

**Supplementary Table 1.** Questions related to presence, usability, enjoyment, and psychological satisfaction of virtual yoga class

Items	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<b>Presence on the metaverse technology</b>					
P1 How realistic did the image presented in the video feel when participating in the metaverse class?	1	2	3	4	5
P2 How authentic did the screen feel when engaging in the metaverse class?	1	2	3	4	5
P3 To what extent did it feel like you were participating in a genuine scenario while engaging in the metaverse class?	1	2	3	4	5
<b>Usability on the metaverse technology</b>					
U1 Could you provide more specific information on how the metaverse class helped you?	1	2	3	4	5
U2 To what extent do you feel confident in your ability to successfully complete an educational problem or task as a result of participating in the metaverse class?	1	2	3	4	5
U3 To what extent did the metaverse class have an educational or learnable aspect?	1	2	3	4	5
<b>Enjoyment on the metaverse technology</b>					
E1 How much excitement did you experience while participating in the metaverse class?	1	2	3	4	5
E2 To what extent did you find the metaverse class interesting and enjoyable?	1	2	3	4	5
E3 How much did you find the atmosphere of the metaverse class appealing?	1	2	3	4	5
<b>Psychological satisfaction on the metaverse technology</b>					
S1 How likely are you to participate in this metaverse class again if given the opportunity?	1	2	3	4	5
S2 Would you recommend your friends to participate in this metaverse class?	1	2	3	4	5
S3 How much do you think this metaverse class is worth investing time and effort into?	1	2	3	4	5

P, presence; U, usability; E, enjoyment; S, psychological satisfaction.