



# Anatomy of meditation

*How to sit*

2 hour workshop to review and practice  
the basic principles of a good posture  
*with Diane Brito Osteopath*

Sat 15.04 -16:00 - 18:00

Price: 20€



## CONTENT

*In this 2 hour workshop, we will review and practice the basic principles of a good posture, combining the anatomical expertise of an osteopath and the practical approach of a meditation teacher and yoga practitioner.*

*Whether for meditation or for everyday life, this workshop is intended to give us practical hints and information for an anatomically relieving posture:*

- What is a good sitting posture? What effect does it have physiologically speaking? How to properly use the material to sit and meditate?*
- What are the most common problematic postures? What effect does it have physiologically speaking? How is material to sit and meditate most commonly misused?*
- How to maintain an anatomically appropriate posture in everyday life?*
- Useful stretches and exercises to train and prepare for an appropriate posture*