

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 thighs in a mudra. She is positioned in front of a large, multi-paned window that allows bright, natural light to fill the room. The background wall is made of light-colored stone or brick. The floor appears to be a light-colored wooden or stone surface.

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

# Sitting A Guide To Buddhist Meditation

**Sumi Loundon**



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