

## Cushions and Benches

Remember, a folded blanket also makes a great cushion! Never hesitate to sit in a chair. Sitting is challenging in itself; choice of seat should be a decision based on friendliness toward the body and care for your self. Although sitting may include some uncomfortable moments, you should always begin with a position in which you can be relaxed and open, body and mind.

### Meditation Cushions, Benches and Supports

#### Dharmacraft

<http://www.dharmacrafts.com/100xMS/Meditation-Supplies.html>

#### Sun and Moon Originals

<http://www.sunandmoonoriginals.com>

#### Mexican Yoga Blankets

Just google this: Mexican Yoga Blankets

You will find a variety of colors and prices as you visit different sites.

## Free Meditation Timer

The timer on the kitchen stove works fine, if your sitting space is within earshot of it. If you want a good online FREE meditation timer, try this one, offered by a trombone jazz musician/meditator! His bell sound is exquisite!

<http://www.wilktone.com/?p=145>

There are now many good meditation timers available for computer and phone use... if you have a favorite, leave the web address in the “comments” section of the Class Notes page of the website. I like *i-Qi Timer* and *Insight timer*.