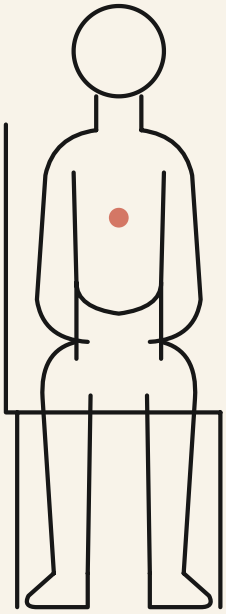
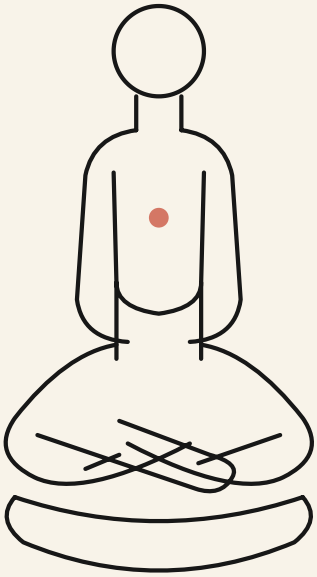
Three Ways to Sit



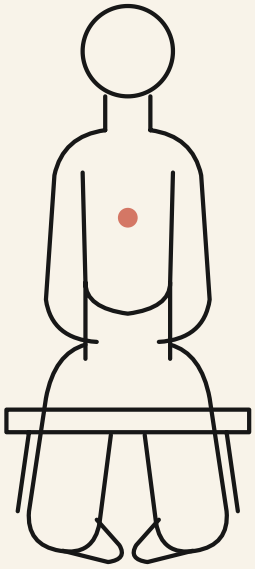
CHAIR

Feet flat on the floor. Back upright, but not stiff. Hands resting in your lap.



CUSHION

Cross-legged, hips elevated above the knees.



BENCH

Kneeling, shins tucked under a low bench.

Upright but not rigid. Alert but not tense.

Use whatever lets you sit comfortably for 30 minutes. Once you are settled, try not to move.

Most beginners start in a chair.