

# Standing Meditation: Six Positions



Position 1 - Hands hang at your sides; feet shoulder-width and parallel or heels 3 inches apart, toes to the corners.



Position 2 - Hands palm up below your navel, hands lightly cupped, fingers about an inch apart; same stance as #1.



Position 3 - Hands heart height, palms facing inward, elbows down; shoulder-width feet parallel stance.



Position 4 - Hands forehead height, palms out, elbows down; shoulder-width feet parallel stance.



Position 5 - Bend elbows so hands are at waist height, pointing to the front corners of your stance; shoulder-width feet parallel stance.



Position 6 - Hands hang at your sides again, except palms face forward; shoulder-width feet parallel stance.