

SITTING, STANDING AND WALKING MEDITATION

As our School comes from an Asian tradition, the basic meditation posture is to sit on a mat and cushion on the floor. For Westerners who are used to sitting in chairs, this can often cause discomfort. Thus, our School allows for many types of variations and “relief valves” to help students cope.

SITTING MEDITATION

Form

1. Place one or more cushions on a mat and sit in a cross-legged position. You may use any of the forms listed here (see photos):
 - a. Full lotus
 - b. Half lotus
 - c. Burmese posture
 - d. Burmese posture, variation
 - e. Using a chair. When sitting on a chair, your feet should not extend past the front edge of the row of mats in the row in which you are seated. You may fold your mat and place it under your chair. You may use the mat for a footrest. For meditation purposes, it is best that you do not lean against the back of the chair, but sit toward the front of the seat, keeping your back erect. Your thighs should be parallel to the floor, with shins perpendicular.
 - f. Straddling cushions. Stack several cushions on top of one another, straddling them as if riding a horse.
 - g. Using a meditation bench. Meditation benches have a slanted seat with two legs. First kneel on your mat, then position the bench over your calves behind you, and sit.
2. Keeping your spine straight and shoulders back and loose, tip your head forward very slightly, looking down at the floor at a 45-degree angle.



a. Full lotus

b. Half lotus



c. Burmese posture

d. Burmese posture, variation



e. Using a chair



f. Straddling cushions

g. Meditation bench