

## **MEDITATION SUPPLIES**

There are many online suppliers of meditation equipment. Here are a few – but please note that we have not necessarily any experience of these supplies.

Always check what is being charged for postage as cushions and benches can weigh more than you think.

### **Meditation Benches**

<http://www.hypnosishealthcare.com/seizafoldbench.html>  
[https://www.shopholistic.co.uk/viewprod\\_JCT001MP.php](https://www.shopholistic.co.uk/viewprod_JCT001MP.php)  
[http://www.naturalliving.co.uk/acatalog/meditation\\_stools.html](http://www.naturalliving.co.uk/acatalog/meditation_stools.html)

### **Meditation Cushions**

<http://www.alphacushions.co.uk/>  
[http://www.yogamad.com/Meditation/Zafus/?lid=CL\\_rnNfTn5YCFQsZQgod9w295w](http://www.yogamad.com/Meditation/Zafus/?lid=CL_rnNfTn5YCFQsZQgod9w295w)  
<http://www.dharmaland.co.uk/>  
[http://www.naturalliving.co.uk/acatalog/meditation\\_cushions.html](http://www.naturalliving.co.uk/acatalog/meditation_cushions.html)

### **Making Your Own Bench**

You might want to consider making your meditation bench (or asking someone else to make it for you) – particularly if you are tall as many of the ones ‘off the shelf’ are a standard size.

*See Handout pdf ‘Making Your Own Seiza bench’*

If your bench does feel too low, you can always add a cushion, yoga block or some books to give yourself some height. It is worth experimenting as being comfortable when you sit will make a world of difference!