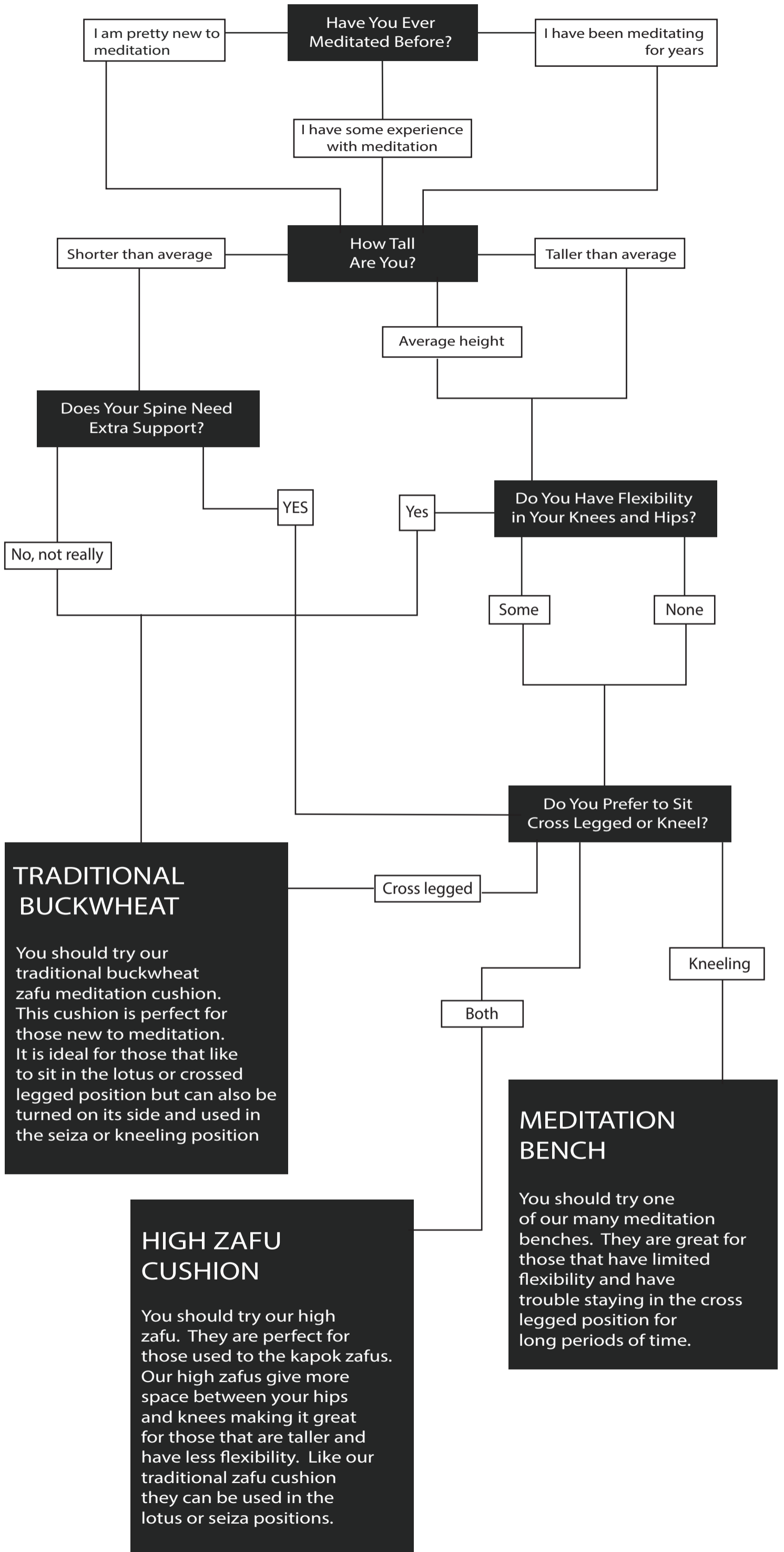


Which Meditation Cushion is Right for Me?



TRADITIONAL BUCKWHEAT

You should try our traditional buckwheat zafu meditation cushion. This cushion is perfect for those new to meditation. It is ideal for those that like to sit in the lotus or crossed legged position but can also be turned on its side and used in the seiza or kneeling position

HIGH ZAFU CUSHION

You should try our high zafu. They are perfect for those used to the kapok zafus. Our high zafus give more space between your hips and knees making it great for those that are taller and have less flexibility. Like our traditional zafu cushion they can be used in the lotus or seiza positions.

MEDITATION BENCH

You should try one of our many meditation benches. They are great for those that have limited flexibility and have trouble staying in the cross legged position for long periods of time.