

OMNI Meditation Bench

The OMNI Meditation Bench is hand-crafted of premium cherry with a distinctive round leg base that allows for individual adjustment and spinal alignment.

PRODUCT FEATURES

- Our Patented Torque Hinge Is Made To Our Specifications From The Highest Quality Steel and Beautifully Plated In Brass.
- Our Benches Are Made From Hand Selected Cherry.
- Hand Rubbed In Italian Lacquer (Imported).
- Custom sizes available upon request.



About the OMNI Meditation Bench

The Omni Bench™ is by far the best sitting bench on the market. -Pacific Spirit

The Omni Bench™ allows your spine to find its own natural curvature. The curved rocker base allows the seat to tilt to the position that is best for you. This allows you to sit comfortably for long periods of time, whether in meditation or in simple relaxation.

By allowing the weight of your torso to drop down through your spine, sharing the weight with your knees, you will experience that place of structural balance in which your body sits at ease. In this gravitational center, the natural lumbar curve of the spine finds support. The Omni Bench™ is designed to give your body the structural support it needs. The curved legs allow you to adjust the bench so you can sit completely balanced on your 'sitz' bones (the Ischiums). I designed and patented a brass torque hinge which is manufactured specifically for The Omni Bench™.

People with back problems have been helped dramatically by The Omni Bench's unique design.

Folding and compact, it can be carried with you for comfortable, healthy seating indoors or out.

Patented Torque Hinge

"When I first started making meditation benches in 1985, my first priority was to find a hinge that would keep the bench legs stable and locked in both an open and closed position. I searched hinge manufacturers from around the world and found none that would serve my purpose. I decided then to design and patented a Torque Hinge which is presently manufactured to my specifications. These hinges are used in the assembly of all Omni Meditation Benches."

-Peter Catizone

How To Use

First kneel.

Then place seat down behind you, over your legs, and sit back.

Rock until you find the angle best for your meditation or sitting posture.



Dimensions

Medium

- Length: 16 1/4" (42 cm)
- Width: 7 1/4" (18 cm)
- Height: 6 1/4" (15 cm)
- Weight: 3.5 lbs (1.58 kg)

Large

- Length: 16 1/4" (42 cm)
- Width: 7 1/4" (18.4 cm)
- Height: 7 1/2" (19 cm)
- Weight: 4 lbs (1.81 kg)

Ordering Information

INTERNET <https://host245.ipowerweb.com/~catizone/store.php>
or www.catizone.com

EMAIL catizone@catizone.com

POST Peter Catizone
PO Box 380495
Cambridge, MA 02238-0495
USA

(617) 548-4444