

# Meditation Stools Australia

[www.meditationstools.com.au](http://www.meditationstools.com.au)

0402 378 618

[gavin@meditationstools.com.au](mailto:gavin@meditationstools.com.au)

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I am proud to offer these unique and totally adjustable meditation stools and seats made from solid wood. The **meditation stool** allows you to kneel or lie down during your meditation, whilst the **meditation seat** allows you to sit cross legged during the meditation.



## Meditation stools

These meditation stools allow you to spend a longer time meditating without your back becoming sore and tired from slumping or your legs cramped from lack of blood and nerve compression.

For those who like to meditate whilst kneeling, the seat of this versatile stool can be pivoted and used as a support for under the bottom, which raises the body off the knees and reduces the pressure on the backs of the knees.

This reduces the feelings of compression and ‘pins and needles’ that is common in the seiza (kneeling) position.



To use this stool, slightly loosen the handles at either end. Then simply kneel down and place the stool over your ankles. As you lower yourself onto the stool, the seat will automatically pivot to allow perfect meditating posture. When it is in a comfortable position, **tighten** the handles and it will support your position for as long as you want to meditate.

The side legs can be made in different sizes to allow for any sized individual to use the stools, with the standard size being the medium size. The different leg sizes are **small** (17 cm tall), **medium** (19 cm tall) and **large** (21 cm tall) as shown in the picture to the right. **When you have finished meditating, the stool fully disassembles to allow for storage (or postage for gifts etc)**



## Meditation seats



For those people who like to sit cross legged during meditation, but find that sitting on cushions to be difficult, uncomfortable or unsupportive, I am proud to offer a new option. This is a **solid wooden seat** that allows you to sit off the floor, but not so high that your legs and ankle can't reach the ground.

Due to the solid nature of this stool, it won't sag or squash as cushions do. The different sizes are **small** (6cm tall), **medium** (10cm tall) and **large** (14cm tall). Also, I can make this stool to any height, width or depth requirements that you might have, ensuring that it is appropriate for any body type or size.



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## Order Form

Name	Phone
Email	

### Meditation stools (used for kneeling on during your meditation)



#### Natural (\$100)



- small (17cm)
- medium (19cm)
- large (21cm)

#### Stained (\$120)



- small (17cm)
- medium (19cm)
- large (21cm)

### Meditation seats (used for sitting on during your meditation)



#### Natural (\$100)



- small (6cm)
- medium (10cm)
- large (14cm)

#### Stained (\$120)



- small (6cm)
- medium (10cm)
- large (14cm)

### Optional symbols engraved into the seat (\$30 extra) - choose from below or suggest a custom design

ॐ	♀	☯	☯	👁️	👁️
♈	♉	♊	♋	♌	♍
♎	♏	♐	♑	♒	♓

