

SHEET 5 Seated positions for relaxation and meditation

There are a variety of seated postures you can use for meditation. Again, the prime goal is to be comfortable in your physical body, so experiment with which posture suits you best.

Sitting on a chair

It is best to use a straight backed chair rather than an armchair or sofa. Rest your feet firmly on the floor (or cushions if your legs don't reach). Sit upright without leaning on the back of the chair if possible. Your hands can rest comfortably in your lap. **See Figure S5.1**

Cross legged

Use a small cushion or yoga block and sit on the edge so that your spine is tipped forward slightly. **See Figure S5.2**



Figure S5.1



Figure S5.2

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Japanese style sitting

Kneel with a cushion between your knees. You may need to experiment with different heights to see which is the most comfortable. **See Figure S5.3**



Figure S5.3