Dojo

The State of Meditation 2026

What Actually Calms the Human Body

Research report on qualified Dojo meditation sessions with sufficient heart-rate coverage. Second-by-second heart-rate measurement was cleaned into research-ready session metrics to study how the body changes during meditation.

76.7%
qualified sessions lowered heart rate

6.74
average BPM drop

1.0m
median first HR decrease

7.55m
average time to minimum HR

Source: Dojo anonymized aggregate session data, H1 2026. Qualified meditation sessions only.

Abstract

This report examines aggregate physiological response during research-qualified Dojo meditation sessions. The core question is simple: when people meditate with Dojo and enough usable heart-rate data is available, does the body show measurable signs of settling?

Among qualified meditation sessions, 76.7% showed a start-to-end heart-rate decrease. The average heart-rate drop was 6.74 bpm, the median drop was 5.67 bpm, and the median first decrease occurred after 1.0 minute. The minimum heart rate arrived later, after 7.55 minutes on average, suggesting a pattern where the body often starts responding quickly and then settles deeper over the session.

This is observational product research, not a clinical trial. The analysis uses anonymized aggregate data and is designed to protect user data privacy rights.

Research question	What physiological heart-rate response appears during qualified Dojo meditation sessions?
Primary endpoint	Start-to-end heart-rate change
Secondary endpoints	Time to first HR decrease, time to minimum HR, and below-resting-HR occurrence where baseline data exists
Data treatment	Missing heart-rate intervals are treated as missing, not inferred
Scope	Qualified sessions from H1 2026 with sufficient heart-rate coverage

Methods

Cohort Construction

The report uses a cleaned research cohort of completed Dojo meditation sessions. A session was included only when it had enough usable heart-rate coverage to support session-level physiological metrics. Sessions without sufficient usable physiological data were excluded from the analysis rather than imputed.

Signal Processing

Dojo captures heart-rate response during meditation and stores research-ready session metrics. For analysis, the session is represented by aggregate landmarks such as starting HR, ending HR, minimum HR, average HR, and timing markers. Second-by-second measurement supports the product experience; the report summarizes the cleaned signal into interpretable research endpoints.

Resting Heart Rate Baseline

Resting heart rate in this report refers to an average resting heart-rate baseline shared by users through connected health data. Dojo did not calculate each user's average resting heart rate for this analysis. Below-resting-HR findings therefore apply only where a user-shared resting-heart-rate baseline was available.

Privacy

The analysis was conducted on anonymized aggregate data and designed to protect user data privacy rights. The report intentionally focuses on aggregate findings rather than individual users or sessions.

Metric	Definition
Starting HR	Heart rate at the beginning of the qualified meditation session
Ending HR	Heart rate at the end of the qualified meditation session
HR drop	Starting HR minus ending HR; positive values mean HR decreased
Minimum HR	Lowest observed heart-rate value during the session
Largest drop from start	Starting HR minus the session minimum HR
Time to first HR decrease	First point when HR fell below starting HR
Time to minimum HR	Point in the session when the minimum HR was reached

Resting HR baseline	Average resting heart-rate baseline shared by users through connected health data; not calculated by Dojo for this analysis
Below resting HR	Whether HR fell below the user's shared resting-heart-rate baseline where available

Aggregate Results

The main results are strongest at the aggregate level. They show both directionality (whether HR decreased) and depth/timing (how far and how quickly HR changed).

76.7%
qualified sessions lowered heart rate

6.74
average BPM drop

1.0m
median first HR decrease

7.55m
average time to minimum HR

23.1%
below resting HR where available

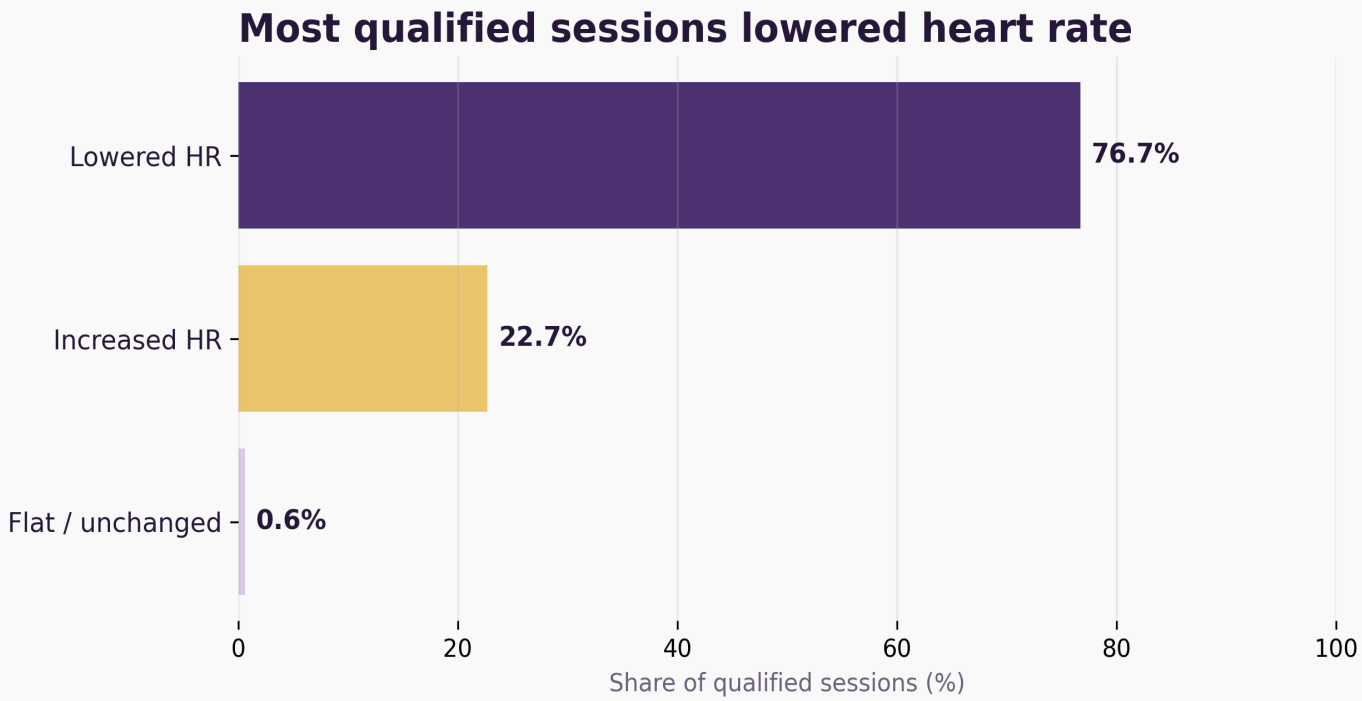
12.36m
average session duration

Endpoint	Value	Interpretation
Sessions with HR decrease	76.7%	Most qualified sessions showed a start-to-end decrease
Sessions with HR increase	22.7%	Some sessions increased, which may reflect activation, restlessness, recovery phase, or measurement context
Average HR drop	6.74 bpm	Mean start-to-end decrease across qualified sessions
Median HR drop	5.67 bpm	Typical session-level start-to-end decrease
Average absolute HR change	9.31 bpm	Total start-to-end movement regardless of direction
Largest drop from start	11.59 bpm	Average difference between session start and minimum HR
Average session HR	70.04 bpm	Mean HR across the qualified session window

Source: Dojo anonymized aggregate session data, H1 2026. Qualified meditation sessions only.

1. Most Qualified Sessions Lowered Heart Rate

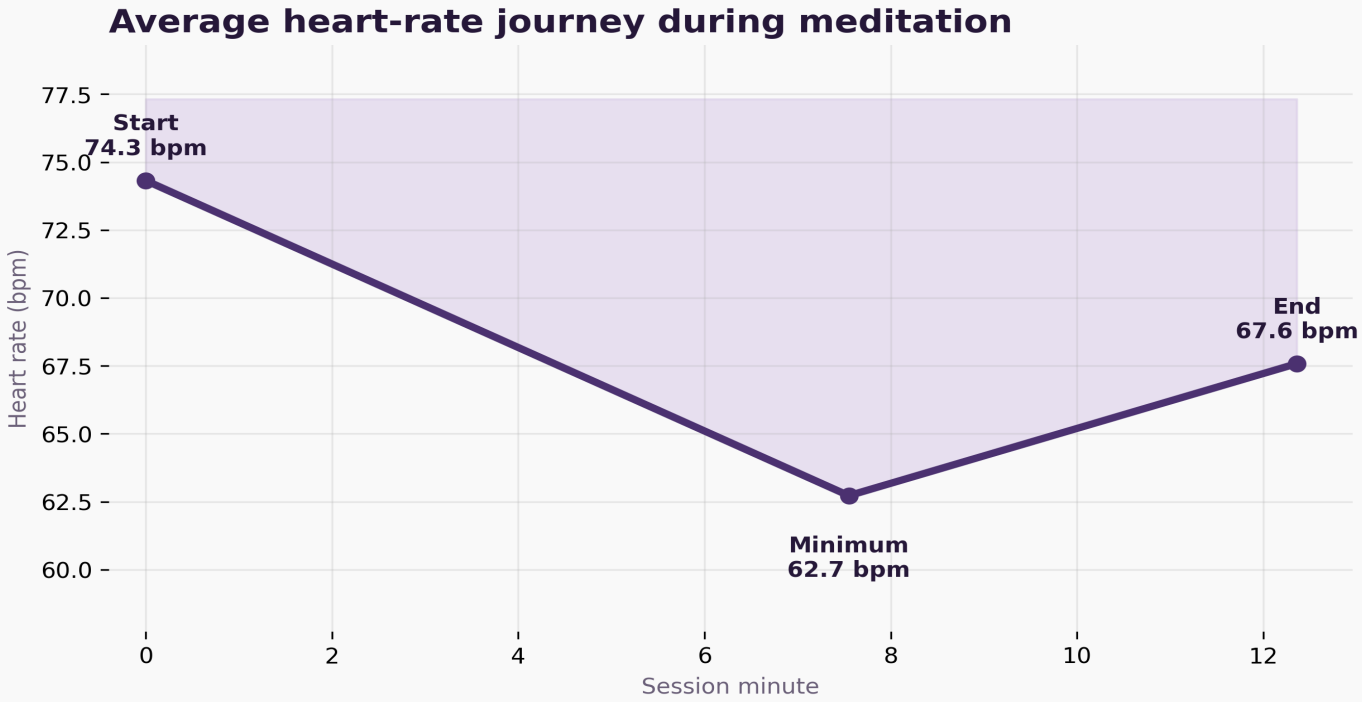
The clearest headline: heart rate decreased in 76.7% of qualified meditation sessions.



Flat / unchanged is calculated as the residual after decreased and increased sessions.

2. Average Heart-Rate Journey

Aggregate landmarks show the average start, minimum, and end heart rate during qualified sessions.

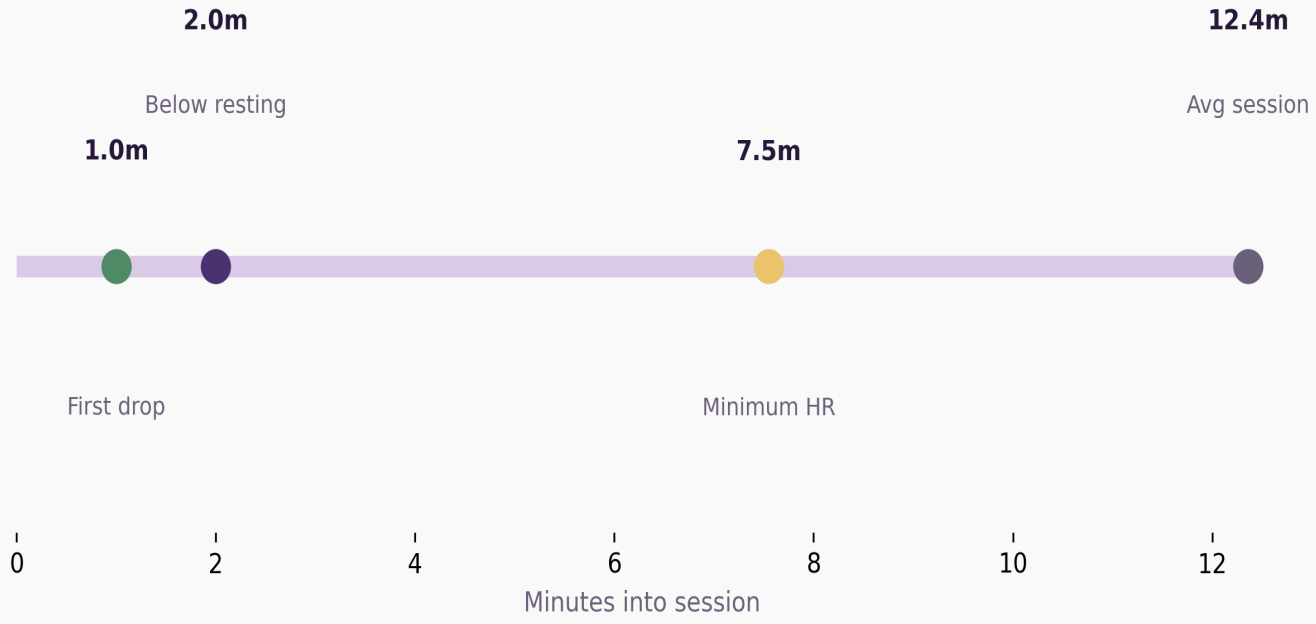


This is an aggregate landmark chart, not an individual session trace.

3. Timing: Fast First Shift, Deeper Minimum Later

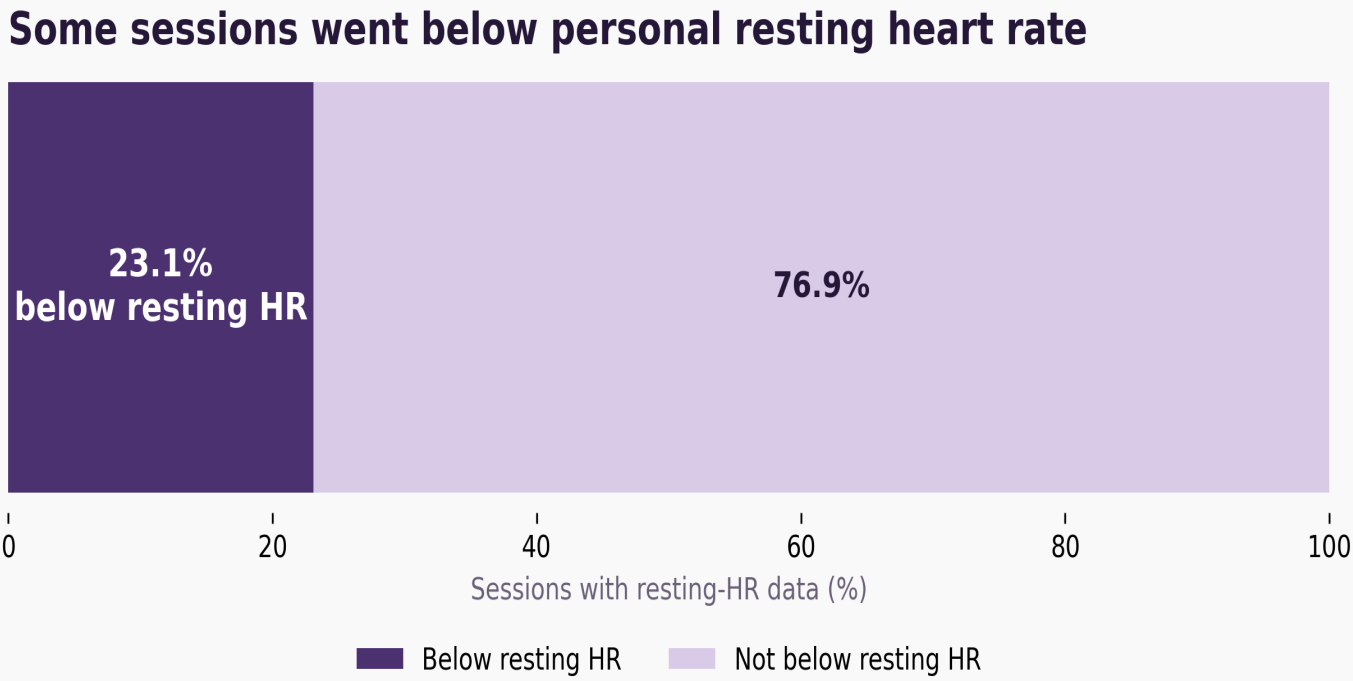
The median first heart-rate decrease happened after 1.0 minute. The average minimum heart rate came later, after 7.55 minutes.

The body often starts responding quickly, then settles deeper



4. Below Resting Heart Rate

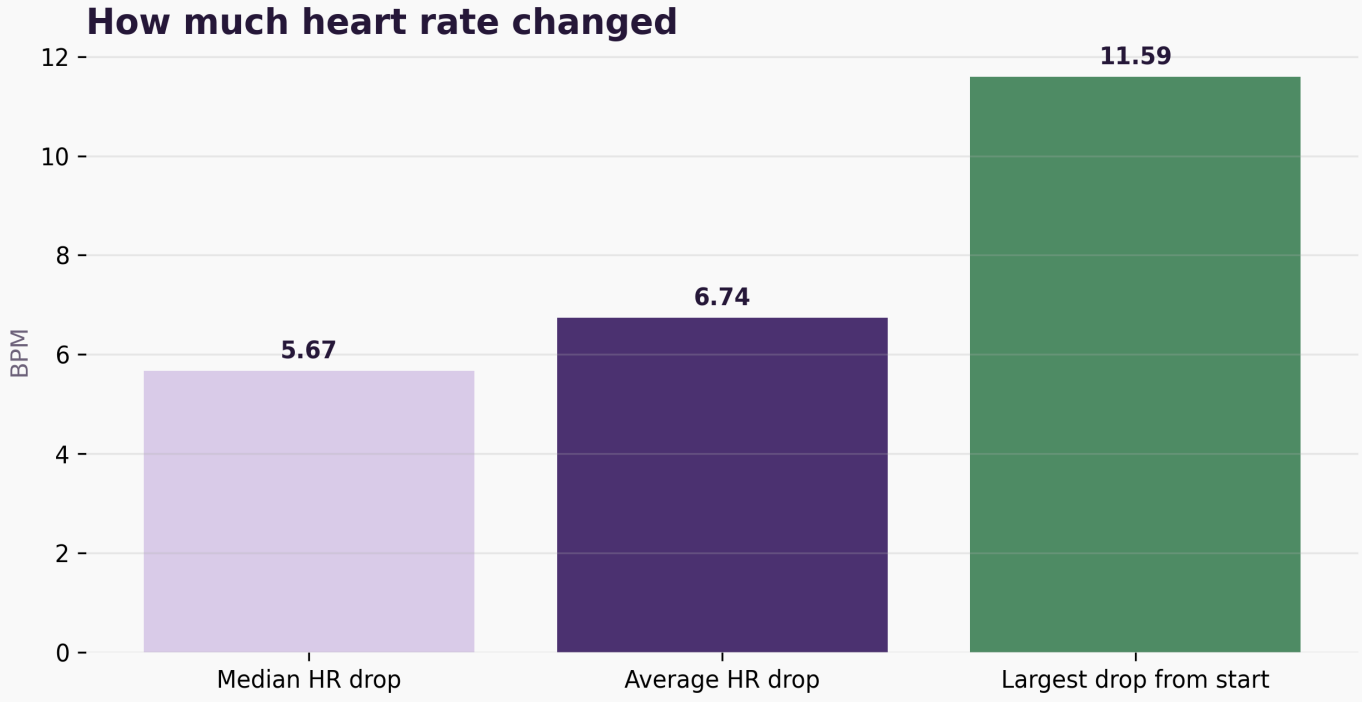
Where resting-heart-rate data was available, 23.1% of qualified sessions went below the user's recorded resting heart rate.



Resting HR is a user-shared average resting-heart-rate baseline from connected health data. Dojo did not calculate ARHR for this analysis.

5. How Much Heart Rate Changed

Start-to-end drops and deepest-session drops show different views of the physiological response.



Interpretation And Research Notes

The results suggest a two-stage pattern. First, heart rate often begins moving downward quickly: the median first decrease occurred after 1.0 minute. Second, the deepest physiological settling tends to occur later: minimum HR was reached after 7.55 minutes on average. This makes a simple start-to-end comparison useful, but incomplete; the session minimum captures the deepest point reached during practice.

Below-resting-HR results should be interpreted only within sessions where a user-shared resting-heart-rate baseline was available. Dojo did not calculate average resting heart rate for this analysis. Device-specific and demographic comparisons are intentionally not emphasized in this report.

Finding	Research interpretation
76.7% lowered HR	Most qualified sessions showed a downward start-to-end HR movement
1.0 minute first decrease	The first measurable shift often appeared early
7.55 minutes to minimum HR	The deepest settling point tended to arrive later than the first drop
23.1% below resting HR	A subset of sessions with user-shared resting-HR baseline data moved below that baseline
Not a clinical claim	These are observational product analytics, not a diagnosis or treatment study
Privacy framing	Anonymized aggregate data designed to protect user privacy rights