



Sprex®

Siddhasana™ Meditation Seat
Models S, M, and T

Owner's Manual

Set Up, Use, Maintenance, and Safety Instructions
Version 1.0



Diagrams within this manual may not be drawn proportionally.
Due to continuing improvement, actual product may differ slightly from
the product described herein.

Manufactured and distributed
under license from the Inventor, Thomas C Veatch Ph.D.,
by Sprex, LLC
1210 NE 124th St., Seattle WA 98125
Please visit our website at: <http://siddhasana.com>

Read this material before using this product.
Failure to do so can result in serious injury.

Record the Serial Number of your product below and
SAVE THIS MANUAL.

Serial Number: _____

For technical questions or service, please call 1-206-366-0198.

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Important Safety Instructions

Important: Read these instructions thoroughly before using.



DANGER

- To reduce the risk of burns, fire or serious injury:
 - Always keep open flame and lit cigarettes away from upholstered furniture. Upholstered furniture may burn rapidly with toxic gas and thick smoke.
- To prevent suffocation, keep plastic bags away from children.
- Do not use product in a vehicle while the vehicle is in motion.
 - This furniture is not intended to protect its occupant in an accident.
 - Safely secure the furniture while the vehicle is in motion to prevent injury or damages from any sudden stop.



WARNING

- USE ONLY FOLLOWING THE MANUFACTURER'S INSTRUCTIONS.
- Closely supervise children and disabled persons using this product
- Sit down on the unit slowly.
 - To avoid tip over, do not throw your weight toward the back of the unit nor allow your center of gravity to move behind the unit.
- Do not stand on or kneel on the unit.
- Do not use this product if it is damaged. Do not use attachments or substitute parts.
- This product is intended for indoor residential use only.
- This product is not intended for use as a health care device.
- Use care when moving the product. Securely grip while moving.
- To avoid tipover, sit in center of seat. Do not rock or sit near edge of stationary product.
- Do not sit or place extra weight on the rear edge of the unit.
- Excess weight can cause the unit to tip backwards.



NOTICE

- To reduce the risk of product damage:
 - Do not drop or throw product.
 - Do not subject product to stresses other than stable sitting.

Safety Notice:

Use easefully.

This device is intended for comfortable, easy, improved sitting and posture. It is not a self-torture device or a stretching platform for your body. It is not a tool to develop your ability to withstand increased pain. Therefore you are not to use it when it is not comfortable or when it could hurt you.

Overuse or misuse of this device over time can cause discomfort, numbness, pain, and injury including long term disabling injury to your knees, ankles, and/or hips. It is the user's responsibility -- your responsibility -- to recognize the symptoms of potential injury and stop using the device before any damage occurs.

Do NOT use this stool with any numbness, discomfort, or pain. Sitting with numbness, discomfort or pain can lead to injury, including permanent injury, so you MUST get off the stool immediately if you experience any of these. If your legs fall asleep, get up immediately. If you find yourself feeling strain or discomfort, get up immediately. You may rest, lie down, or move about gently until you have full circulation and good feeling in your legs. Certain kinds of supervised stretching and yoga practice, away from the seat, may over time enable longer periods of comfortable sitting. You may stretch following the instructions of a medical professional.

You may try adding blankets or cushions, or try a higher seat, to eliminate strain, but this may not be possible: this seat is not for everyone. If you cannot sit on this device without experiencing these symptoms, do not sit on it.

Do not let another person use this stool while experiencing numbness, discomfort or pain. Do not let another person influence you to use this seat while experiencing numbness, discomfort or pain. YOU are responsible, so take responsibility.

Safety Instructions

- Misuse or overuse of this seat can actually injure, maim, or disable you!
- Use this seat responsibly and easefully.
- Do not overstretch.
- Do not endure or tolerate pain or numbness: Get off!
- This seat is not a self-torture device, a stretching platform, or a tool for increasing your tolerance for pain. It is an aid to painless cross-legged sitting, and must be used without pain, or not used at all.
- Therefore, sit comfortably on the seat as permitted by the seat's height and shape and the flexibility of your joints.
- The Siddhasana™ Meditation Seat is intended, designed, and built to make cross-legged sitting as comfortable and safe as possible; however, it may not be possible for you to sit cross-legged safely and comfortably, even with the support of this seat. If so, this seat is not for you, and you must not use it.
- As soon as you notice strain, pain, tingling, numbness, reduced circulation, or other unpleasant

sensation, carefully and gently adjust your legs to a position that is actually comfortable and painless, or get up off the seat. If you can't find a comfortable position, get up off the seat. If you weren't able to find a comfortable position in the first place, this seat is not for you: get up off the seat.

- Some users may be able to increase their ability to sit comfortably on this seat through gentle and safe stretching before sitting.
 - Siddhasana™ Certified hatha yoga teachers can provide instructions on this topic.
- You may be temporarily comfortable while sitting on this seat but after a period begin to experience numbness or pain. In such cases, get up off the seat as soon as you notice the change.
 - While it is true that standing, or sitting in another chair, or sitting in a squatting position on this seat with legs uncrossed and heels down, may restore circulation after some time, so that you can sit comfortably again for a second pain-free sitting period, this procedure is NOT APPROVED for Siddhasana™ Meditation Seat use. It is possible that there may be unintended consequences after even one period of lost circulation. Therefore do not push your limits. Get approval from your doctor, who knows your particular conditions, beforehand, if you wish to try to restore circulation and sit again after a period of lost circulation.

Setting Up Your Siddhasana™ Meditation Seat

1: Choose a suitable place to sit.

If sitting down onto the Siddhasana™ Meditation Seat will require the help of stable hand holds, grab bars, or other support, be sure that the sitting area is provided with the necessary stable supports. For example, sitting in front of, or next to, a stable, full-height chair, could give some users a stable hand hold to use while raising or lowering their weight.

2: Clear a space.

Clear an area of the floor at least two feet wide by three feet long for the seat and for your legs to occupy in front of the seat.

3: Place the Seat in the space.

Place the Siddhasana™ Meditation Seat in the cleared area so that it has at least two feet open space in front of it, and so that it rests on a firm and stable surface capable of holding the seat and its occupant safely.

4: Optionally cover the floor.

You may cover the floor in front of the seat with a cushioning material such as a blanket, carpet, etc., sufficient to cushion the sides of your ankles or knees while sitting.

5: Optionally fold a blanket over the Seat.

You may place the Siddhasana™ Meditation Seat onto a blanket with at least two feet of material extending behind it, then fold the blanket over the seat.

This will keep the sitting surface from sliding downwards and forwards, since the end of the

blanket is held tightly underneath the seat by the weight of the seat and its user. This will also give added cushioning to the sitting surface; you may use multiple blankets or cushions to achieve greater softness.

If the blanket is long enough to extend along the floor in front of the seat as far as your feet when you are sitting on the seat, then your ankles and knees can also rest upon it, providing added cushioning to the sides of those joints. Four or five feet of blanket can generally wrap around from underneath the seat, up over the back of it, across the top of the seat, and then drape onto the floor in front of it for ankles to rest upon.

Using Your Siddhasana™ Meditation Seat

Sitting Down

- Set up the seat following the instructions above.
- Use common sense while following the instructions. If you cannot do something, don't do it. If you would experience strain, excessive stretching, or pain, or if you would hurt yourself doing something, don't do it. This seat is not appropriate for all individuals so it may not be appropriate for you. Take each step one at a time, and be sure it will be safe before proceeding.
- Remove your shoes. Keeping shoes on will require a seat with higher lift, and may reduce the beneficial effects, increase discomfort, and decrease your ability to sit in a deeper cross-legged posture.
- Make sure that you are in a place where you can get back up again.
- Choose a side, right or left. Let us assume the right side. If you choose left, replace "right" by "left" in the following instructions.
- Stand in front of the seat facing "right".
- Kneel on the floor with both knees down and in line with the "right" side of the seat.
- Put your "right" hand on the floor behind and to the "right" of the seat for support.
- Lower your weight onto your "right" upper thigh on the seat.
- Rotate and adjust your position to center your weight on the seat, while also turning your body to face horizontally and forward in the direction the seat faces.
- Cross your legs below and/or in front of the seat, remaining comfortable and unstrained.
 - Legs may be crossed ankle before ankle, heel before heel, ankle on upper surface of opposite lower leg,

Getting Up

- To get up from the seat, use any method that is comfortable and safe for you.
- The safest method may be as follows:
 - Uncross your legs
 - Put your feet to one side of the seat

- Put one hand down to the floor in front of you for support
- Put your knees down on the floor
- Push your body up off the seat to a kneeling position.
- Stand up from the kneeling position.
- If standing up from a kneeling position is difficult for you, you can pull yourself up by using the stable hand holds you made sure to provide near the seat, earlier.

Maintenance and Service



WARNING

- Procedures not specifically explained in this manual must be performed only by a qualified technician.
- To prevent serious injury from unit failure:
 - Do not use damaged equipment.
 - If abnormal sounds or cracking occur, have the problem identified and corrected before further use.

Inspection

- Before each use, inspect the general condition of the product.
 - Check for loose attachments of legs to seat top or rear cross-bar.
 - Check for cracks and any other condition that may affect safe use.
 - Correct any problems before use.

Cleaning

- The exposed wood parts of the product may be cleaned with mild soap and water.
- The upholstery and upholstery-covered foam parts may be suction vacuumed, wiped clean with a soft cloth, or brushed clean with a soft-bristle brush.
- If deeper cleaning is required, use a gentle, color-safe cleaning solution. We do not recommend using bleach.

Limited Warranty for Sprex® Siddhasana™ Meditation Seats

Customer Satisfaction

Sprex designs and constructs its products using the highest standards of material and workmanship. One hundred percent customer satisfaction is our #1 goal. If for any reason the product does not perform to the original purchaser's satisfaction, it can be returned to the place of purchase within thirty days with dated sales receipt for a full refund of the purchase price.

Warranty

Sprex warrants to the original retail purchaser that the following products will be free from defects in material or workmanship under normal usage for the warranty period specified below:

Sprex® Siddhasana™ Meditation Seats: One year.

In the event of such defects within the warranty period, which begins on the date of 1st sale, Sprex will repair or replace the product, at Sprex' option and expense, after examination by a Sprex Authorized Warranty Service Center, subject to the warranty conditions, exclusions & limitations described below.

Warranty Conditions

No material shall be returned without authorization A DATED SALES RECEIPT OR PROOF OF PURCHASE FROM THE ORIGINAL RETAIL PURCHASER IS REQUIRED TO MAKE A WARRANTY CLAIM. Product registration can be accomplished through on-line Product Registration at www.siddhasana.com. To make a warranty claim, you must return the product, with proper receipt/proof of purchase and return transportation charges prepaid, to a Sprex Authorized Warranty Service Center. A list of Sprex Authorized Warranty Service Centers can be found at siddhasana.com or by calling 1-206-366-0198. Sprex will perform its obligations under this warranty, within a reasonable time after approval of the warranty claim. If Sprex determines that repair or replacement is not feasible, Sprex will credit the price charged, or prevailing price if lower, less reasonable depreciation based on actual use, and less handling charges based on costs of reconditioning, boxing, etc. Credits may be refunded if not used within 30 days. Any replacement product or part will carry a warranty for the balance of the warranty period applicable to the replaced product or part.

Warranty Exclusions

The following warranty exclusions apply:

1. Normal wear parts are not covered under this warranty. Normal wear parts include upholstery covering, cushion, and fasteners.
2. This warranty does not cover damage due to normal wear, misapplication, misuse, accidents, use other than according to the manufacturer's instructions, improper storage, or damage during shipping.
3. Labor charges or loss or damage resulting from improper use, maintenance or repairs are not covered by this warranty.

4. Products which are obsolete or made to special order are not returnable.
5. This warranty will be honored only if there is:
 - A. No evidence of abuse, misuse, misapplication, alteration, improper maintenance, abnormal conditions, accident, neglect, or improper modification or storage of the product; and
 - B. No deviation from manufacturer's instructions (read this Owner's Manual for specifications and instructions for use, safety, and maintenance).

Warranty Limitations

The remedy described in the above paragraph entitled "Warranty" shall constitute the sole and exclusive remedy for breach of warranty. THE WARRANTY SET FORTH HEREIN IS GIVEN EXPRESSLY AND IS THE ONLY WARRANTY ON THE PRODUCT; SPREX MAKES NO OTHER WARRANTIES, EXPRESS OR IMPLIED. SPREX HEREBY SPECIFICALLY DISCLAIMS ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. SO FAR AS IS CONSISTENT WITH APPLICABLE STATE LAW, ANY IMPLIED WARRANTIES THAT MAY NOT BE DISCLAIMED, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE APPLICABLE WARRANTY PERIOD SPECIFIED ABOVE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. SPREX SHALL IN NO EVENT BE RESPONSIBLE OR LIABLE FOR ANY INCIDENTAL, CONSEQUENTIAL, INDIRECT, OR SPECIAL DAMAGES including without limitation, lost profits or the cost of repairing or replacing other property which is damaged if this product does not work properly, other costs resulting from labor charges, delays, vandalism, negligence, falls caused by product breakage, damage from product contact with other materials, or any other circumstances over which Sprex has no control. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO CERTAIN OF THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. IN NO EVENT, WHETHER AS A RESULT OF A BREACH OF CONTRACT, WARRANTY, TORT (INCLUDING NEGLIGENCE) OR OTHERWISE, SHALL SPREX' LIABILITY EXCEED THE PRICE OF THE PRODUCT WHICH HAS GIVEN RISE TO THE CLAIM OR LIABILITY. ANY LIABILITY CONNECTED WITH THE USE OF THIS PRODUCT SHALL TERMINATE UPON THE EXPIRATION OF THE WARRANTY PERIOD SPECIFIED ABOVE. NO EMPLOYEE OR REPRESENTATIVE OF SPREX OR ANY RESELLER, DEALER, OR DISTRIBUTOR IS AUTHORIZED TO MAKE ANY CHANGE TO THIS WARRANTY. This Limited Warranty gives you specific legal rights, and you may have other rights that vary from State to State. You should consult applicable state laws to determine your rights.

Replacement of Product Due to Natural Disaster

Sprex will replace a product destroyed by an Act of God such as flood, earthquake, hurricane or other disaster resulting only from the forces of nature. Such a claim will be honored provided that the original retail purchaser had previously submitted a completed warranty registration card for the product, and then submits proof of ownership and an acceptable statement describing such Act of God documented by an insurance carrier, police department, or other official governmental source. To obtain instructions for filing a claim call 1-206-366-0198.