

# Unique Meditation Stool



## Better posture during meditation

### Features

- unique swiveling action
- hand-made in Australia
- solid wooden construction
- available in different sizes and colors
- easily disassembles for storage



### Benefits of this amazing meditation stool

- **improved posture** during meditation
- better spinal alignment with decreased back and neck pain
- reduced pressure on knees and ankles
- decreased muscle cramping and nerve compression
- improved circulation during meditation



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