

Meditation Posture Guide



Cross-Legged (Burmese Style)

Needs: A meditation cushion, either round (a zafu) or rectangular (a gomden).

Optional: A meditation mat (zabuton) to go under your cushion.

1. Sit on cushion (hidden behind feet in photo).
2. Pull one foot in toward center-front of cushion.
3. Pull other foot in toward first foot.
4. Tilt pelvis forward so that knees fall to floor (or mat).
5. Tuck chin, just slightly.
6. Rest hands on thighs or in lap.

Kneeling

Needs: A meditation bench (seiza bench). A meditation mat (zabuton), blanket, or towel to go under knees and shins.

1. Kneel with knees and shins resting on mat, blanket, or towel.
2. Place meditation bench over your lower legs.
(Alternative: place meditation cushion, on its side, between legs.)
3. Sit back onto bench (or cushion).
4. Tuck chin, just slightly.
5. Rest hands on thighs or in lap.



Chair

Needs: Chair. Means of elevating hips above knees (see steps).

1. Sit with feet flat on floor and back unsupported (unless you have a back issue).
2. If hips are not higher than knees, elevate hips by raising chair (if it's adjustable) or by placing a thick book on the seat (with a folded blanket or towel on top for comfort if desired).
3. Tuck chin, just slightly.
4. Rest hands on thighs or in lap.

Photos courtesy of the Kwan Um School of Zen (www.kwanumzen.org).