Welcome to the Course!

Part 1.2 How to Sit in Meditation

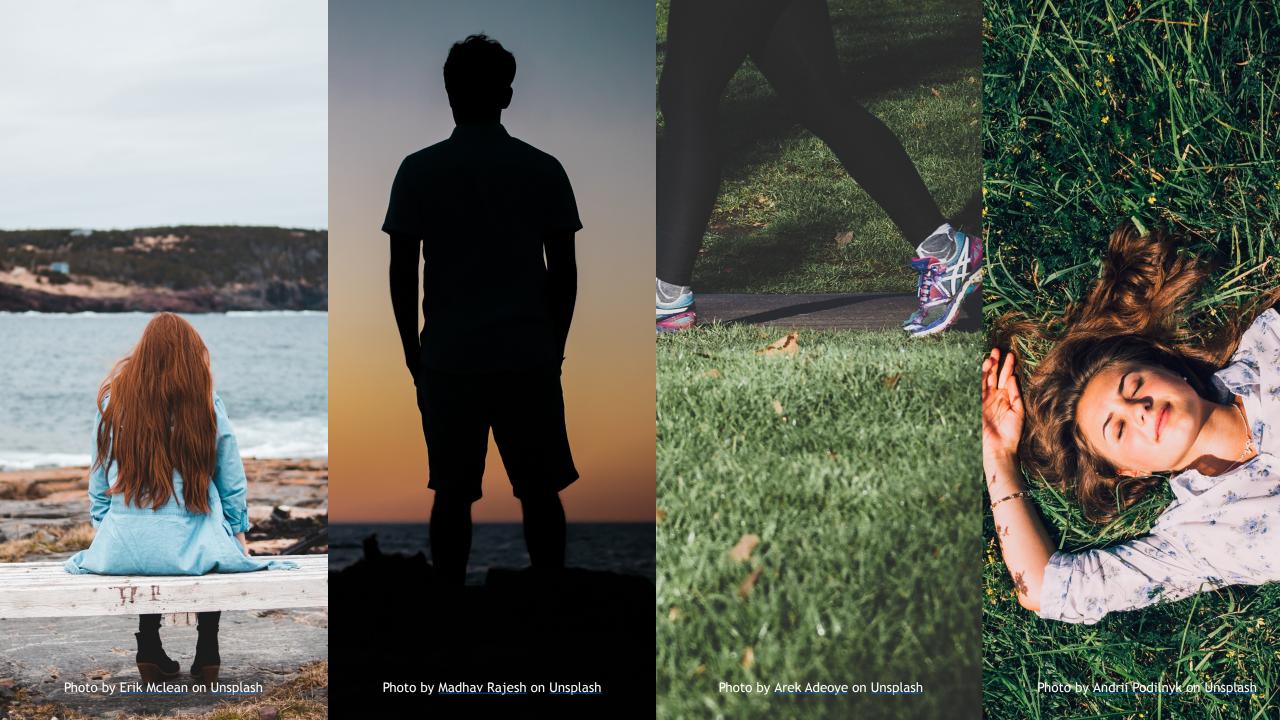


Is there a correct posture for meditation?

when we see it in the movies, they're doing some sort of funky yoga pose or full lotus posture

you don't have to do any funky yoga positions to practice mindfulness

Mindfulness is really more about something we're doing with our mind than something we're doing with our body.









lengthen the spine a bit but we don't want to be too erect.



relaxed at the same time

"alert, yet relaxed"

lengthen the spine to be alert, and then we can relax the shoulders to be relaxed







if you have some serious physical injury or sitting is just not available to you, feel free to do this lying down

How to set up the proper mental foundation for beginning our meditation practice