

A woman with dark hair tied back is shown in profile, sitting in a Seiza (kneeling) meditation posture. She is wearing a light blue tank top and dark pants. Her hands are resting on her knees in a mudra. The background features a large window with multiple panes and a brick wall. The lighting is soft and natural, coming from the window.

# Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture

# Sitting A Guide To Buddhist Meditation

**Rob Brandsma**



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