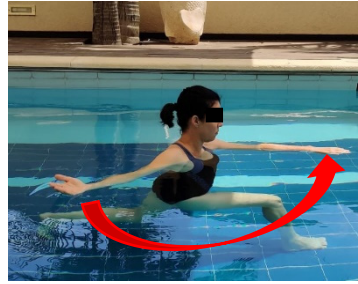
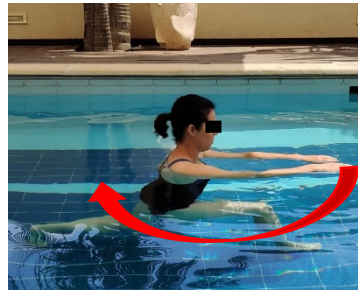
5. Folding  
(X5 times)



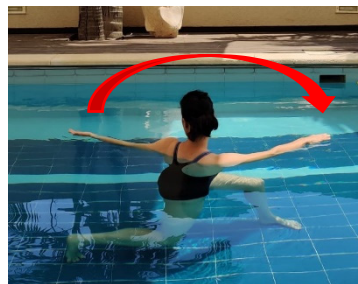
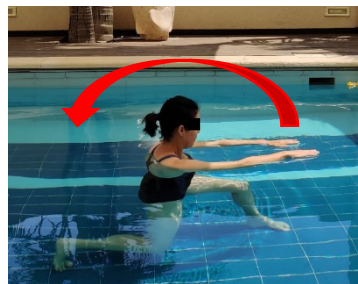
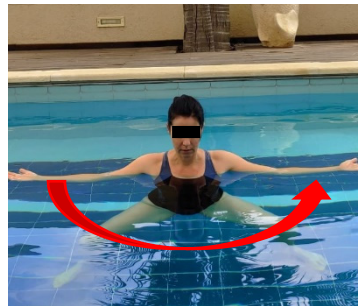
6. Soothing  
(X3 times right &  
X3 times left)

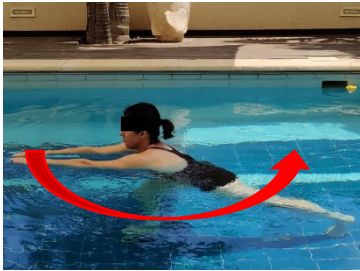
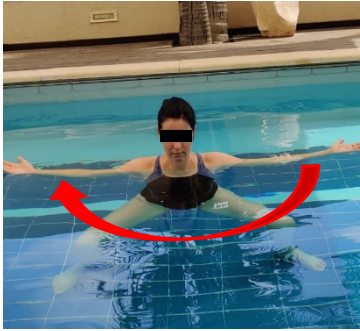





7. Gathering  
(X3 times right &  
X3 times left)







8. Freeing  
(X3 times right &  
X3 times left)



<p>9. Shifting (X3 times right &amp; X3 times left)</p>	 
<p>10. Accepting (X3 times right &amp; X3 times left)</p>	 
<p>14. Encircling (X3 times right &amp; X3 times left)</p>	



	
<p>15. Surrounding (X3 times right &amp; X3 times left)</p>	 
<p>16. Nurturing (X3 times right &amp; X3 times left)</p>	

\* The photos attached to this intervention protocol are an illustration of the intervention protocol and include a person that did not participate in this study. The person is a professional hydrotherapist who agreed to present the movements of the intervention protocol specifically for the purpose of this manuscript.