



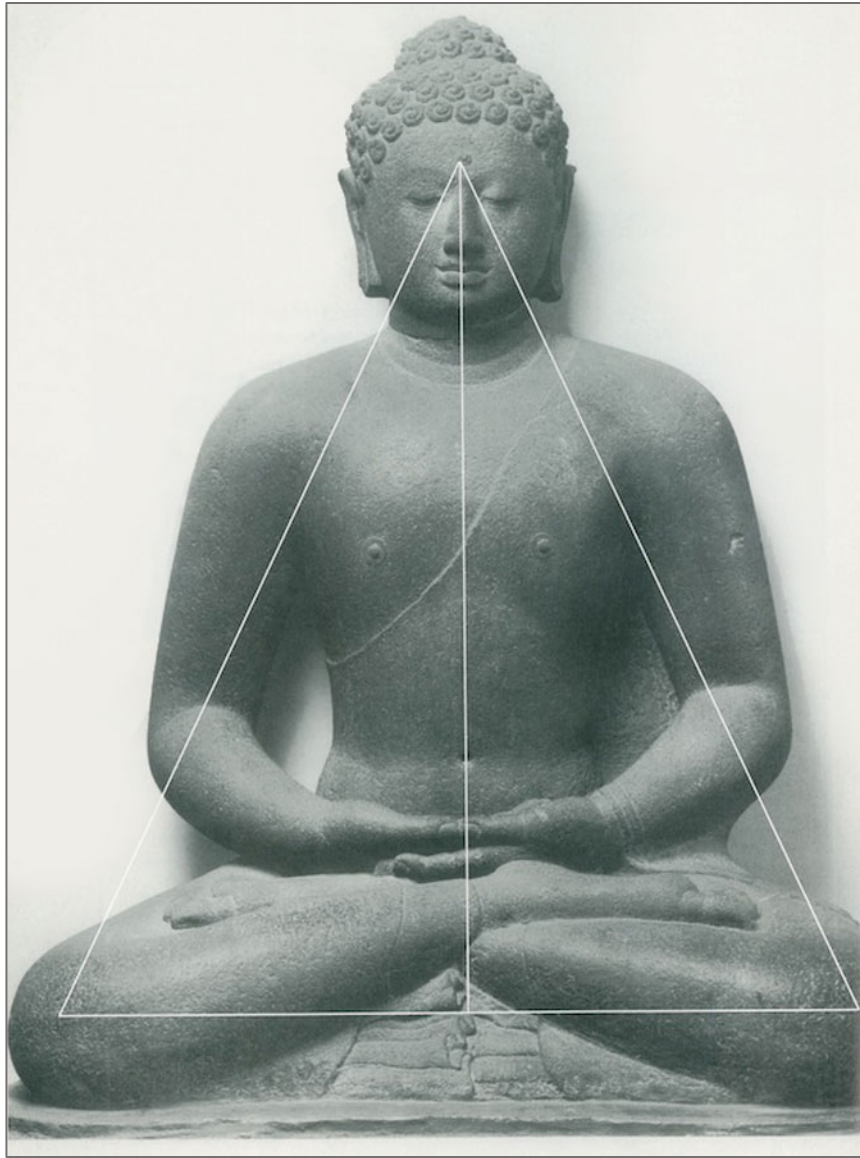
# RECONSIDERING CHAIR MEDITATION

Teacher Dennis M Warren

September 2021

# Mindfulness

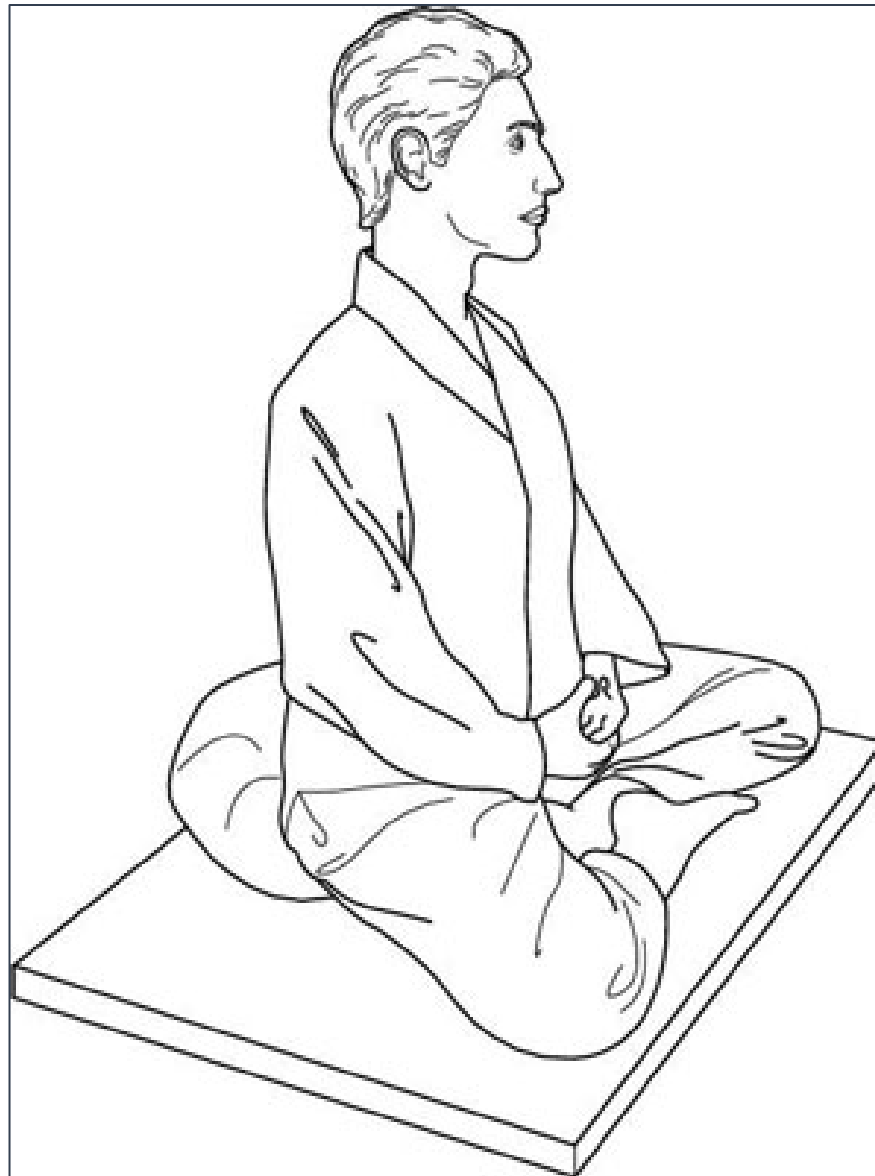
includes “remembering” = **recalling and embodying** sound posture and alignment as the pre-condition for **staying awake and staying in and directly experiencing** the body during meditation.



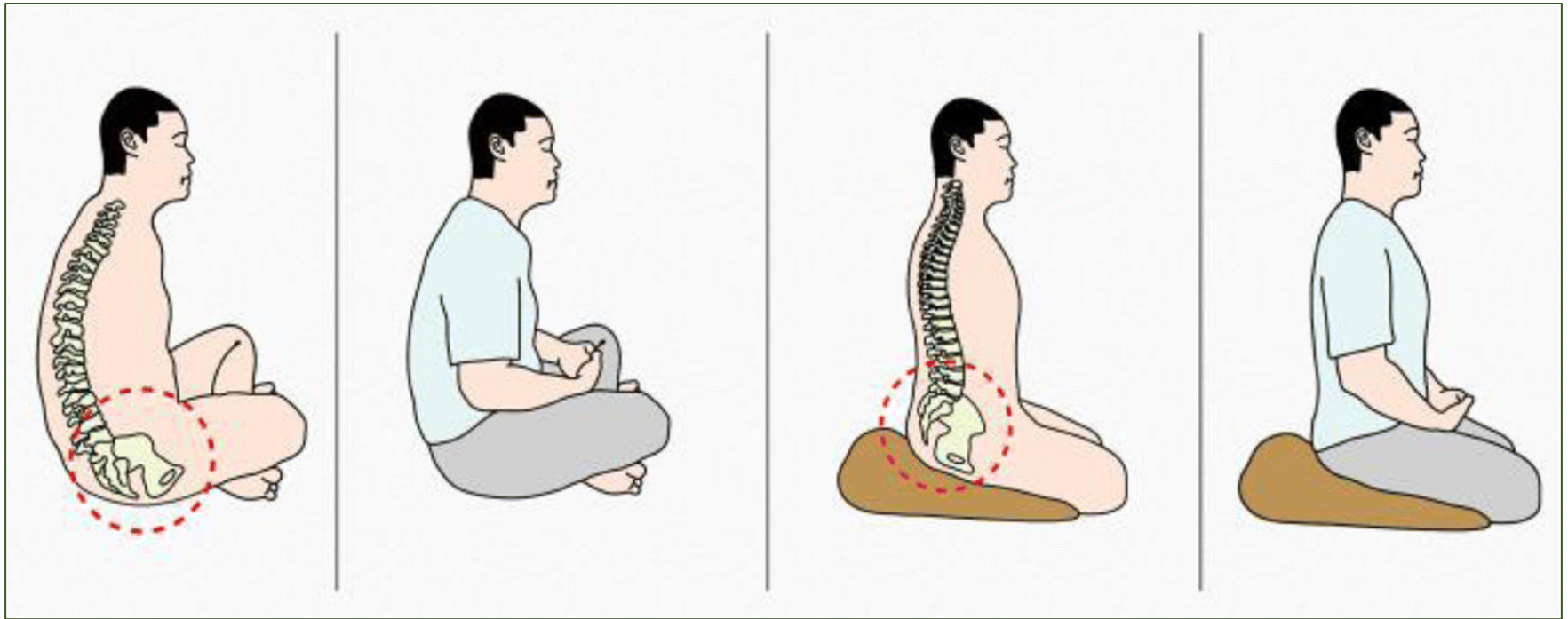
A Triangle of Stability, Alignment & Focus



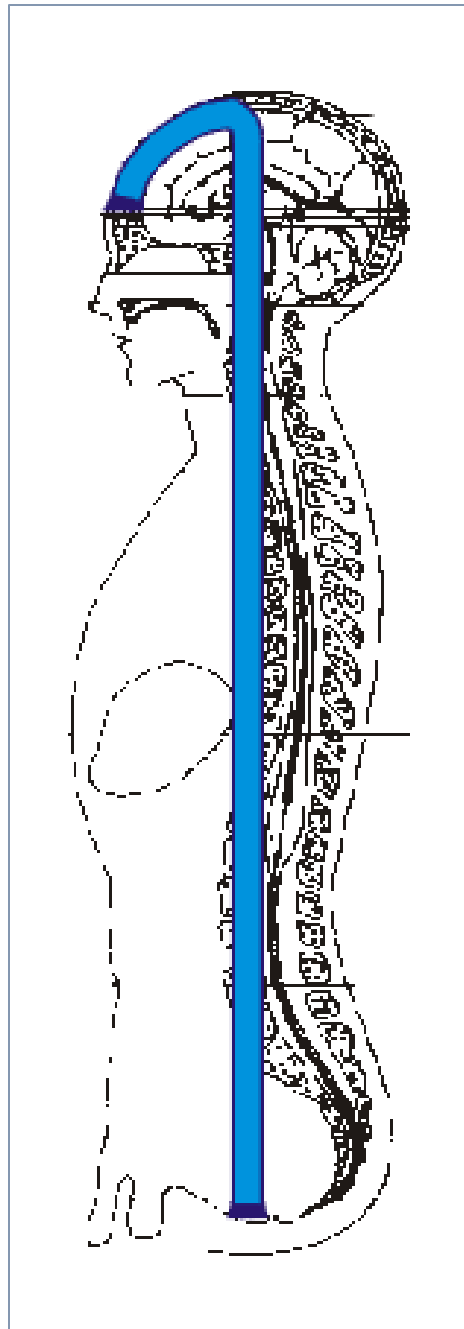
Bodhgaya, India  
October 2007



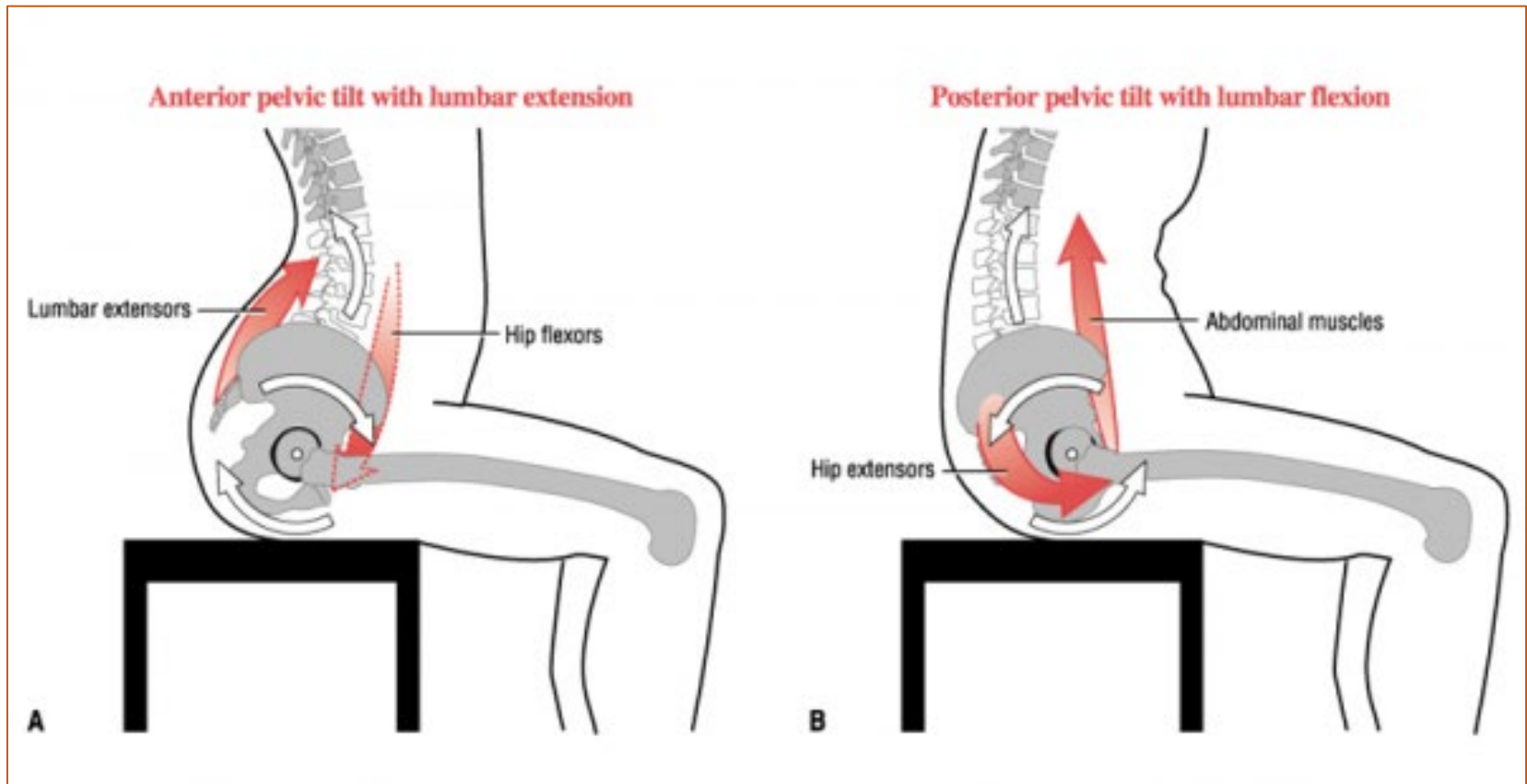
Sitting - Floor – Cushion - Triangle /Tripod



The Role of Hips & Pelvis in Alignment

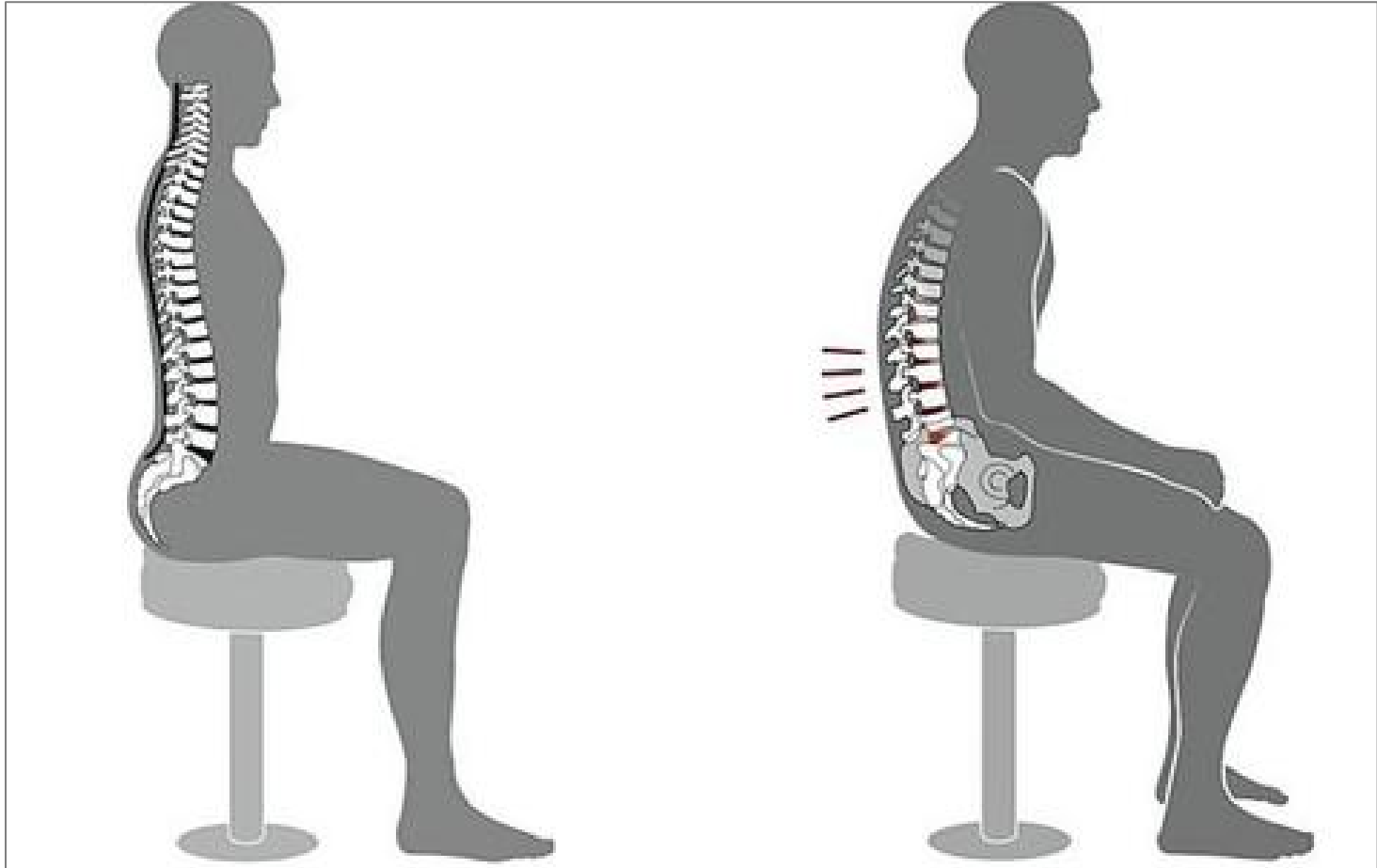


An Aligned Back  
vs  
A Straight Back



Key: A Slight Rotation of the Hips/Pelvis

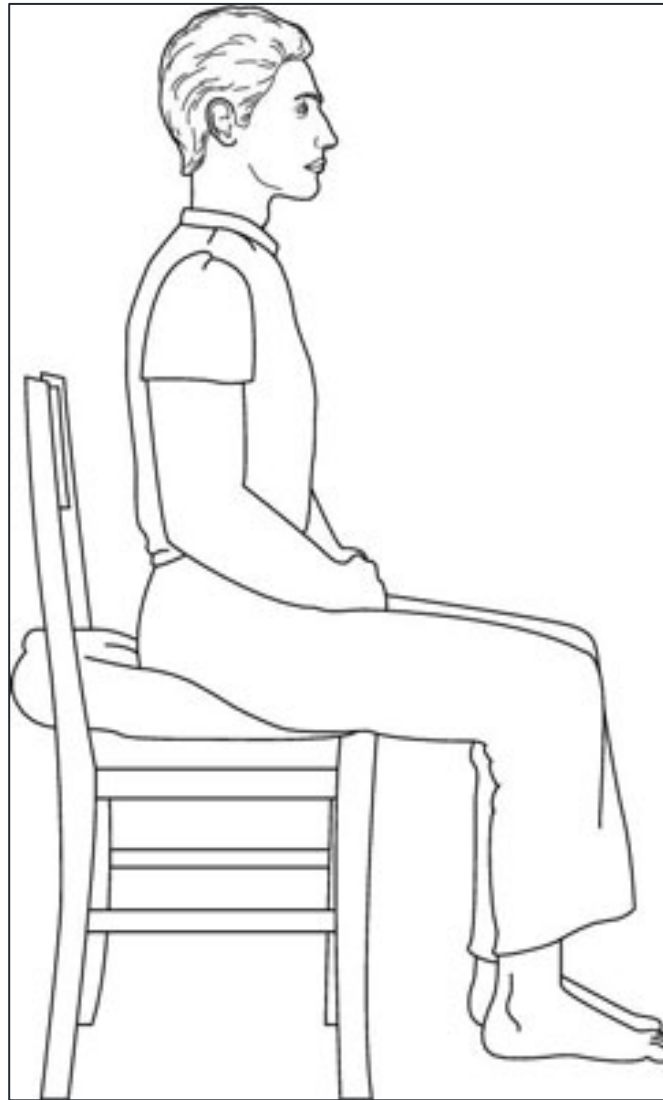




Alignment in Chair Meditation



Alignment in Chair Meditation – No Cushion – Model One  
Key: 90° angle of Knees to Feet



Alignment in Chair Meditation – w Cushion – Model Two



Alignment in Chair Meditation – w Cushion – Model Three

# Mindfulness

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