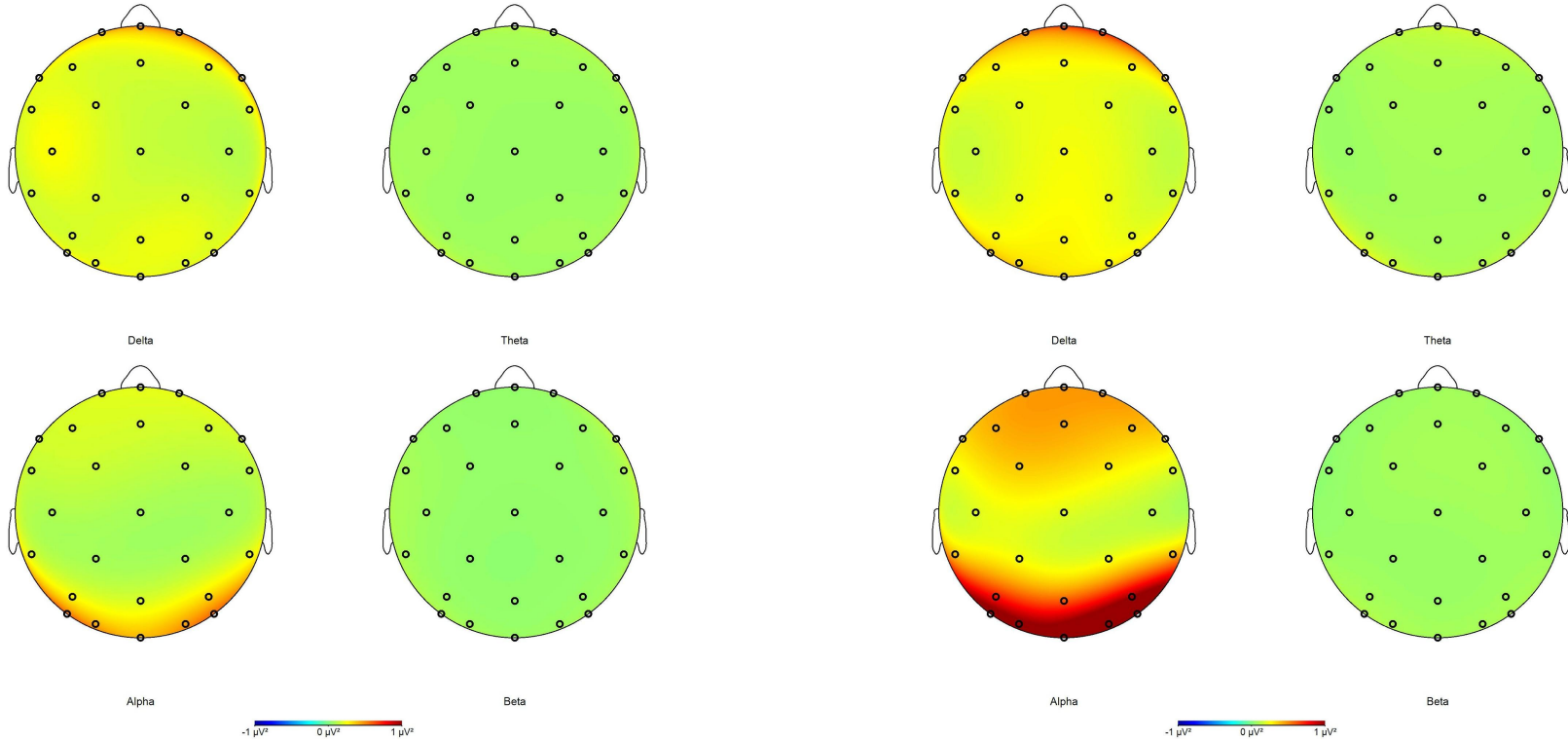


Frequency Band Maps Before and After A 10-Day Meditation Retreat



Robert Kimelman

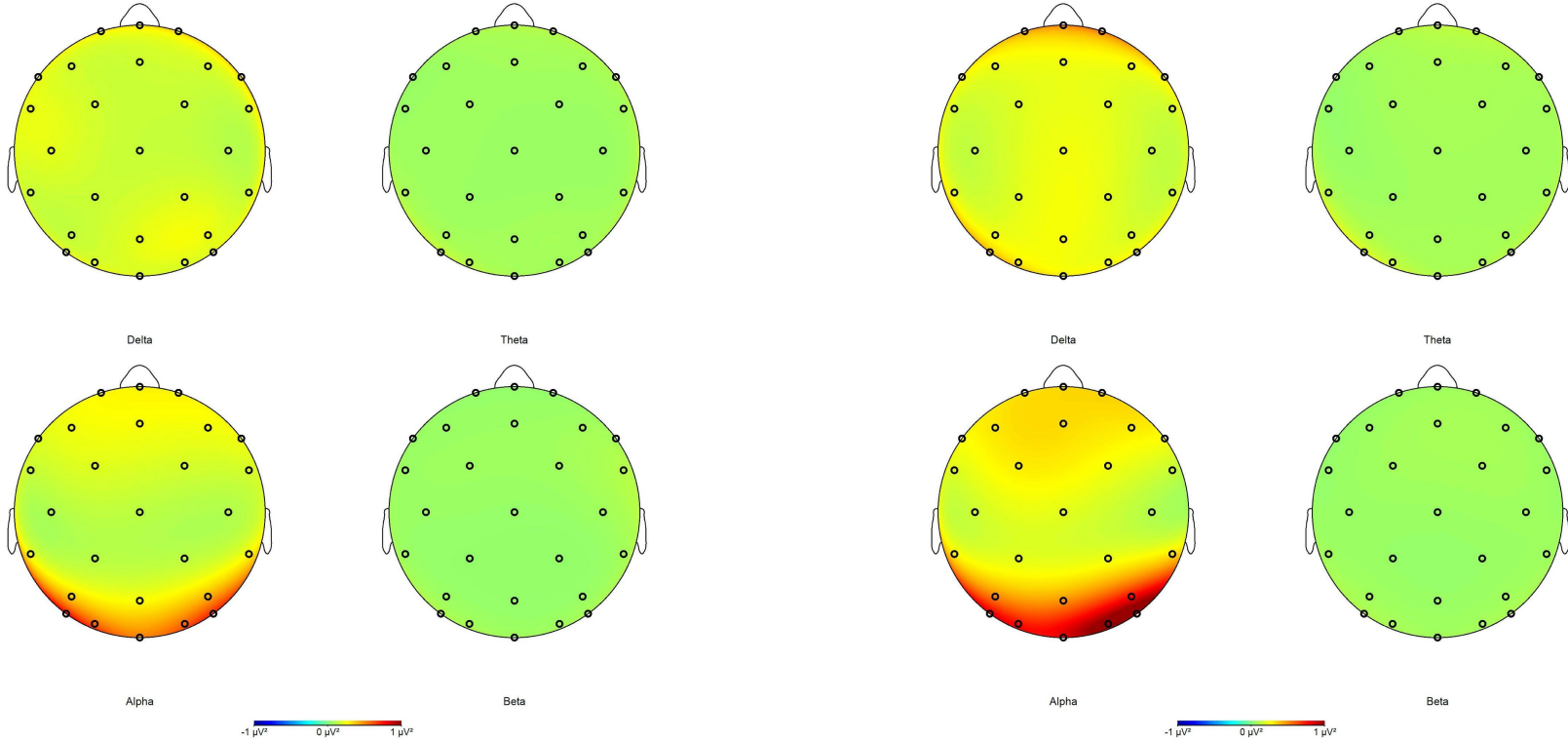
Podcast Listening (PC) Condition



Before

After

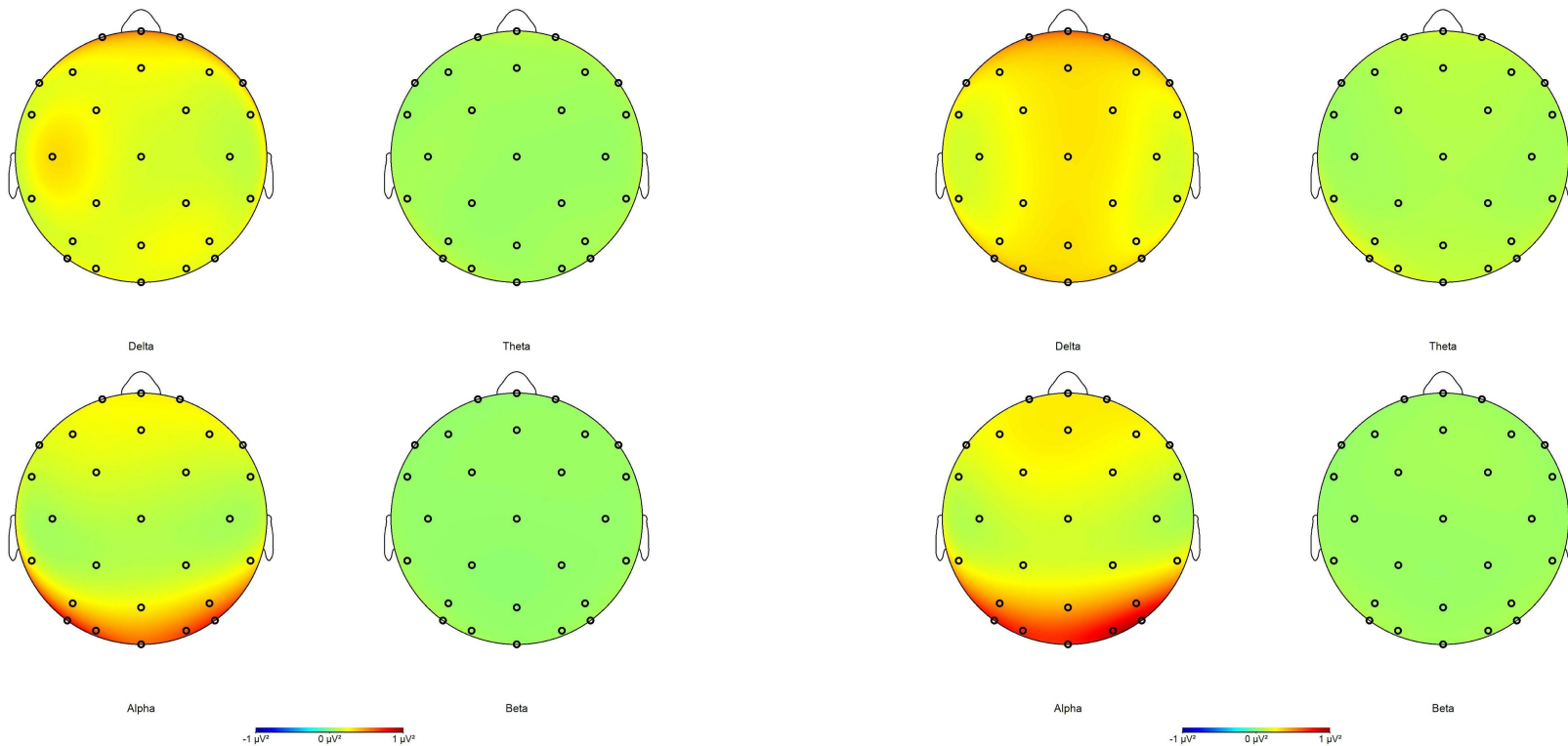
Mind Wandering (MW) Condition



Before

After

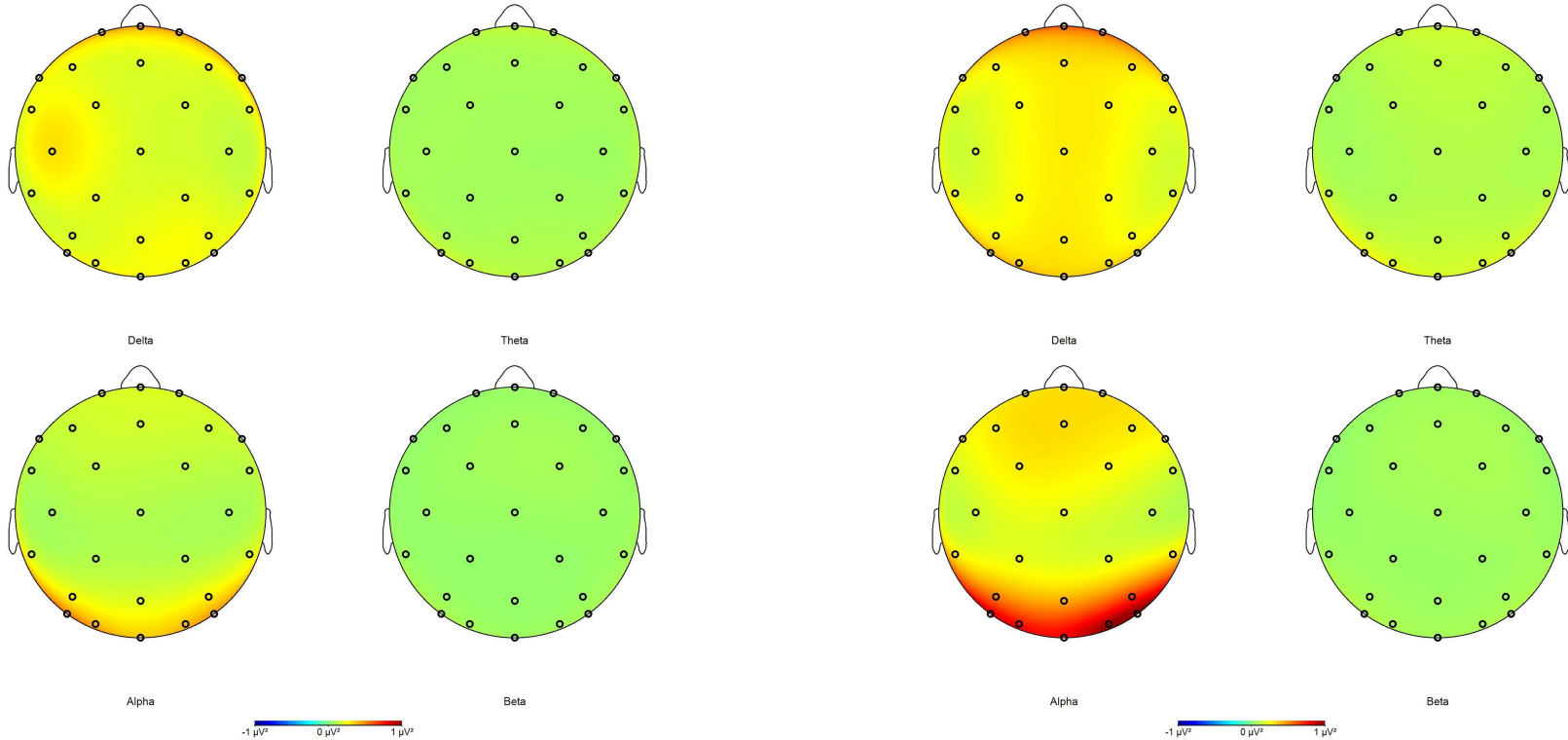
Body Scan (BS) Meditation



Before

After

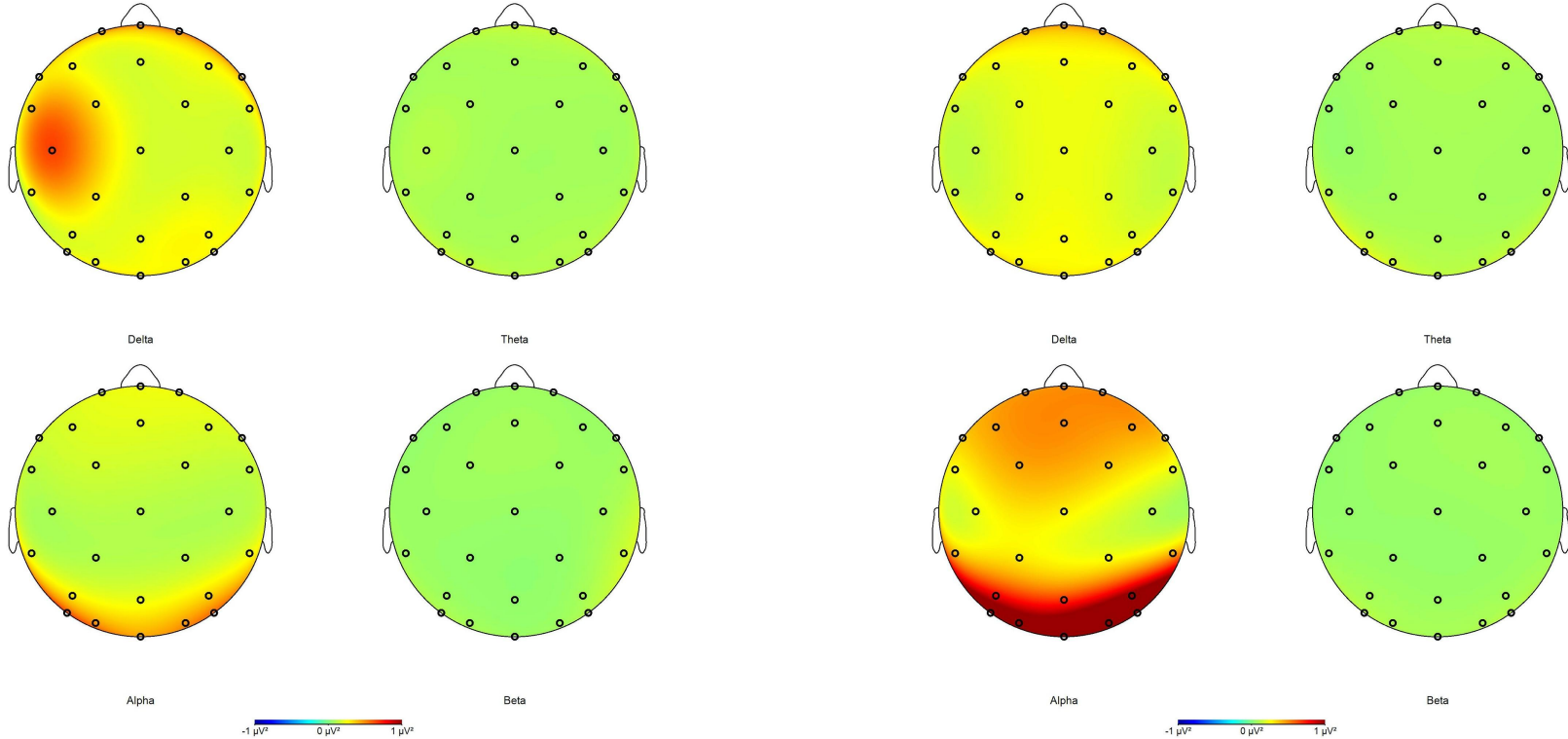
Focused Attention (FA) Meditation



Before

After

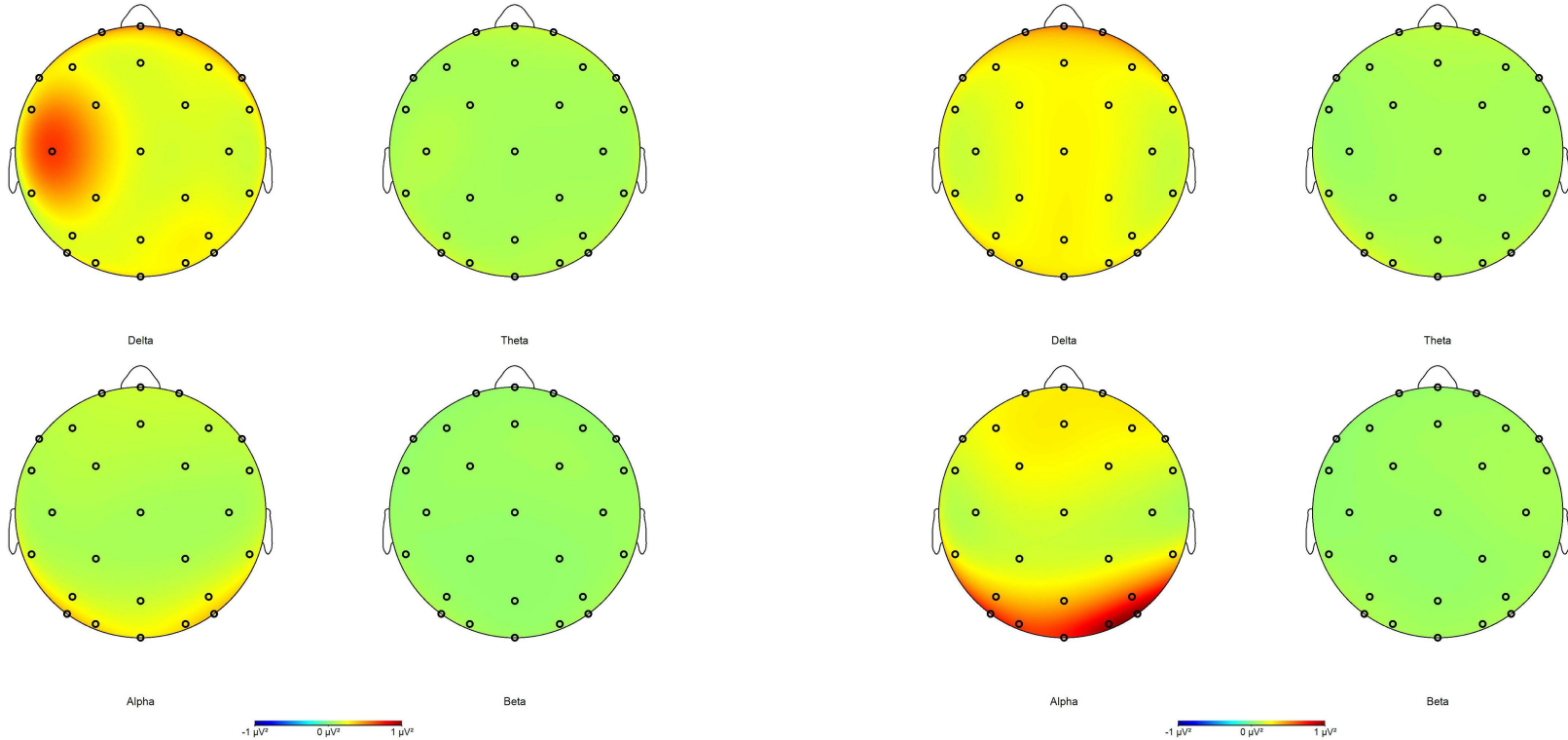
Loving Kindness (LK) Meditation



Before

After

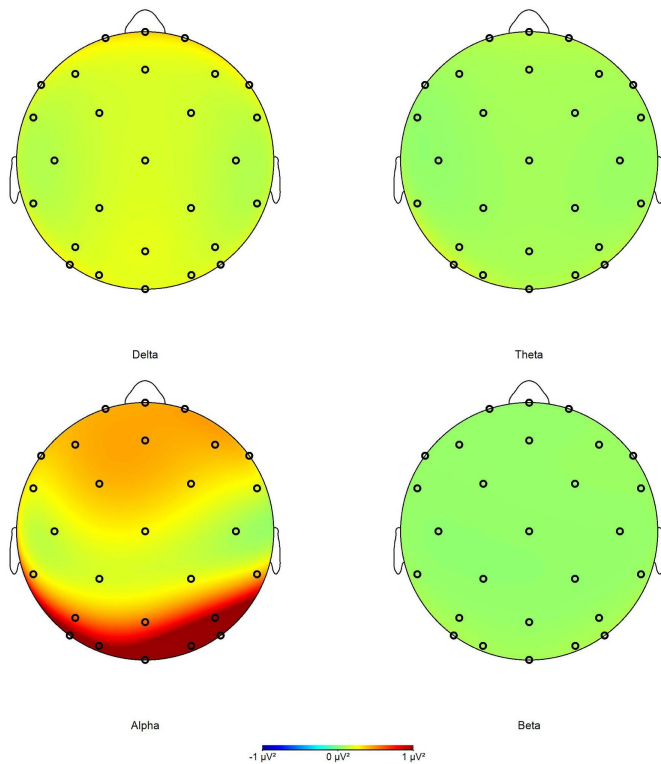
Open Monitoring (OM) Meditation



Before

After

Choice Meditation (CM)



Patterns

1. Significant increases in posterior alpha power across all conditions, least noticeably in MW and BS.
2. Significant increase in anterior alpha power in LK.
3. Significant decrease in lateral, dorsal, and medial delta power in LK and OM.
4. CM looks highly similar to LK post-retreat (is LK Dr. Braver's meditation of choice?)