

Accepted Manuscript

Is Meditation always relaxing? Investigating Heart Rate, Heart Rate Variability, Experienced Effort and Likeability during Training of three types of Meditation

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PII: S0167-8760(15)00165-8
DOI: doi: [10.1016/j.ijpsycho.2015.04.017](https://doi.org/10.1016/j.ijpsycho.2015.04.017)
Reference: INTPSY 10975

To appear in: *International Journal of Psychophysiology*

Received date: 2 March 2015
Revised date: 21 April 2015
Accepted date: 23 April 2015



Please cite this article as: Lumma, Anna-Lena, Kok, Bethany E., Singer, Tania, Is Meditation always relaxing? Investigating Heart Rate, Heart Rate Variability, Experienced Effort and Likeability during Training of three types of Meditation, *International Journal of Psychophysiology* (2015), doi: [10.1016/j.ijpsycho.2015.04.017](https://doi.org/10.1016/j.ijpsycho.2015.04.017)

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