**Figure 1: Study design**

Screen for eligibility, recruit, and consent participant (in hospital or at CR assessment). Arrange for meeting time to complete baseline measures before the first CR exercise session (on the day of the first exercise session).

Send study ID for randomisation when baseline interview complete

Intervention Group B (CR with 6 weeks meditation).

Commence exercise based CR. If ≥ 2 weeks delay in CR commencement from assessment date, redo baseline outcomes

Usual Care Control Group A.

Commence exercise-based CR. If ≥ 2 weeks delay in CR commencement from assessment date, redo baseline outcomes

Ask participants to come in to complete DASS-21, HADS, MSES, GQOL, BP & cortisol when meditation intervention commences. BP and cortisol to be taken post intervention for week 1 and week 6)

Redo DASS-21, HADS, MSES, GQOL, BP & cortisol before beginning the meditation intervention CR. BP and cortisol to be taken post intervention for week 1 and week 6.

6 weeks follow up exercise based CR (from first CR session).

6 weeks follow up exercise based CR (from first CR session).

6 weeks follow up control group (from commencement of first meditation session)

6 weeks follow up meditation intervention (from commencement of first meditation session)

3 month online or telephone follow up

3 month online or telephone follow up. Single meditation session offered and CD, USB tape or online link given for home practice