

# Types Of Yoga Meditation Cushions

We have collected the most popular pillows for yoga meditation

01

## Zafu Meditation Cushions

The zafu is a traditional round meditation cushion with pleated sides. It is designed to lift and support the pelvis, helping to maintain a comfortable and stable sitting posture. Zafus are often filled with materials like buckwheat hulls or kapok.



02

## Zabuton Meditation Cushions

While not a cushion in the traditional sense, the zabuton is a rectangular mat or cushion that is often used in conjunction with a zafu. Placed under the zafu, it provides cushioning for the knees and ankles



03

## Crescent or Half-Moon Cushion

This type of cushion is similar to the zafu but has a crescent or half-moon shape. It provides support for the pelvis and is designed to tilt the pelvis slightly forward, helping to maintain the natural curve of the spine.



04

## Meditation Bench or Seiza Bench

A meditation bench, also known as a seiza bench, is a low bench with angled legs that allows you to kneel or sit in a seiza (kneeling) position. This bench helps to reduce pressure on the knees and ankles.



05

## Meditation Chair

Some people prefer to meditate in a chair, especially if they have mobility issues or find floor sitting uncomfortable. Meditation chairs are designed to provide support and comfort during meditation while allowing you to sit in a more conventional seated position.



06

## Travel Cushion

A meditation bench, also known as a seiza bench, is a low bench with angled legs that allows you to kneel or sit in a seiza (kneeling) position. This bench helps to reduce pressure on the knees and ankles.



07

## Meditation Pillow

In addition to traditional zafus, you can find various styles of meditation pillows. These may come in different shapes, sizes, and materials, allowing you to choose one that suits your preferences.



08

## Adjustable Cushions

Some meditation cushions are designed with adjustable features, allowing you to customize the height or firmness to better suit your comfort and meditation needs.

