

Supplementary material

Table S1. ‘Other’ motivations listed by participants to attend the ayahuasca retreat or the breathwork session (**the three motivations that were listed; **the name was replaced with ‘X’*)

Ayahuasca group	Breathwork group
<ol style="list-style-type: none"> 1. To heal 2. To learn 3. To get the best out of myself 4. To process the loss of someone 5. Spirituality 6. There is a continuing story in every trip, I want to see where it leads 7. To be the best version of myself and to be a better coach for others 8. To get a better spiritual view of myself in relation to others 9. To get guidance and insights 10. To get new insight; 11. To go out of my comfort zone 12. To make my intentions stronger 13. To provide insights into myself to be able to grow 14. To step into another world 15. To understand life, to find my strength to find the truth to find my inner voice to connect 16. Come to an understanding 17. Being free (er) in life 	<ol style="list-style-type: none"> 1. All of the above* 2. Enjoying breathing and curious about what would be so special within the breath work on this 3. It's a calling of the soul 4. Self-care and preservation 5. To break through blockades 6. To clear shit we gather through days, weeks, months 7. To come back to my inner peace 8. To dive deeper into the world of spirituality 9. To find relaxation and peace 10. To learn to trust my inner voice more 11. To specify 'problems' : I'm trying to move in a positive direction 12. To support ‘X’** and the research

Table S2. Total number of participants that completed the surveys per timepoint and group; *AG= Ayahuasca Group, BG= Breathwork Group; *refers to differences in missing values in the five personality scales*

	T0		T1		T6		T12	
	AG	BG	AG	BG	AG	BG	AG	BG
Well-being	62	30	52	22	42	17	44	16
Resilience	68	26	54	22	43	18	44	17
Self-Compassion	67	30	54	22	42	18	43	18
Personality	62	29-30*	52-53*	21-22*	42	17	43-44*	15-16*