

Welcome to the Course!

Part 1.2

# How to Sit in Meditation

how to sit



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.



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A modern interior scene featuring a white Eames-style chair in the foreground, a wicker basket, a potted plant, and a cane chair on a wooden floor. The text "finding a comfortable place to sit" is overlaid on the white chair.

finding a  
comfortable  
place to sit

keep a  
straight  
back

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



too stiff like this

relaxed at the same time

“alert, yet relaxed”

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

nice, stable  
posture





you can also  
do this  
practice  
lying down



it can be  
hard to stay  
awake if  
you're doing  
a lying down  
meditation  
practice



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

Next Video

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