

# DharmaCrafts

MEDITATION SUPPLIES *since 1979*

## — Taking Care of Your Meditation Cushions —

Your DharmaCrafts cushions were made in our own workshop in Fall River, Massachusetts by a small, dedicated staff of trained craftspeople. Made from premium materials, with double-stitched seams and careful assembly, you can expect your cushions to last a lifetime.

### **BUCKWHEAT HULL ZAFU**

Both the outer zippered cover and the inner zippered muslin shell that holds the buckwheat hulls, are removable and washable!

Pour out buckwheat before washing shell.

You can easily add or remove buckwheat if desired.

New covers will fit any previously purchased DharmaCrafts Buckwheat Hull Zafu.

\*Zafus bought before 2004 will not have an insert and will need to be spot cleaned only\*



### **ZABUTON MAT** (And other mats)

The outer zippered cover is removable and washable!

The insert that holds the cotton batting is NOT washable.

If your insert becomes damaged you may purchase a new one.  
New covers will fit any previously purchased DharmaCrafts cushion



## KAPOK ZAFU AND BENCH CUSHIONS

Does not have insert, must be spot cleaned.

There is an opening under the handle should you ever need to add or remove kapok.



## ALL CUSHIONS

As with all fine fabrics, avoid direct sunlight.

**All fabrics** will fade over time.



## CUSHION COVER

Turn covers inside out

Machine wash separately in COLD water  
Make sure to use the gentle cycle with liquid detergent

Zabutons:

Cut the stitch/tack on surface of cushion before removing cover.

Two-toned cushions & mats:  
Dry cleaning is recommended

Be sure to allow enough space for the water to circulate evenly

Hang to dry. Cotton cover may shrink in dryer.

Environmentally friendly dry-cleaning is also recommended!

