

# MEDITATION CUSHION GUIDE

 Print Version

Further your meditation by integrating cushions, pillows and benches into your practice. Our cushions are all individually, hand-made with quality USA-products.




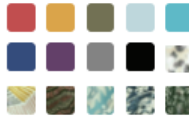



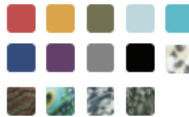




















Supported Sukhasana  
(Cross-Legged Pose)



Supported Vajrasana  
(Kneeling)



Supported Virasana  
(Wide Kneeling)

PRODUCT	DIMENSIONS	WEIGHT	PRICE	COLORS	SUMMARY
 <p><b>Zafu Meditation Cushion</b></p>	15" x 15" x 5"	7.2 lb	\$54.95 - \$65.95	<p>15 colors</p> 	<p>This traditional, round, tuffet shape provides height under the pelvis for healthy posture. Height is adjustable.</p> <p> Made in USA  Hand Made</p>
 <p><b>V-Shaped Meditation Cushion</b></p>	6" X 24" X 17"	7.4 lb	\$60.95 - \$71.95	<p>14 colors</p> 	<p>The unique, gentle slope of this crescent-shaped meditation cushion provides amazing support for your hips and thighs. Height is adjustable.</p> <p> Made in USA  Hand Made</p> <p> Best Seller</p>
 <p><b>Zen Meditation Cushion</b></p>	11" x 15" x 5"	7.2 lb	\$60.95 - \$71.95	<p>12 colors</p> 	<p>This rectangular meditation cushion can be used horizontally or vertically for support in sitting or kneeling postures. Height is adjustable.</p> <p> Made in USA  Hand Made</p>
 <p><b>Sukasana Meditation Cushion</b></p>	8" x 18" x 4"	3 lb	\$36.95 - \$43.95	<p>7 colors</p> 	<p>It's a travel meditation cushion. It's a small, lightweight, versatile bolster. It's a Sukasana!</p> <p> Made in USA  Hand Made</p>
 <p><b>Zabuton Meditation Pillow</b></p>	24" x 34" x 3"	5.8 lb	\$99.95 - \$109.95	<p>7 colors</p> 	<p>This is the perfect companion to our Zafu, V-Shaped Cushion, or Zen Cushion. This pillow's cotton filling provides additional comfort during meditation.</p> <p> Made in USA  Hand Made</p> <p> Best Seller</p>
 <p><b>Meditation Bench</b></p>	8" x 18.5" x 7.5"	8.2 lb	\$98.95	<p>2 colors</p> 	<p>This folding birch meditation bench provides comfort and support for those who prefer to sit in a kneeling position.</p> <p> Made in USA  Hand Made</p>



