



ZEN BENCH *by Jure*

Multifunctional Bench for Meditation and Yoga



Practical Guide

THANK YOU FOR YOUR TRUST!

By purchasing the Zen Bench, you have supported the project.



We deeply value your trust!

May the Zen Bench serve you well, supporting, motivating, and encouraging you on your journey toward better health and inner peace.

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Introduction

Welcome to your journey toward deep relaxation, inner peace, and focus. We are pleased to introduce the Zen Bench, your new companion and motivator for meditation and yoga. This thoughtfully designed, foldable, and adjustable tool offers the perfect combination of comfort, stability, and versatility.

The Zen Bench, with its minimalist and elegant design, is not only a beautiful addition to your space but also an extremely functional tool. Its adjustable heights and angles allow you to tailor it to your needs, providing optimal comfort while sitting, kneeling, or resting. The ergonomic design helps reduce back pain, improve spinal posture, and enhance joint flexibility.

In this guide, you will find detailed instructions for using the Zen Bench and tips for achieving various positions. The Zen Bench is not limited to meditation; it can also serve as a comfortable resting seat or kneeling stool, making it indispensable for any moment of your day.

Made from natural materials and in a neutral color, the Zen Bench allows you to add your creative essence. If desired, you can treat it with natural oil or paint it in your favorite color to further enhance the ambiance of your space.

We believe the Zen Bench will become an essential part of your meditation and yoga routine. With its adaptability and ergonomic features, it will help you achieve deep relaxation, inner peace, and enhance your mental practice. May it serve you well on your journey of spiritual growth.

With love and respect,

The Lotus Zen Me Team

Benefits of the Zen Bench

The Zen Bench offers numerous benefits for improving physical and mental health.

What the Zen Bench brings you:

- **Deep relaxation:** Provides profound physical and mental relaxation.
- **Tension relief:** Helps release tension in the lower back, spine, arms, and shoulders.
- **Pain reduction:** Alleviates symptoms of sciatica and lower back issues, relaxes the lower spine, and reduces pain in the hips, knees, and back.
- **Muscle strengthening:** Strengthens thigh and pelvic muscles.
- **Mental benefits:** Supports focus, memory, and a calm, stable mind.
- **Improved posture:** Relaxes the shoulder girdle and enhances posture.
- **Increased circulation:** While kneeling, boosts blood flow to the intestines and lower abdomen, aiding digestion.
- **Energy flow:** Enhances energy flow and improves mental productivity.
- **Stress relief:** Reduces stress, headaches, fatigue, and insomnia.
- **Lower blood pressure:** Helps lower blood pressure and promotes deep relaxation.

The Zen Bench is extremely versatile and can be used in multiple ways:

Meditation positions:

- Lotus meditation position with two adjustable heights.
- Kneeling bench for meditation, enabling easier breathing and mental techniques.
- Kneeling in Hanuman pose for specific spiritual practices.
- Kneeling position for prayer.
- Resting bench for deep and complete relaxation.

Additional uses:

- A comfortable and practical portable bench.
- A tool for elevating and relaxing your legs.
- A breakfast table, reading stand, or laptop desk, even in bed.
- A footrest for under your desk at work.
- A tool for spinal stretching.
- A tool for exercise.



Wood as a Living Material

Wood is a natural material with unique properties that distinguish it from other materials. When it comes to a wooden bench, it's important to understand that the bench is "alive" and interacts with its environment. Wood is hygroscopic, meaning it absorbs and releases moisture depending on environmental conditions. This very characteristic gives wood its liveliness.

Assembling and Disassembling the Bench

When you first receive your bench, you might find it requires a bit more effort to assemble or disassemble. This is completely normal as the wood adapts to its new environment and air humidity. Be patient and gentle, as you will develop a sense of how to handle the wood properly over time.

Caring for the Bench in Dry Spaces

In dry environments, wood may shrink slightly and feel looser due to moisture loss. In such cases, we recommend lightly spraying the bench's joints with water. The wood will absorb the moisture, swell slightly, and your bench will become compact and stable again.

Tips for Long-Lasting Use

1. **Regular Checks:** Inspect your bench regularly to ensure the joints are still tight. If you notice loosening, follow the water spray tip mentioned above.
2. **Surface Protection:** Treat the surface of your bench with natural wood oil to help maintain its moisture and prevent excessive drying.
3. **Storage:** If you won't be using the bench for a while, store it in a moderately humid space to prevent excessive shrinking or swelling of the wood.

Conclusion

Understanding the liveliness of wood and taking proper care of your bench will ensure its longevity and functionality. Remember, wood is a natural material that lives and breathes with its environment. With proper care, your bench will remain beautiful and functional for many years to come.

Lotus position

The Meaning of the Position

The lotus position is one of the most fundamental yoga poses, its name derived from the Sanskrit words **sukha**, meaning pleasure or comfort, and **asana**, meaning position.

The Zen Bench offers two adjustable height options, allowing you to maintain an upright posture, aligned spine, and relaxed airways more easily.

Although this is a common meditation pose, it can be used anywhere and anytime, as the Zen Bench relieves tension in the hips, knees, and ankles, which are typically the most strained areas when sitting in this position on the floor.

Benefits:

The advantages of this position include opening the hips and lengthening the spine. It can also be used for grounding the body and opening the root chakra. This relaxed and calming posture is often described as a path to spiritual enlightenment.

When practicing extended meditation and breathing techniques in this position, it's essential to keep your spine straight and properly aligned.



Caution:

If you are not accustomed to this position, you may initially experience numbness in your legs and feet. With regular practice, you will develop flexibility in your joints, ligaments, and muscles, which will enhance energy flow and reduce the sensation of numbness.

Kneeling

The Meaning of the Position

Vajrasana is the Sanskrit name for a kneeling yoga pose. This pose provides a deep stretch to the quadriceps and the tops of the feet while aiding in improved digestion. Vajrasana is often used for meditation or as a resting position.

The term is derived from two Sanskrit roots:

Vajra, meaning lightning or thunderbolt, **Asana**, meaning position or posture.

To achieve this position, kneel on the mat with your knees and thighs together and your feet stretched out behind you. Pull the Zen Bench over your feet and position yourself so you can sit comfortably.

The Zen Bench enhances your posture by keeping your spine aligned and relieving pressure from your heels, ankles, shins, and knees. While seated, your big toes should touch, and your heels should be slightly apart.

This upright and aligned posture reduces spinal pain, relaxes the shoulder girdle, improves posture, opens airways, and enhances focus. Rest your hands on your thighs with palms facing up, down, or in a mudra position.

The most well-known term for this pose is the **Thunderbolt** or **Diamond Pose**.



Benefits:

Kneeling stimulates the Vajra Nadi, an energy channel through which life energy (prana) flows throughout the body. In addition to its role in awakening kundalini energy, the Vajra Nadi aids in digestion and speeds up the process. Vajrasana is, therefore, one of the best poses for enhancing digestive fire, known as Agni.

Vajrasana is a kneeling posture that naturally supports an upright spine, allowing for the free flow of life energy. This makes it an ideal position for practicing breathing techniques (pranayama) and meditation. It is also used for prayer and, in Japan, serves as the traditional formal sitting posture known as Seiza.

The kneeling pose encourages blood flow to the lower body, increasing circulation in the pelvic and abdominal areas, stimulating bowel movement, and improving overall digestion. It is one of the few poses that can be practiced on a full stomach and is considered the most effective position to take during or after a meal.

Beyond its benefits for digestion, kneeling is one of the best positions for meditation, particularly for individuals suffering from sciatica. Additional benefits include:

- Relieving symptoms of sciatica and other nerve-related issues.
- Strengthening the thigh muscles, pelvic muscles, and lower spine.
- Alleviating back and knee pain.
- Supporting focus and maintaining a calm and stable mind.
- Increasing blood circulation in the intestines and lower abdomen.
- Stimulating metabolism and improving nutrient absorption and liver function.
- Reducing acidity in the digestive tract and relieving bloating.
- Easing digestive disorders and constipation.
- Strengthening the reproductive organs and resolving urinary issues.
- Lowering high blood pressure.
- Relieving pain and cramps during menstruation.

Caution:

The Zen Bench will reduce joint strain and relieve pressure on the knees in this position; however, you may experience numbness in your feet at first. Regular practice will enhance the flexibility of your joints, ligaments, and muscles, improving circulation and gradually reducing the sensation of numbness.

If you have knee or ankle injuries or conditions, avoid this position or consult your physician before practicing. Additionally, this pose is not recommended for individuals with intestinal ulcers, hernias, or during menstruation.

Kneeling

The Meaning of the Position

Hanuman is one of the most revered gods in Hindu mythology. Often depicted as half-human and half-monkey, with powerful arms and a prominent jaw, Hanuman is known for his immense strength, courage, and unwavering loyalty. This deity, also called Bajrangbali or Mahavira, symbolizes deep devotion to Rama—the avatar of the god Vishnu.

The name Hanuman derives from two Sanskrit roots: **Hanu** meaning jaw and **Man** meaning man, collectively translating to "disfigured."

Hanuman is a symbol of devotion, loyalty, courage, and perseverance.

Benefits:

In the epic poem Ramayana, Hanuman is a central figure who fights in Rama's war against Ravana, the demon king who kidnapped Rama's wife, Sita. Hanuman is also mentioned in texts such as the **Mahabharata** and the **Puranas**. In some writings, he is regarded as an incarnation of the god Shiva.

In Hindu temples, Hanuman is worshipped as Bhaktha (Beloved) Hanuman and Veera (Courageous) Hanuman. According to legend, those who are devoted to Hanuman are blessed with wisdom, courage, and enlightenment.

This kneeling position symbolizes Hanuman's stance and is designed for practicing techniques that enhance conductivity and devotion, as taught in specific spiritual schools.



Kneeling Bench for Prayer

The Meaning of the Position

Kneeling during prayer is an important element of religious practice in various faiths. The purpose of kneeling can vary depending on the religion and culture but generally shares some common intentions:

Obedience and Respect: Kneeling in prayer can be a sign of respect and submission to God. It demonstrates gratitude and humility before God's grace, which is why some believers choose to kneel during prayer.

Supplication and Humility: Kneeling can also be an expression of humility and a plea for help. In some cultures, kneeling symbolizes desperation and a request for divine assistance. It helps believers focus on their prayer, expressing their needs and desires to God.

Concentration and Focus: Kneeling during prayer can help believers concentrate more deeply and reach a higher level of spiritual awareness and focus. It removes external distractions, such as noise and other interruptions, fostering a more peaceful and focused prayer experience.

The Zen Bench is an excellent tool for performing daily prayers. Its soft padding relieves tension in the knees and enhances stability and focus, allowing for a deeper and more serene prayer experience.



Reclining Position

The Meaning of the Position

This position is called Savasana or **Shavasana** in **Sanskrit** and is used for regeneration. In almost all traditional yoga practices, this pose is most commonly used at the end of the session to promote relaxation and the integration of the body, mind, and spirit.

In some yoga schools, it is also used at the beginning of a session to relax and calm the body and mind. In Sivananda yoga and yoga therapy, Shavasana is sometimes practiced between poses to soothe the nervous system.

The term comes from two Sanskrit roots: **Shava**, meaning corpse, and **Asana**, meaning position or posture. This pose helps alleviate fatigue and provides rest for the mind.

Although the purpose of Savasana is to rest the body and mind, it is considered a somewhat active pose, as the practitioner must remain fully aware and avoid falling asleep.

To enter Savasana, lie flat on your back with your legs comfortably spread apart and your arms relaxed at your sides, palms facing upward.



Benefits:

This position is excellent for practicing Yoga Nidra, which promotes awareness and deep relaxation.

Typically, this pose stimulates the root chakra, as the entire length of the body is in contact with the ground. It represents deep grounding and encourages inner peace, silence, and stability—qualities essential for personal growth.

Additional benefits of Savasana include:

- Increased energy and productivity.
- Improved memory, focus, and concentration.
- Relief from stress, headaches, fatigue, and insomnia.
- Lowering blood pressure.
- Promoting deep relaxation.

Using the Zen Bench in this position alleviates pressure on the tailbone and lower spine, improves blood circulation, and facilitates a more relaxed and profound regeneration experience.



Večnamenska uporaba



The adaptability and adjustability of the Zen Bench also allow it to be used as:

- * A comfortable and portable bench *
- * A tool for elevating and relaxing your legs *
- * A table for breakfast, reading, or using a laptop, even in bed *
- * A footrest under your desk at work *
- * A tool for spinal stretching *
- * A tool for exercise *

Caution:

Stepping on the bench is not recommended.
Any use of the bench outside the described purposes is at your own risk.

Additional Support

At the center of the bench, there is a designated space for a specially crafted crystal or a protrusion designed to enhance your practice experience.

The cone-shaped crystal acts as an energy generator, director, and amplifier, which can increase the energy flow in a specific direction within your body.

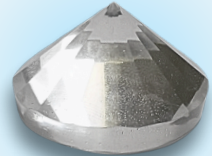
When seated over the cone-shaped crystal, you may feel vibrations as the energy flows through your body. The cone's energy can be directed either upward or downward, depending on how it is positioned.

Crystal with the tip pointing downward:

- Promotes stability, grounding, and connection with Earth's energy.

Crystal with the tip pointing upward:

- Elevates energy flow through the body and supports connection with higher dimensions and the development of spiritual abilities.



Instructions for use:

- Place the crystal in the designated space at the center of the bench.
- Position the crystal either pointing upward or downward, depending on your goal.

Bulb for the Bench

The bulb is designed to stimulate the perineum chakra, aiding in the activation and elevation of kundalini energy.



Instructions for use:

- Place the bulb in the designated space at the center of the bench.
- Sit so that the bulb gently presses against the perineum.

Caution:

Using the crystal or protrusion during meditation may intensify energy flow and enhance the meditation experience. However, it is important to note that some individuals may experience discomfort or overwhelming sensations. If you feel any discomfort during meditation, stop immediately and remove the crystal or protrusion. We recommend consulting an experienced practitioner or crystal expert before use.



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