

ESI movie captions:

Supplementary movie 1: 3D rendering of the Matrigel layer of a quarter of a capsule, based on 3D confocal imaging of a single capsule made with 25% of Matrigel as volume fractions in the core.

Supplementary movie 2: 13-day time-lapse phase contrast imaging of neuronal differentiation starting one hour post encapsulation of hNSCs within a capsule formed with 25% of Matrigel as volume fractions in the core.