

How to Use?

- Once you receive your Nutribuck Zafu Meditation Cushion do inspect all elements thoroughly
- Store the spare 500 g of buckwheat hulls carefully for refill or replacement within the original carry case
- Place the cushion on firm ground and settle it
- Try and stay in position for a few minutes to judge comfort levels while the cushion settles around your body
- In case you feel the need, you can add or remove some hull to identify a more convenient support level



REMEMBER

- If you are already using a foam based zafu meditation cushion, it can take 4-5 days for you to get used to the new support levels, so please be patient while identify your ideal filling levels
- Remember to air your pillow during the day. It improves the hulls period of usability
- Wash the pillow regularly to get rid of any odors that might develop over time
- Do not use more than one buckwheat hull pillow below your neck at a time