Supplementary Materials:

File S1. Yoga Class schedule (12 Basic Yoga Pose)

1. All session begins with warm-up(10 minutes) and ends with cold-down(10 minutes): Corpse Pose, mindfulness meditation, deeper/rhythmic breathing practice(inspiration/expiration time around 1:2).

2. Main activities(40 minutes): The yoga teacher who chooses 8-11 pose from the following 「12 Basic Yoga Pose」. In each class, each yoga pose is held for 10-60 seconds followed by 10-20 seconds of rest. Perform each yoga pose 3 to 5 times.

Position	**Photo**	**Yoga Pose**	**Number**
Supine		supine spinal twist pose	1
		knee to chest pose with/without integrating resistance bands	2

		bridge pose with/without integrating resistance bands	3
Prone		cobra pose	4
Mat exercise		cat pose	5

		cow pose	6
		modified balancing table pose	7
Seated		hero pose	8
		kneeling pose with balancing on one knee	9

		modified boat pose with integrating resistance bands	10
		hare pose	11
Standing		modified tree pose	12

File S2. Standard stroke rehabilitation

2. Frequency: 3 sessions in each weak
3. Time: 60 minutes in each session.
4. Training methods included

Resistance exercise: weight-bearing training to increase the muscle strength of the lower limbs, such as repeated sit-to-stand training, or the use of equipment to increase the muscle strength of the lower limbs, such as progressive resistance training machines and stationary bicycles.

Repetitive task-oriented training (include dynamic balance exercises and weight-shift training): sit-to-stand training, transfer, ambulation and going up and down stairs training.

The physiotherapist who chooses 3-4 types of exercises from the following types of exercise. Perform each repeat each types of exercise 15 to 20 minutes.

Types	Photo
sit-to-stand training	

progressive resistance training machines	
stationary bicycles	

ambulation	
going up and down stairs	

File S3. Hand grip strength test

Grip strength was measured by a handheld dynamometer (TTM-YD, Tokyo, Japan) and protocol as below.

#1.The tester adjusts the grip of the grip dynamometer so that when the subject's "hand" holds the grip, its proximal interphalangeal (pip) joint forms a right angle.

#2. The subjects stretched their arms and drooped naturally, looked straight ahead with both eyes, and paid attention that the grip dynamometer did not touch the body.

#3. According to this, a total of two measurements should be taken, and there should

be an appropriate rest for about one minute between the two measurements.
#4. Recording method: in kilograms, read up to 0.1 kilograms