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Meditation Bench
Instructions



Do you find meditation challenging? Stillness is too painful? Play with your meditation bench!

Expertly crafted to better fit your body type and seating preference, you'll feel your body settle naturally into an ergonomic posture. The bench's foldable legs mean it travels well, and can be used as a kneeling Seiza bench as well as a more traditional pillow seat directly on the floor.

Our benches are made for all body types and ages, and in colors to suit your taste. Whether you're looking to start a meditation practice or find a new way to sit zazen, we want our benches to be part of your journey.

How to use your meditation bench:

*Whatever the option you pick, make sure the bench legs are open until the end.

Option 1

Traditional legs folded position

Make sure your legs are closed inward (lotus, half lotus or leg to leg position).

Place the bench on the floor, cushion facing up. Sit on it & adjust its angle for the most comfortable sitting position.

Observe the posture of your back, naturally strengthened.

Deep breath, enter your meditation practice.

Option 2

Sitting on your knees for a Japanese Seiza position

Sit on your knees.

Either keep your knees close to each other & bring your legs inside the bench; or open your legs widely and place them outside of the bench.

If your legs are placed in between the bench, make sure it is above your calves and/or ankles.

Sit on the cushion. Make sure that your sitting bones are comfortably placed on the cushion.

Deep breath, enter your meditation practice.

Extra tips:

Settle onto the bench and take an extra moment to get as comfortable as possible. This way, you won't have to worry too much about readjusting during meditation.

Try placing a towel or blanket under the bench so it won't move or slide on the floor.

Be patient. Finding a comfortable meditative posture takes time.

The more often you sit, though, the more your body will adjust and open.

