

Supplementary Movie 1.

Two-photon activation STED in mouse brain slice. 1PA (left) vs. 2PA (right) STED recordings of actin in cortical layer V neurons within a paraformaldehyde-fixed brain slice (compare Fig. 4a,b and Supplementary Fig. 5). Nine steps of $\Delta z = 200$ nm were recorded, and this recorded sequence is displayed repeated 3 times within the movie.