

## Accepted Manuscript

Title: Yoga, mindfulness-based stress reduction and stress-related physiological measures: A meta-analysis

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PII: S0306-4530(17)30040-9  
DOI: <http://dx.doi.org/10.1016/j.psyneuen.2017.08.008>  
Reference: PNEC 3694

To appear in:

Received date: 12-1-2017  
Revised date: 7-8-2017  
Accepted date: 8-8-2017

Please cite this article as: Pascoe, Michaela C., Thompson, David R., Ski, Chantal F., Yoga, mindfulness-based stress reduction and stress-related physiological measures: A meta-analysis. *Psychoneuroendocrinology* <http://dx.doi.org/10.1016/j.psyneuen.2017.08.008>

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Yoga, mindfulness-based stress reduction and stress-related physiological measures: A meta-analysis

Running Title: Yoga, MBSR and stress-related physiological measures

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Number of Tables: 2; Number of Figures: 6

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