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The Benefits of a Meditation Chair by [Julia Roger](#)

Article published on December 6th 2011 | [Health](#)

Amongst the hardest characteristic of meditating is to determine the perfect-seated position, as your legs become numb if you meditate for very long. While there are meditation pads that may help, many people prefer to use a meditation chair in its place.

There are many chairs, which are intended for meditation. The Chinese meditation chair is possibly the earliest form since it has been in use for several centuries. It does not have ergonomic distinctiveness like the ones we use recently, though it has a mainly wide base in order that you have sufficient liberty for crossing your legs. It does not come with any padding; however, you will be capable of maintaining it. Another kind of meditation chair is a Tilt Seat, which is known as kneeling chair. The wonderful thing about this chair is that it does not stress the knees and it can be utilized as a table as well. It is likely to at ease read a book if you place a cushion on the floor.

There are other meditation chairs, which are available in various shapes and sizes. An option for those who wish to use something bigger is the meditation bench. It has a greater surface area; those who support the lotus pose can sit without any pressure on the legs. These kinds of chairs are made of cane.

When you are selecting an ideal chair for meditation, it is recommended to choose a chair according your body structure and height as well as the amount of comfort you require. Do not ignore support for the back, as it will improve the posture.

The splendor of meditation chair is that they are of very lightweight and can be moved easily. They can easily be stored away in a cabinet after you are done or it may be practicable to buy styles that complement with the interior design of your house.

The basic need for the meditation chair is to keep you comfortable and relaxed during the time of meditation. If you are dedicated to improve your health and combating anxiety, buying a meditation chair is undoubtedly a wise decision accompanied by many benefits.

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Article Keywords:

Meditation Chair, Guided Meditation Audio