

It is very important to be completely comfortable when you meditate. Below are several options for you to try.

# HOW TO SIT IN MEDITATION POSE



## EASE POSE

Sit on your sitz bones, back neutral, pelvis slightly rotated forward, legs crossed and the tops of your hands resting on your knees with hands in gian mudra.



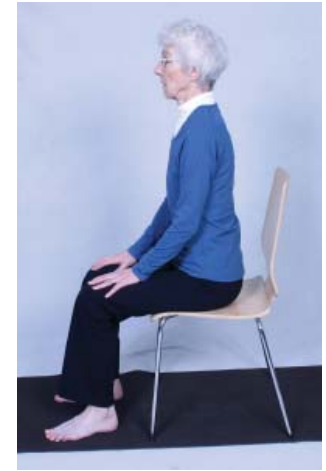
## MODIFICATION: BURMESE POSE

Place one foot in front of the other.



## MODIFICATION

Sit on a block or meditation cushion to tilt your pelvis forward. Support your legs with blocks or bolsters.



## MODIFICATION

Sit on a chair. Feet firmly planted on the floor, back neutral. If needed, you can even support your lower back with a block or bolster.

## ADVANCED

From easy pose, place the top of one foot on your thigh. Be very careful of your knee.

