

On Posture

Good posture for sitting on the floor: Knees and pelvis create a supportive triangle. For many people, this is the best posture, or the best one to work toward. (See stick figure 1.) For some, though, floor sitting is too stressful on the hips and groin. In the side view (see

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stick figure 2), notice the straight line of her neck and relaxed palms.

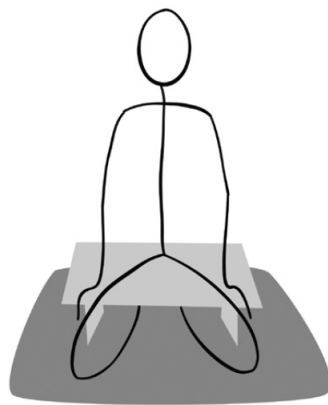


FIG. 1

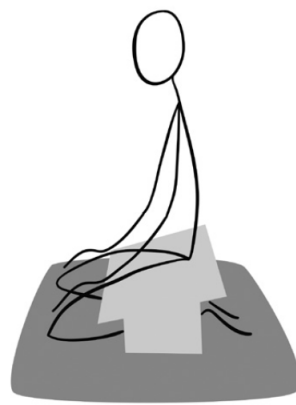


FIG. 2

Bad posture for sitting on the floor: Don't arch or round your back too much—look at the potential for neck strain in both cases. (See stick figures 3 and 4.)

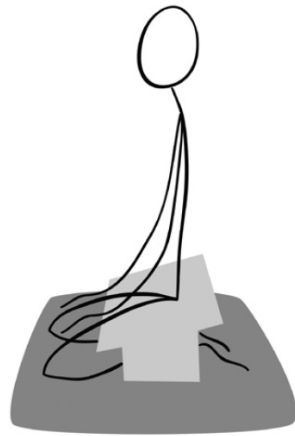


FIG. 3

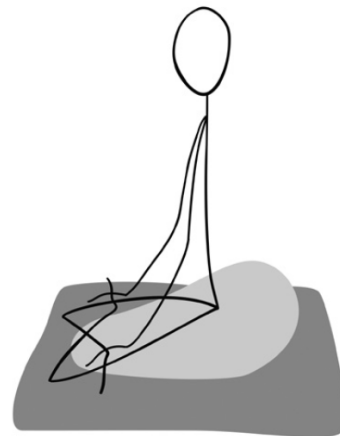


FIG. 4

Good posture for those who prefer to sit with the knees slightly elevated: Sitting with the knees slightly elevated is fine if you prefer that. (See stick figures 5 and 6.)

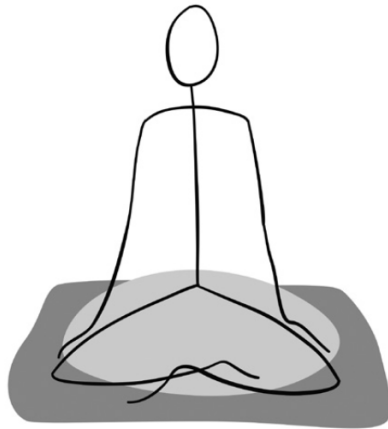


FIG. 5

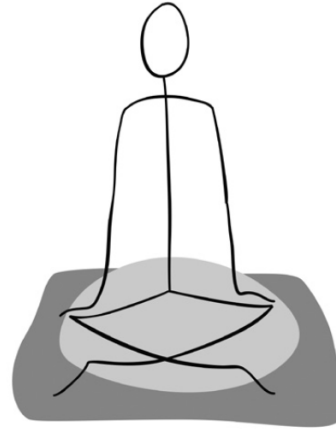


FIG. 6

Good posture for those who prefer to sit on a meditation bench: Some people prefer to sit on a meditation bench, knees down and in front. This is fine, too. (See stick figures 7 and 8.)

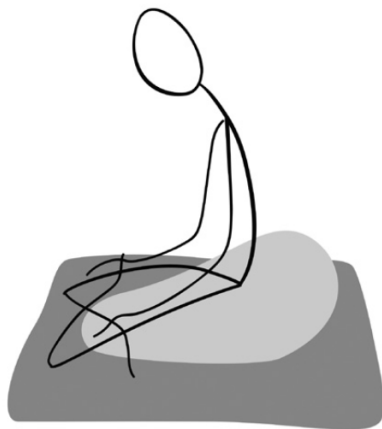


FIG. 7

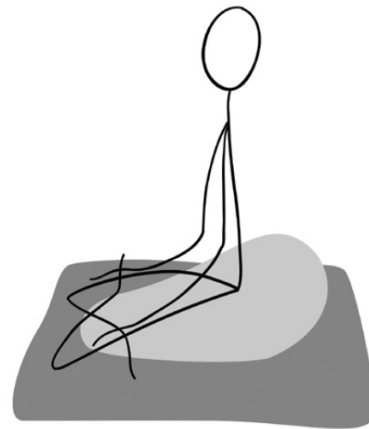


FIG. 8

Bad posture for those who prefer to sit on a meditation bench: But there's still no need to slump. (See stick figure 9.)

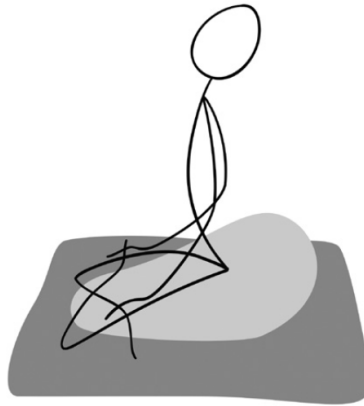


FIG. 9

Ideal posture: Full lotus is the ideal posture for meditating—but not necessary! (See stick figure 10.) Don't try this at home.

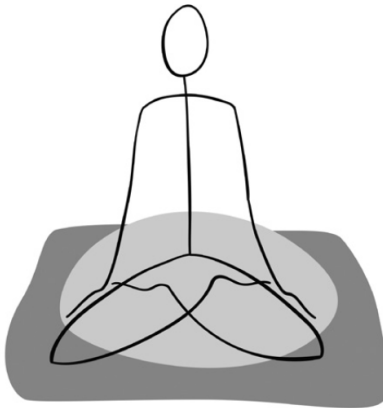


FIG. 10

Sitting on a chair: If you choose to sit on a chair, that is great. Sit with your feet flat on the floor and scoot forward so that your back isn't leaning on anything. (See stick figure 12) If you find any back strain in this position, experiment with placing a cushion underneath

your feet to raise your knees to be level with your hips.
(See stick figures 11a and 11b.)

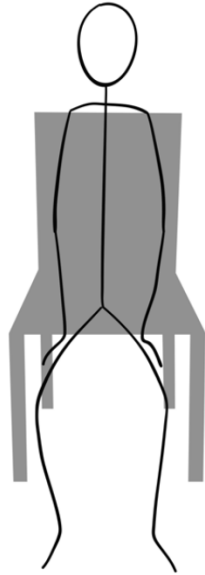


FIG. 11a

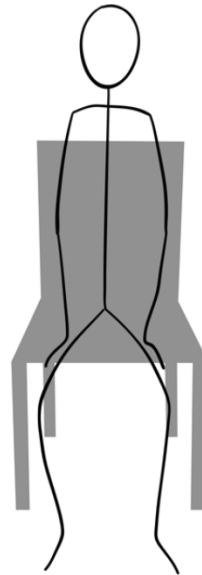


FIG. 11b

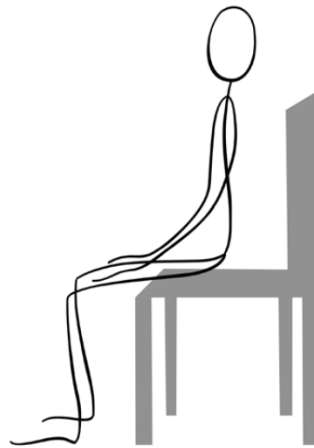


FIG. 12