

ZaZa Medittion Web Site Comments/Corrections

Home Page 1: Correction in RED

***** (IMPORTANT TO FIX!!!) CALL TO ORDER! 1- (800)-886-1701**

ZaZa Meditation cushions are made in the USA and are designed to provide you with comfort when you are at your most calming state.

Meditating is a skill, learned over time. It is an art that is mastered when you are able to calm your mind and find your inner peace. There are many health benefits to meditating and being able to surround yourself with beautiful earthly elements helps you to achieve pure zen. The experience of meditating outdoors, is a heightened privilege and with ZaZa Meditation **products**, you can take your cushions with you anywhere you choose to go. Our cushions are made **a goal dedicated towards providing** you with the ability to meditate where your heart desires. Our cushions are made of durable Sunbrella® fabric, which **is the most** ideal fabric **for everyday use** that offers performance and easy maintenance for both indoor and outdoor **applications**.

Find comfort in knowing that whether your cushions absorb remnants of sand from a beach or grass from a meadow, our cushions **(due to the hidden color coordinated nylon zipper)** can be easily taken apart and tossed into a washing machine, **making our cushions** the most ideal for the nomad meditator.

Home Page 2: Correction in RED

ZaZa Meditation Cushions are easily maintained, as they are made of high performance outdoor **materials**. Pick your color of choice, we've designed our functional line of meditation cushions based on the Seven Chakras.

- *Red: The Root Chakra,*
- *Orange: The Sacral Chakra,*
- *Yellow: The Solar Plexus Chakra,*
- *Green: The Heart Chakra,*
- *Blue: The Throat Chakra,*
- *Indigo: The Third-Eye Chakra*
- *Violet: The Crown Chakra.*

We strongly believe that color therapy is necessary when connecting with each of the chakras, especially when seeking a balance of energy to maintain health and well-being.

Everything from the color you surround yourself with to the environment you choose, plays a part in helping one to connect with their inner self.

About Page 1: Correction in RED

It is a spiritual journey that you take when meditating, which is why we believe that you should surround yourself with items needed to ensure that your experience is most advantageous. You need to adhere to all of your senses. Hence, location, colors, material, aroma, scenery **and sound** all **play** apart into those senses. Take ZaZa Meditation along with you through your journey and you will be sure to have a joyous experience!

Placing your order with ZaZa Meditation is easier than it looks. All you have to do is pick which product option you would like and the color **you desire** and wait for your cushion set to arrive in **at your front door. Free Shipping by UPS or Fedex is included in our product pricing.** Easy as 1,2,3! New Sunbrella© colors and patterns are always added to our collection, so always keep a look out and give us a call at 1(800) 886-1701 to customize your order.

Meditation Cushions Page 1: Correction in RED

7 Piece Yoga Set - should be:

ZaZa Meditation 7 Piece Restorative Yoga Set: \$ 150.00

- **Zafu Meditation Cushion,**
- **Zabuton Meditation Mat,**
- **Eye Pillow,**
- **Neck Bolster,**
- **Back Bolster,**
- **Soy Candle,**
- **Strap.**

Can you add to the link/tab the following description?

Our 7 piece ZaZa Meditation Restorative Yoga Set is the perfect gift for the a ages of Yoga participants. The set includes all of the following products. A Buckwheat filled Zafu cushion, a Zabuton Meditation Mat, Neck and Back Bolster Pillows, an Eye Pillow and an adjustable strap along with a 16 ounce scented Soy Candle. Everything is included for the perfect gift or for the beginner yoga student. Buckwheat Eye pillow measures 11" x4.75" x0.5" , Buckwheat Zafu Cushion measures 18.5" x18.5" x3.5" , Foam filled Zabuton Mat is 26.5" x26.5" x2" , Buckwheat Neck Bolster 12" x3.5" x3.5" , Fiber Filled Back Bolster 19" x5" x5" , webbed strap for yoga mats or zabutons has two quick release clasps, and 16" oz. soy candle comes packaged in a tin. Buckwheat hulls are proven to remove toxins from the skin and conform to the body promoting relaxation. The Sunbrella© fabric covers are UV protected and have a hidden zipper for easy removal for ease of cleaning – cold water/drip dry. Made in USA.

3 Piece Yoga Studio Set - should be:

ZaZa Meditation 3 Piece Yoga Studio Set: \$ 90.00

- **Zafu Meditation Cushion,**
- **Zabuton Meditation Mat,**
- **Strap.**

Can you add to the link/tab the following description?

Our 3 piece ZaZa Meditation Yoga Studio Set is the perfect mix of product for the on-the-go yoga enthusiast. The set includes all of the following products. A Buckwheat filled Zafu cushion, a Zabuton Meditation Mat, and an adjustable strap. The Buckwheat Zafu Cushion measures 18.5" x18.5" x3.5" , Foam filled Zabuton Mat is 26.5" x26.5" x2" , and the webbed strap for yoga mats or zabutons has two quick release clasps. The Sunbrella® fabric covers are UV protected and have a hidden zipper for easy removal for ease of cleaning – cold water/drip dry. Made in USA.

The 3 Piece Yoga Set (3rd Item – 1st row – Black Fabric) should be a **3 Piece Meditation Set**

ZaZa Meditation 3 Piece Meditation Set - OK @ \$50.00

- **Eye Pillow Buckwheat Hull Filled,**
- **Back Bolster/Cushion Fiber Filled,**
- **Neck Bolster Buckwheat Hull Filled.**

Can you add a link/tab to a description?

Our 3 piece ZaZa Meditation Set is ideal for meditating in your home, office or outside. The set includes all of the following products. An Eye Pillow, a Fiber Filled Back Bolster and a Buckwheat Neck Bolster. The Buckwheat Eye pillow measures 11" x4.75" x0.5" , the Fiber Filled Back Bolster are 19" x5" x5" , and the Buckwheat Neck Bolster 12" x3.5" x3.5". Buckwheat hulls are proven to remove toxins from the skin and conform to the body promoting relaxation. The Sunbrella® fabric covers are UV protected and have a hidden zipper for easy removal for ease of cleaning – cold water/drip dry. Made in USA.

Zafu Meditation Cushion - OK @ \$50.00

Can you add a link/tab to a description?

Our ZaZa Zafu Meditation Cushion is designed to provide soft surface and unparalleled comfort to your yoga session. The cushion has been designed to improve your position during meditation by focusing on stacking your spine alignment while relieving pressure from your knees, ankles, and back. The cushion is filled with buckwheat hulls that gently conform to your body's shape and a removable easy to clean Sunbrella® cover outfitted with an easy-to-carry handle. The internal fill Buckwheat hulls are encapsulated in a hidden nylon color coordinated zipper enclosure to enable you to add or remove filling. Use with or without our coordinating Zabuton Floor Cushion. The ZaZa Zafu Meditation Cushion:

- Will add comfort to your meditation practice,
- Will improve posture and relieve pressure,
- Has been filled with body forming buckwheat hulls,
- Includes a UV protected fabric cover which is machine washable,
- Includes an easy-to-carry external handle,
- Enables you to add or remove buckwheat fill,
- The Buckwheat Zafu Cushion measures 18.5" x18.5" x3.5" .

Back Bolster - **\$27.50**

Can you add a link/tab to a description?

Our ZaZa Fiber filled Back Bolster cushions have been designed to provide relief to your back by limiting pressure and as a result, promote a restful experience. Our functional Yoga bolster pillow is sized at 19"x5"x5" and features a hidden color coordinated zipper with removable cover for cleaning. Generous amounts of soft fiber filling within our bolster target the small of the back region and will significantly improve your posture and comfort. The ZaZa Bolster works well with the eye pillow and neck pillow to meditate or relax you with while relieving the day's stress. Sunbrella® fabric is easy to clean and washes in cold or warm water and drip dries. The Fiber Filled Back Bolster measures 19" x5" x5" . Made in USA.

Large Rectangular Leg/ Back Cushion - **\$55.00**

Can you add a link/tab to a description?

Our ZaZa Large Rectangular Leg/ Back Cushion is the perfect yoga and meditation accompaniment to ensure that you relax when transcending deeply into your postures. The fiber-filled rectangular bolster conforms to and supports you where you need it most, relieving pressure and promoting a quality experience. The bolster pillow features a color coordinated hidden zipper with a removable Sunbrella® cover for easy cleaning. Choose from available colors to get your perfect match. Also features a sewn-on handle for easy transport. Made in U.S.A. Dimensions: 26W x 12D x 8H in.

Neck Bolster - **OK @ \$20.00**

Can you add a link/tab to a description?

Our ZaZa Fiber Buckwheat hulls filled Neck Bolster cushions have been engineered to relieve the annoying pressure in the back of your neck resulting in providing a restful experience for relaxation or meditation. The use of Buckwheat hulls has been proven to remove toxins in the skin and promote relaxation. The Sunbrella® fabric cover incorporated a color coordinated hidden zipper and is removable for easy care. Cleaning is easy, place in a warm or cold wash, and drip dry. Measures 12" x 3.5"x3.5". Made in the USA.

Zabuton Meditation Mat – OK @ \$50.00

Can you add a link/tab to a description?

Our ZaZa Zabuton Meditation Mat is filled with a hypoallergenic medium density bio-degradable foam interior core. The Zabuton is densely packed in the Sunbrella® fabric enclosure and as a result, provides solid support during the meditation sequence along with being soft enough to provide great comfort. The cover features a color coordinated hidden nylon zipper along one length so that it can be easily removed and washed. The ZaZa Mat is 26.5" x 26.5" x 2" ,

You need to add:

Mommy & Me Meditation Set – \$ 45.00



Can you add a link/tab to a description?

Our ZaZa Mommy & Me Meditation Set has been designed for the Mommy on the go and includes a 2-Piece Yoga Studio Set featuring the yoga requirements for a wonderful mother & child restorative yoga experience. The Mommy & Me Meditation set is ideal for Mother and Daughter/Son (his & hers) and includes a ZaZa Zafu cushion and a ZaZa Zabuton meditation mat. The foam-filled zabuton meditation mat gets you relaxed, while the fiber-filled ZaZa zafu cushion conforms to your body for an almost weightless pose. The sunbrella® fabric spot washable using a warm or cold cloth and will air dry for easy cleaning. The ZaZa Zabuton mat dimensions are 20"W x 20"D x 1"H hypoallergenic medium density bio-degradable foam. The fiber filled ZaZa Zafu cushion is 10"W x 10"D x 4"H in. ZaZa Mommy & Me Meditation Set is available in Pink or Light blue Sunbrella® fabric – and is sewn shut. Made in USA.

The picture needs to be changes for the Zabuton Yoga Strap – (3rd Row – 3rd Item) is the wrong picture - please change to



Zabuton Yoga Strap – \$ 4.50

Can you add a link/tab to a description?

Our ZaZa Zabuton Yoga Strap allows you to take your Zabuton mat wherever you go while experiencing meditation inside or out. The carrying easy to clasp together webbed strap helps you transport your ZaZa Zabuton mat over your shoulder or back. The quick-release buckles are easy to use, durable and no-fuss. The Nylon fabric strap (Black) works with the ZaZa zabuton or your yoga mat and makes transporting the zabuton or mat easy and convenient. Made in U.S.A.. Dimensions: 8L x 1"W

REMOVE PAGE 2 – THE Kids Meditation Cushion Set

I AM HAPPY WITH WHAT YOU HAVE – CAN YOU ADD ADDITIONAL INFORMATION AS FOLLOWS:

Additions for the Blog Page.

Zabuton (Sitting Mat)

DEFINITION: Is the ‘sitting mat’ which the Zafu, is usually placed on.

Zabutons are used for everyday sitting and is a centuries old tradition in Asian Countries. It has been and continues to be used as a means to reach inner piece during Meditation.

Our zabutons are crafter in the popular 26.5” x 26.5” x 2” thick size - (using medium density polyfoam). The advantage of our medium foams are detailed below and has proven to be more satisfactory than the lower density foams for seating and kneeling during the Mediation process. You will find ZaZa Meditation’s Zabuton superior to the competition in the following ways:

- A) Greater comfort because of less “bottoming-out”
- B) Less softening (fatigue) in service
- C) A better filled cover at edges and corners, resisting welt line and edge “set”
- D) Less tendency for the cushion to wander or for the end of the cushion to “dish up” when sat upon.
- E) More resilient with a luxuriant hand, or “feel”

One thing to consider when you are carrying your Zabuton to a retreat or meditation session is the ease of carrying as well as efficiency of size. A ZaZa Meditation Zabuton carrying strap is available which allows you, the user, to simply sling the Zabuton over your shoulder in a secure and safe fashion.

Our Zabutons offer the user extra knee room as we have engineered the ideal dimensions to ensure that you are able to meditate in limited space, when in a group session and/or temple setting.

Where did the Zabuton come from? (Excerpt from Wikipedia)

A Zabuton is a Japanese cushion for sitting. The literal translation from Japanese is “seat-cloth-sphere”. The zabuton is generally used when sitting on the floor, and may also be used when sitting on a chair. Ordinarily any place in Japan where seating is on the floor, a Zabuton will be provided for sitting comfort. Zabutons are found throughout Japan, and enter many aspects of the culture:

* In Zen meditation, practitioners sit on zafu which is typically placed on top of a Zabuton. The Zabuton cushion is a traditional method used to protect the user’s knees and ankles by cushioning.

* In rakugo, performers are known to not rise up from their Zabuton kneeling position for the duration of their act.

* In yose, (as seen through a popular Japanese television show) comedians receive Zabutons as a form of scoring.

* During Sumo matches, members of the audience throw Zabutons toward the ring after an upset.

Zafu (Meditation Seat)

DEFINITION: The Zafu is a Meditation seat which is placed in the center of the Zabuton and enables you, the user, to position yourself in order to elevate your pelvis while placing your hips above your knees. This will ensure that you will constantly hold your spine in proper alignment.

Fabrication/Specifications:

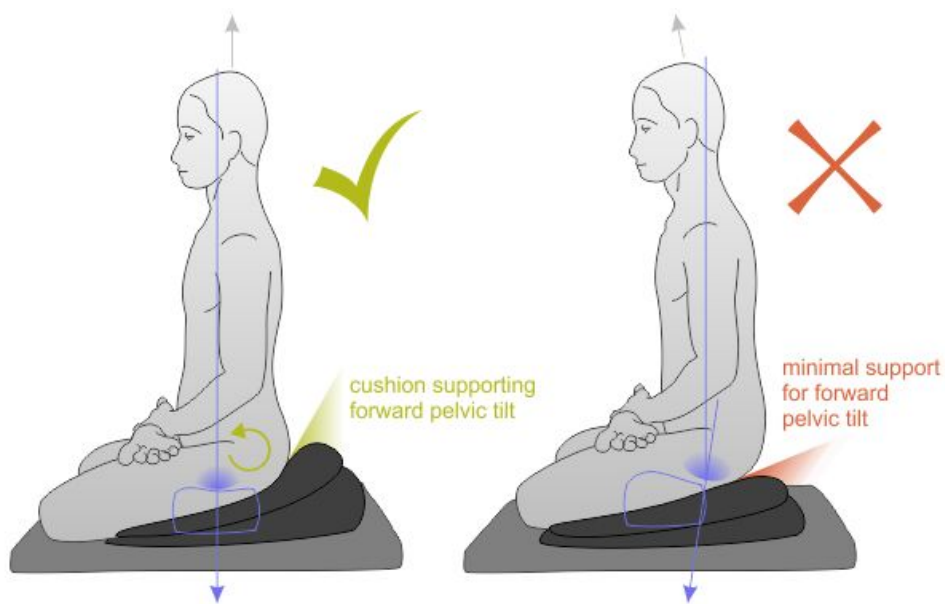
The ZaZa Meditation Zafu is approximately 18.5"x18.5"x3.5, and is filled with an inner buckwheat hull casing. Our Zafus are double stitched sewn from three pieces of Easy to Clean – UV protected Sunbrella© fabric, offered in a wide range of colors and patterns.

Top Benefits of Meditation Cushions (Zafus & Zabutons)

A wide range of documented studies have confirmed what people around the world have known for centuries: meditation is good for the body and good for the soul. Meditation provides a range of benefits, among the most notable of which include:

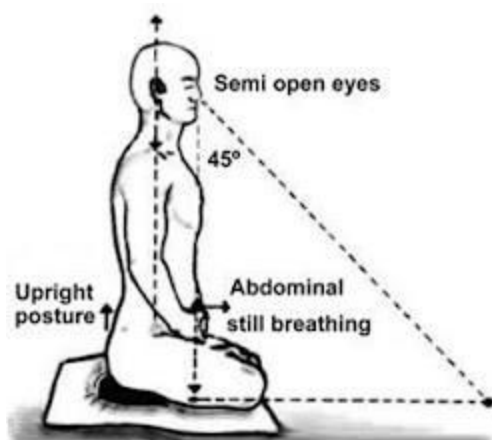
- Reduced stress
- Improved sleep
- Enhanced concentration
- Slows the effects of aging
- Boosts cardiovascular health
- Strengthens the immune system
- Increases self-awareness
- Improves happiness

As a direct result of these many benefits, the bottom line is that **meditation** can literally change the way you feel, the way you think and your overall quality of life. While there is no denying the fact that meditation offers a wealth of benefits, it is important to properly position your body during the meditation process.



In order to reach your center and to achieve the benefits that meditation offers, you need to be seated in a position that holds your spine in proper alignment and supports your entire body. It makes sense, as you will be sitting for a prolonged period of time, so if your body isn't properly supported, you will eventually end up experiencing aches and pains.

Using ZaZa Meditation's Zabuton and Zafu cushions will ensure that you obtain the proper support that is needed to prevent aches, pains and pins and needles while you are meditating? All ZaZa Meditation cushions have been specifically designed for meditating and through an intensive analysis of the ergonomic requirements and practices which will elevate your pelvis and places your hips above your knees and holds your spine in proper alignment.



When you are seated in this position, blood can properly flow to your legs and your feet, which means that you won't develop pins and needles or aches and pains.

In other words, you will be able to sit for a longer period of time, reach a deeper meditative state and reap the maximum amount of benefits from your meditation sessions.

It is widely known in the Meditation community that we are not meant to meditate sitting flat on the floor as it's both uncomfortable and unhealthy for your spine and hips. A ZaZa Meditation Zafu is a must-have, especially if you're new to meditation.

Common meditation postures include the traditional full-lotus, half-lotus (cross-legged), kneeling (seiza), chair sitting, and lying (shavasana) postures. You may use more than one posture for meditation such as the half-lotus for your morning meditation and then savasana at the end of a yoga session. The ability to meditate in any of the sitting or kneeling postures is determined largely by the flexibility of your ankles, knees, and hips. In most cases some type of support is needed in order to maintain proper alignment and comfort during meditation.

Proper Alignment

During a sitting meditation in either the full or half lotus posture a firm foundation is crucial. The spine should be erect with the lower back curved in, the upper back curved out slightly, the neck curved in slightly, and the head level (the "S" curve). This alignment naturally supports your body, allows for the greatest comfort, and reduces stress on the spinal components. In the lotus posture, ZaZa Meditation's traditional Zafu and Zabuton Cushions work well.

The ZaZa Meditation's Zafu Cushion, the traditional round pleated cushion, raises the hips and upper body so that the legs can rest comfortably. One normally sits on the edge of the Zafu so that the thighs slope down slightly. This posture rolls the hips forward creating the natural curve in the spinal column. When the spinal column is in its natural alignment, the back, shoulders, neck and head assume a comfortable upright posture that is easy to maintain during meditation. When used alone, the Zafu is well suited for persons of average height and who have normal to above average flexibility.

Taller individuals and those with more limited flexibility tend to benefit from a higher lift. Sitting directly on top of the Zafu can increase lift, but may result in an unstable feel with difficulty maintaining balance and proper alignment. A rectangular meditation cushion can be used with the Zafu to increase lift and allow for positioning of the cushions to produce proper alignment.

The most common practice is to put your Zafu on top of your Zabuton. This gives your body complete support and makes for a much more comfortable experience. ZaZa Meditation's team of designers and Zen personal has focused on the following user conditions which have been incorporated into our product's design.

- **Height.** The overall height of the meditation set is a critical part of proper meditation form as this will determine how high off the ground you are seated and as a result will directly impact your comfort level.
- **Shape.** The shape of the Zafu cushion has been engineered to allow for a wide range of comfortable meditating positions. For example, if you are seated in full or half lotus position, our round pleated Zafu cushion will lift your hips up under your body and will allow your legs to rest comfortably.
- **Material.** We meticulously have selected Sunbrella© first quality furniture grade materials for all of our meditation cushions in order to ensure a soft, durable easy to clean cushion which will offer you many years of enjoyment. All of our cushions are comfortable underneath your skin, yet strong enough to withstand regular use.
- **Filling.** The materials we have selected to fill our cushions are both soft and yet robust enough to be able to maintain its shape. We have selected the best materials for our

Zabutons (Poly Medium Density Foam) and for our Zafus (buckwheat hulls), which are the outer portion of buckwheat grain.

- A yoga bolster is like a body pillow but firmer and either rectangular or circular in shape. It's main purpose is to create relaxation, help soften a posture, or aid in opening the body.
- A bolster is commonly used in prenatal and restorative classes. It does make an appearance in other classes based on the teacher's objective and the studio's prop inventory. Regardless of the class style or if a yoga studio uses props, it's always recommended to integrate them into your home practice.

Meditation Cushion Color Meanings

You should also consider the color of the cushion. It is believed that different colors impact your mood and energy levels.

Red - Connected to fire energy and boosts energy levels

Light Blue - Soothes the mood and has a calming effect

Orange - Promotes mental and physical healing

Yellow - Enhances the mood and clears the mind

Indigo - Allows for deep inward focus and increased concentration

Green - Restores balances and has a calming effect

Violet - Reinstates balance

Just like any other exercise or practice, you need the proper tools in order to reap the most benefits. All of ZaZa Meditation cushions are tools that enhance your meditation practice and allow you to get the most out of your experience by properly supporting your body and keeping you comfortable while you are meditating.

Neck & Back Bolsters:

DEFINITION: The Bolster (Neck &Back) is a long narrow pillow or cushion filled with non-allergenic Poly Fiber (Large Bolsters) or Buckwheat Hulls (Neck Bolster). The alternative fillers are targeted for specific Yoga and Meditation applications in order to provide firm support for the users back, neck and arms. ZaZa Meditation's Bolsters are designed to be the ideal size and shape to assist the user in attaining proper posture and form during meditation sessions.

Fabrication/Specifications:

ZaZa Meditation manufactures our round Neck and Back Bolsters along with our large Rectangular Bolster using state-of the-art manufacturing methods and the highest quality products. All our Bolsters have hidden color coordinated nylon zipper enclosures and are filled to the optimum density to make your meditation experience second to none.

* The Neck Bolster (small): A buckwheat hull insert is used which provides curvature adaptation to the contours of the users Neck to yield maximum and comfortable support.

* The Back Bolster(medium): The Back Bolster is provided with an insert - machine filled with hypo-allergenic Dacron (non-woven fiber) to provide both form and function while supporting your back and lower torso while you meditate in the best possible posture position.

*The Large Rectangular Bolster (large): The Rectangular Bolster is provided with an insert - machine filled with hypo-allergenic Dacron (non-woven fiber) to provide higher density form and function while supporting your entire body to allow you to meditate while reclining, sitting or when assuming the 'zen' position during yoga classes or when editing on your own.

When using one of ZaZa Meditations boater, the sophisticated user, or the beginner within a class environment will be familiar with the following yoga and meditation positions:

1. Savasana – final resting posture

Savasana is arguably one of the most important and loved postures of the practice. It's a time to find stillness and let the body and mind completely relax. It's where we integrate the movement of the practice and our being into one.

ZaZa Meditation customers have discovered that lying on a hard, flat surface is completely uncomfortable and stillness and comfort is not attainable. The solution is a ZaZa Meditation "Bolster". Using the proper size Bolster is a great way to lengthen and create space in the lower back region.

To Use:

- Place the bolster directly under your knees and let the legs and feet float freely.
- Take a deep breath and exhale everything out of the body.
- Let all the muscles relax. Imagine they are melting down into the ground.
- Let all thoughts come and go, not holding or grasping onto them.
- Stay and enjoy for 5 – 10 minutes.

2. Supported Backbend

This is an amazing way to start or finish your practice. It's an immediate heart opener that allows the shoulders, chest, and abdomen to open and relax, while the head, neck, and back are fully supported. It also aids in creating space in the lower back region and eases compression.

To Use:

- Place bolster vertically behind you, lining the short end directly with the low back.
- Be sure to snug the bolster as close to the body as possible, then slowly lie back over it.
- If the body is too tall, place a block or pillow at the end to support the head.
- Keep length in the back of the neck by slightly tucking the chin.
- Let arms drape out to the side, opening palms up to the sky, and relaxing shoulders down.
- Stay and relax for 3 – 5 minutes.

3. Supported Forward Fold – Paschimottanasana

Forward folds are a beautiful way to lengthen and stretch the muscles. It can be strengthening or relaxing depending on each person's goal. A seated forward fold has a multitude of benefits,

including: stretches the hamstrings, low-back, and spine while calming the mind and reducing stress and anxiety.

To Use:

- Stretch both legs out in front of the body and place the bolster directly on top of the legs.
- Root down through the sitting bones while lengthening the trunk of the body to the sky.
- Inhale the arms overhead and then exhale to lay the chest onto the bolster.
- Keep flexion in the feet allowing the legs to stay active.
- Find a comfortable place to rest the head – forehead or side of the face.
- Gently close the eyes and relax for 3 -5 minutes.

4. Wide Seated Forward Bend – Upavistha Konasana

Flexibility is one of the many benefits that come from a consistent yoga practice BUT it can be a long, hard road to get there. Lots of clenched teeth, scrunched foreheads, and heavy breathing go into some of the more flexible postures and that's totally okay! A bolster can help loosen that jaw, soften the forehead, and smooth out the breathing so that deeper postures are bearable and dare I say, enjoyable!

To Use:

- Stretch both legs out as wide as the body is comfortable. Make sure the body is being challenged but not overstretched.
- Root down through the sitting bones, feeling the connection between body and the earth.
- Keep flexion in the feet and the quads active, this is to protect the hamstrings.
- Place the bolster in front of the pubic bone, lining up with the trunk of the body.
- Inhale to lengthen up and exhale to fold over the bolster.
- Continue to send the sitting bones down into the earth while keeping the legs active.
- Gently close the eyes and relax into the supported stretch for 3 – 5 minutes.

5. Supported Sukhasana – Easy Pose

The name eludes that this posture is easy but for someone who sits at a desk or doesn't regularly stretch, it can be far from easy. As a society, we rarely sit on the ground in a cross-legged position, it's just not normal for us (or not normal anymore). This is a classic yoga posture that is practiced during meditation, before and after class, and generally how one would sit during yoga workshops and trainings. It can be very tiresome to sit like this for an extended period of time, so alas, the bolster saves the day!

To Use:

- Find a comfortable cross-legged position on top of the bolster – ankles stacked in front of one another, half lotus, or full lotus position.
- Rest the knees on the ground, letting the pelvis tilt forward which allows the spine to naturally lengthen.
- Gently engage the core to support the low back.
- Roll the shoulders onto the back and bring hands to a comfortable position.
- Relax and settle into the stillness, recognizing and releasing all thoughts that float through the mind.
- Stay for 3 – 5 minutes.

6. Supported Camel Pose – Ustrasana

Camel pose is an intermediate to advanced back bending posture that can easily cause low back pain. Students will twist and turn to reach the heels often compressing into the low back and defeating the purpose of the posture. It's imperative to send the hips forward as the sternum lengthens to the sky and the heart opens. With a consistent practice – one will reach the full expression but there's never any rush!

To Use:

- Place the bolster against a wall in a vertical position. Place a blanket or yoga mat underneath the bolster for the knees to rest on.
- Bring the body directly up to the bolster, feeling the connection between pubic bone and the prop.
- As you lengthen the chest towards the sky, continue to push the hips and thighs into the bolster, keeping a constant connection between them.
- If comfortable, let the head relax back and breathe into the entire body.
- Stay for 5 inhalations and exhalations.
- Slowly come out of the posture and take child's pose with knees together – letting the low back release.

7. Supported King Pigeon – Eka Pada Rajakapotasana

This pose works extremely deep into the hips and the back, one can start working towards it with the ZaZa Meditation Large Round or Rectangular bolster.

To Use:

- Place the bolster vertically against a wall and place a blanket or yoga underneath for extra cushion.
- Come into pigeon posture with the back leg bent up against the bolster – see the picture above.
- If this posture is completely new to you, please do the following:
 - o Bring blocks to either side of you and press hands firmly into them as you extend the chest up and open
- If the front hip can rest on the ground, start to reach for the back foot.
- o This is a great place to use a strap looped around the back foot to find the connection
- Once you reach your edge in the posture, breath for 5 deep breaths.
- Slowly come out of the posture and take child's pose with knees together, releasing the low back.



PHONE # - 1800-886-1701