

## Which Meditation Cushion is Right for Me? -Have You Ever I have been meditating I am pretty new to Meditated Before? meditation for years I have some experience with meditation **How Tall** Shorter than average Taller than average Are You? Average height **Does Your Spine Need** Extra Support? Do You Have Flexibility YES Yes in Your Knees and Hips? No, not really Some None Do You Prefer to Sit Cross Legged or Kneel? **TRADITIONAL** Cross legged **BUCKWHEAT** You should try our Kneeling traditional buckwheat zafu meditation cushion. This cushion is perfect for **Both** 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 MEDITATION the seiza or kneeling position **BENCH** You should try one of our many meditation **HIGH ZAFU** benches. They are great for those that have limited **CUSHION** flexibility and have trouble staying in the cross You should try our high legged position for zafu. They are perfect for long periods of time. 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.