

## CONTENTS

### LIST OF PUBLICATIONS ON CM

1. Subramanya, P. and Telles, S. (2009). Performance in psychomotor tasks following two yoga based relaxation techniques. *Perceptual and Motor Skills*, 109: 1-14.
2. Subramanya, P. and Telles, S. (2009). A review of the scientific studies on cyclic meditation. *International Journal of Yoga*, 2(2): 47-49.
3. Subramanya, P. and Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Biopsychosocial Medicine*, 3(1): 8-12.
4. Subramanya, P. and Telles, S. (2009). Changes in middle latency auditory evoked potentials following two yoga based relaxation techniques. *Clinical EEG and Neuroscience*, 40(3): 190-195.
5. Patra S. and Telles S. (2009). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, [Epub a head of Print].
6. Patra, S. and Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor*. 15(7): CR375-81.
7. Balaram, P. and Nagendra, H.R. (2009). Effect of yoga relaxation techniques on performance of digit-letter substitution task by teenagers. *International Journal of Yoga*, 2(1): 30-34.
8. Balaram, P. and Nagendra, H.R. (2008). Normative data for the letter-cancellation task in school children. *International Journal of Yoga*, 1(2): 72-75.
9. Kumari S., Nath. N.C.B. and Nagendra, H.R. (2007). Effectiveness of SMET program with respect to emotional well being among managers – An empirical study. *XIMB Journal of Management (vilakshan)*, 4(1): 165-173.
10. Sarang, S.P. and Telles, S. (2007). Immediate effect of two yoga-based relaxation techniques on performance in a letter-cancellation task. *Perceptual and Motor Skills*, 105(2): 379-385.

11. Sarang, S.P. and Telles, S. (2006). Cyclic meditation – a moving meditation –reduces energy expenditure more than supine rest. *Journal of Indian Psychology*, 24(1&2): 17-25.
12. Sarang, S.P. and Telles, S. (2006). Changes in P300 following two yoga-based relaxation techniques. *International Journal of Neuroscience*, 116(12): 1419-1430.
13. Sarang, P.S. and Telles, S. (2006). Oxygen consumption and respiration during and after two yoga relaxation techniques. *Applied Psychophysiology and Biofeedback*, 31(2): 143-153.
14. Sarang, P. and Telles, S. (2006). Effects of two yoga based relaxation techniques on heart rate variability. *International Journal of Stress Management*, 13(4): 460-475.
15. Vempati, R.P. and Telles, S. (2002). Yoga-based guided relaxation reduces sympathetic activity judged from baseline levels. *Psychological Reports*, 90(2): 487-494.
16. Telles, S., Reddy, S.K. and Nagendra, H.R. (2000). Oxygen consumption and respiration following two yoga relaxation techniques. *Applied Psychophysiology and Biofeedback*, 25(4): 221-227.
17. Vempati, R. P., and Telles, S. (2000). Baseline occupational stress levels and physiological responses to a two day stress management program. *Journal of Indian Psychology*, 18 (1& 2): 33-37.
18. Vempati, R.P. and Telles, S. (1999). Yoga based relaxation versus supine rest: a study of oxygen consumption, breath rate and volume & autonomic measures. *Journal of Indian Psychology*, 17(2): 46-52.

## **TECHNIQUE OF CYCLIC MEDITATION**