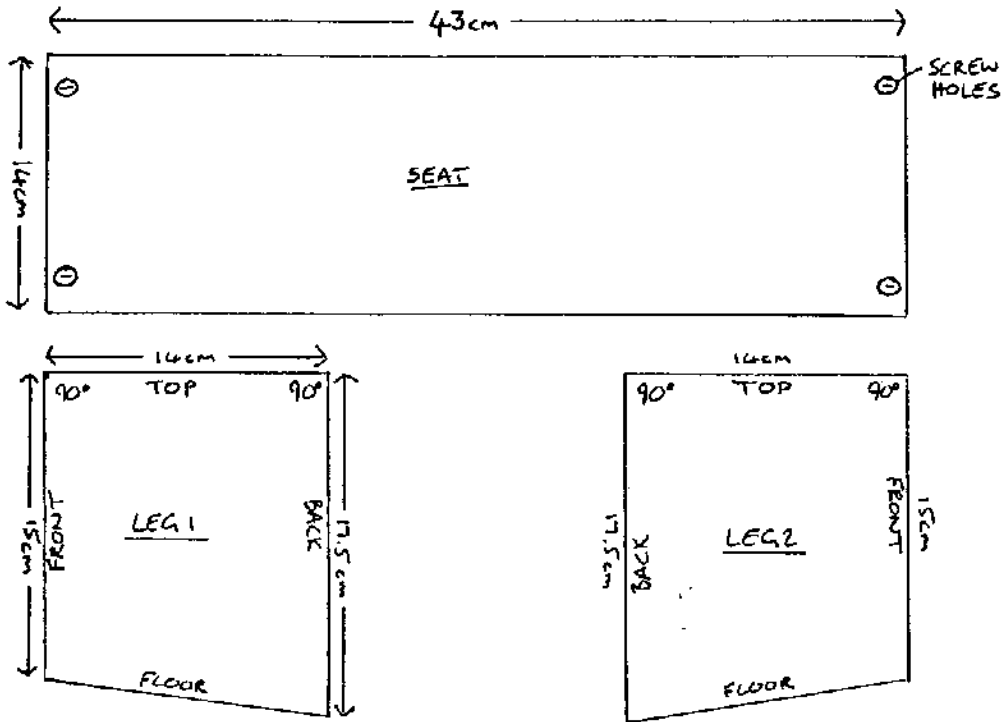


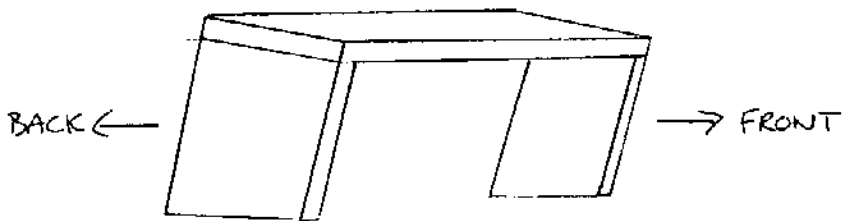
MEDITATION BENCH INSTRUCTIONS

MATERIALS:
3 PIECES OF 2cm (3/4") PINE BOARD, 4 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 of the stool $\frac{3}{4}$ inch (2 cm) shorter. You can always make the legs shorter if the stool is too high, or 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