**Meditation bench “Ease and Joy”**

This bench has a maximum body weight distribution feature with a slight rocking capacity. It took me some tries and errors for a few years to design it. I believe it works with most of you with different physical capacities. The design is now in the public domain. Here are the details of the design and how you can order it by yourself:

Photographs:

 A close-up of a notebook

AI-generated content may be incorrect.

**A pair of wooden boards

AI-generated content may be incorrect.**

Dimensions:

Sizes: Seat, 12” x 17-1/2” x 3/4”; Tall legs, 7” x 7” x 3/4”; Medium height legs, 7” x 6”. x 3/4”; Short legs, 7” x 5” x 3/4”; Short legs; Cushion, 12” x 17-1/2” x 2”.

Weight: Bench, 3.5 lbs.; Cushion, 0.3 lbs.

Ordering:

First, look for a CNC (Computer Numbered Control) wood shop, a form shop, and a seamstress in your location. Give the woodshop the bench data, get an estimate, and order. If you have friends to order together, it can cut down the coast of each set of benches. The bench data: Kaz Meditation bench.dxf. This file can be opened with any CAD or CAM software. The mortises and tenons are sized for 0.708" thick plywood.

When the wooden parts are done, you can find a cushion you like to put on top.

Or bring the seat part to a foam shop and ask them to cut a 2” thick memory foam into a cushion in the same size and shape as the wooden seat. Then go to a seamstress and order a bag with black cotton with a zipper.