



Lesson: 7-Point Posture

Learning objective

Children learn to sit in the 7-point posture.

Teaching

[Meditation Posture](#), WMRI website, Session 5, 5 min:

<http://whatmeditationreallyis.com/index.php/lang-en/dare-to-meditate/item/14-5-meditation-posture.html>

Introduction: 7-point posture of Vairochana

Ask children to sit and guide them through the posture. Ask children who are familiar with the 7-point posture to assist.

1. Legs (crossed). Make sure you are comfortable.
2. Gently place your hands on your knees or in your lap.
3. Sit up straight, pretend there is a string from your head to the sky pulling you up.
4. Spread your shoulders a vulture's wings.
5. Lower your chin (head and neck) slightly.
6. Slightly open your mouth, the tip of your tongue touches the palate.
7. Your eyes gaze past the tip of the nose.

Posture game



Seven children each demonstrate a single point of the posture; other children guess which point each child is demonstrating.

OR

One of the instructors sits in the 7-point posture but leaves out one point. Children are asked to guess which point is missing. A child carries on, leaves another point out, the others guess which point is missing etc.