**Supplementary material 1. Subject demographics for blood chemistry**

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|  | **Meditation** | | | **Control** | | | **Meditation vs Control** | | |
| ***P* value** | | |
| Total | *Premenopause* | *Postmenopause* | Total | *Premenopause* | *Postmenopause* | Total | *Premenopause* | *Postmenopause* |
| Number of participants | 31 | 17 | 14 | 27 | 20 | 7 | .128 (*χ2* test) | | |
| Age (years) | 48.13 ± 6.11 | 44.00 ± 4.24 | 53.14 ± 3.82 | 45.37 ± 9.37 | 42.20 ± 8.15 | 54.43 ± 6.35 | .184 | .418 | .567 |
| Education (years) | 16.32 ± 3.39 | 17.18 ± 2.13 | 15.29 ± 4.34 | 15.81 ± 3.11 | 16.30 ± 2.92 | 14.43 ± 3.46 | .557 | .312 | .655 |
|  |  |  |  |  |  |  | ***P* value (*Premenopause***  **vs *Postmenopause*)** | | |
| Duration of practice (years) | 10.16 ± 6.11 | 11.00 ± 5.74 | 9.04 ± 6.66 | - | - | - | .411 | | |
| Duration of practice a day (min) | 37.26 ± 31.43 | 33.53 ± 26.80 | 41.79 ± 36.83 | - | - | - | .476 | | |
| Frequency of practice a day | 2.29 ± 1.95 | 2.18 ± 2.07 | 2.43 ± 1.87 | - | - | - | .727 | | |

The values indicate mean±standard deviation. *P* value represents the value of Student’s *t*-test, if not indicated.