

Supplementary table 1. Programmed schedule for participants during the temple stay period.

Time	Day 1	Day 2	Day 3	Day 4
04:30-05:30		Dawn Buddhist Ceremony	Dawn Buddhist Ceremony	Dawn Buddhist Ceremony
05:30-06:10		Meal: Morning		
09:30-10:30		Making a mindfulness talk	Tea with a monk	108 prostrations (bows)
11:20-12:00		Meal: Lunch		
13:00-15:00	Orientation	Exploring treasure and cultural heritage	Trailing meditation on Gamani-gil (a local path) and Cheonji Pagoda	Departure after cleaning
15:00-16:00	Room assignment and change in to temple attire			
16:00-17:00	Introduction to the temple: A temple walk with a monk			
17:30-18:00	Meal: Dinner			
18:20-19:00	Temple-bell ringing experience with Evening Buddhist Ceremony			
19:00-20:30	Walking meditation in the temple grounds with a companion			
20:30	Mind-calming and sleep			

Supplementary table 2. The standard meal plan during the temple-stay.

Meals	Day 1	Day 2	Day 3	Day 4
Morning		Seasoned soy sauce Pickled perilla leaves Carrot Kimchi with napa cabbage Fuji Apple Seasoned mung bean sprouts Soft tofu Ssamjang Cabbage and cucumber Rice with green peas Soybean sprout and radish soup	Stir-fried shredded potatoes Carrot Pan-fried tofu Kimchi with napa cabbage Wild raspberries Seasoned mung bean sprouts Ssamjang Cabbage with cucumber Korean melon Rice with green peas	Stir-fried eggplant Roasted seaweed ("Gim") Pan-fried tofu Perilla seed soup with radish Kimchi with napa cabbage Seasoned spinach Ssamjang Rice with green peas Kiwi and tomato
Lunch		Pickled Radish ("Danmuji") Pear Kimchi with napa cabbage Vegetable curry rice Soybean sprout and radish soup Kiwi Traditional Korean Rice cookie ("Yakgwa")	Stir-fried potatoes Kimchi with napa cabbage Soybean sprout and radish soup Cherry tomato Cabbage Cherry tomato and pear Rice with beans	Cubed radish kimchi ("Kkakdugi") Acorn jelly salad ("Dotori-muk") Perilla seed soup with radish Seasoned radish salad Boiled chestnut Kimchi with napa cabbage Seasoned spinach and lettuce Pan-fried zucchini ("Hobakjeon") Rice with beans
Dinner	Seaweed and cucumber vinegared salad Kimchi with napa cabbage Soybean paste soup Lettuce with ssamjang (soybean paste)	Seasoned cucumber salad Seaweed soybean paste soup Kimchi with napa cabbage White rice cake ("Baekseolgi") Lettuce with ssamjang Seasoned aster scaber (Korean	Stir-fried eggplant Seasoned soy sauce Kimchi with napa cabbage Soft tofu Ssamjang Braised soybeans ("Kongjaban")	

	Rice with beans Tomato Stir-fried shiitake mushrooms Green chili peppers	mountain herb) Rice with beans Soybean sprout and radish soup	Black rice Soybean sprout and radish soup	
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