

Creating Your Meditation Space & Postures



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- Find a calm, comfortable environment that is free of distractions and supports your meditation practice.
- Unless you've done a lot of yoga, I recommend sitting in an upright chair with your legs uncrossed, feet on the floor, and hands resting in your lap or at your sides.
- You can put a pillow behind your lower back to help keep your back naturally straight (not arched or hunched) and your head and neck aligned with your spine.
- If you prefer sitting cross-legged on the floor, sit on a cushion or a folded blanket so your knees are lower than your hips.
- If sitting causes any discomfort — if you have back pain or sciatica, or you're wearing a cast, lying down is an alternative. Simply lie on your back with your legs about hip-width apart, toes relaxed out to the side, arms extended alongside your body, and palms turned up.
- Or, try placing a thin pillow under your head and bending your knees to 90 degrees so your feet are flat on the floor. Putting a pillow underneath your knees to elevate them will help to protect your lower back and prevent any additional strain.
- If you like, light candles, diffuse essential oils, or add any other elements to make this time as restorative as possible.