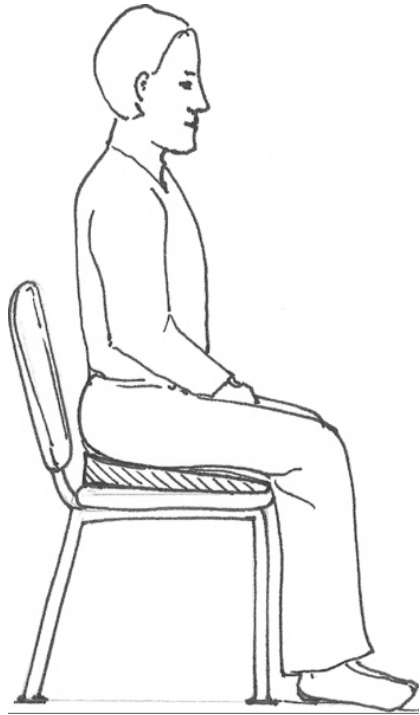


The Seven Gestures - Posture for Sitting Practices



1. If sitting on a chair - parallel legs, feet flat. Feel your sit bones, your connection to the seat and the floor. Use as many cushions or props as you need. If sitting on the floor, have your legs crossed comfortably, knees below pelvis. You could also try kneeling.
2. Spine upright, balanced, not rigid – a gentle feeling of ascending through the spine.
3. Relax hands on knees or in your lap, palms up or down down. Release tension in arms and shoulders.
4. Draw neck back and up a tiny bit. This moves chin down and in very slightly. Head should feel well balanced.
5. Soft, compassionate eyes. They can be closed or half open. If open; focus loosely on ground along the line of nose. Move attention inward.
6. Jaw relaxed, a feeling of space and ease in the mouth.
7. Be conscious of the whole body, and begin to feel your breathing.



After a while you'll automatically check in with your posture as you sit. You can use the Seven Gestures as a meditation on it's own or just use them quickly to 'check in' with your body before you begin your regular mindfulness breathing meditation.