

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, multi-paned window with a stone wall and a brick floor.

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

# Sitting A Guide To Buddhist Meditation

**Joacim Rocklöv**



## **Sitting A Guide To Buddhist Meditation:**

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