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Zazen Wikipedia

In Zen temples and monasteries, practitioners traditionally sit zazen as a group in a meditation hall, usually referred to as the zendo. The practitioner sits on a cushion called a zafu, which itself is usually placed on top of a low, flat mat called a zabuton. Before taking one's seat, and after rising at the end of the period of zazen, a Zen practitioner performs a gassho bow to their seat

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At the bottom of this page you will find a button to download a FREE PDF copy of this post, for easy reference.. The advice regarding the posture of meditation is very similar among the different styles of seated practice, so I will go in to more detail about it only once, when talking about the first technique (Zen meditation).

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Zafu Wikipedia

A zafu (Japanese: , pronounced) or putuan (Chinese: , pronounced [p u .t wa n]) is a round cushion. Although also a utilitarian accessory, it is best known for its use in zazen Zen meditation

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