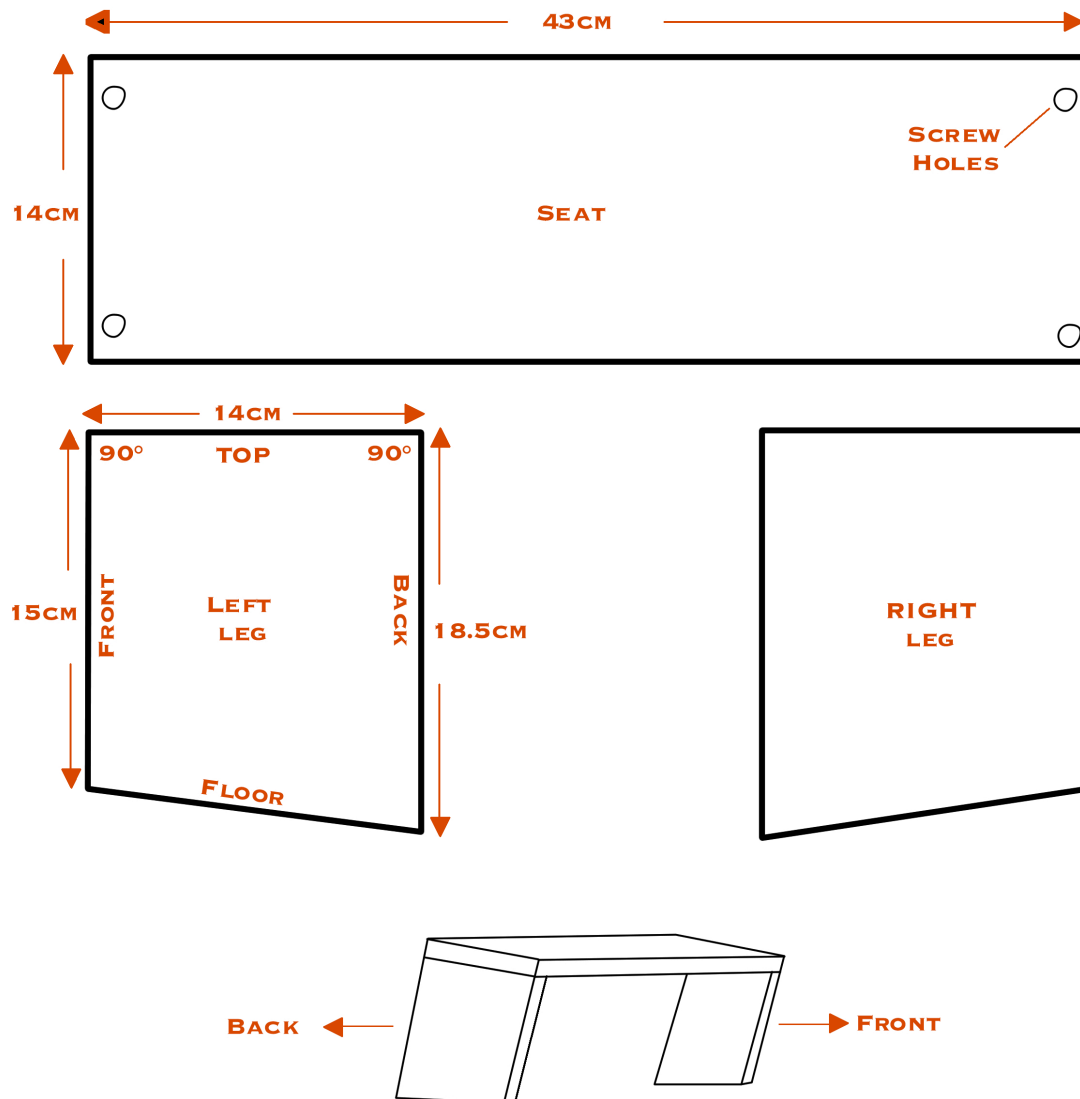


Meditation Bench Instructions

MATERIALS REQUIRED

THREE PIECES OF 2CM (3/4") PINE BOARD. FOUR SCREWS.



This stool is a reasonable height for someone my height, which is 6 feet, or 182 cm.

If you are taller or shorter, you should make the stool higher or lower. Someone who is 5 feet tall (152 cm) might want to make the legs 3/4 inch (2 cm) shorter. You can also use a cushion to raise your height a little if the stool is too low.

When assembled, the seat of the stool slopes down to the front.