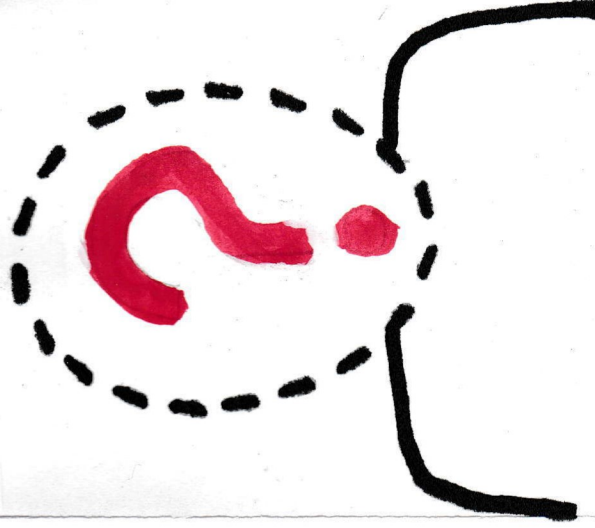
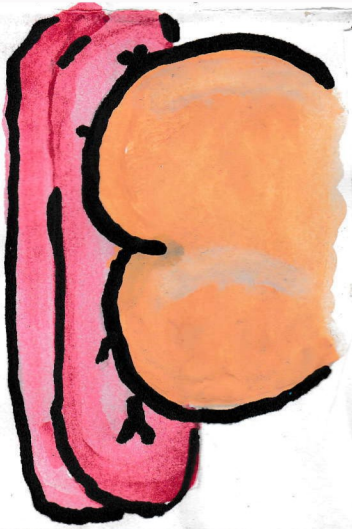


It's harder  
than it  
sounds  
Practice just  
sitting, then  
let go your  
Earthly  
tether.

You've  
Read the  
Koons,  
Now hold  
on to your  
Seats!

BECOME  
ONE  


ZEN  
FOR  
BUTTS



A PRIMER

SIT  
EXPERIENCE  
Sitting!  
Where  
are you?

Where  
are you?  
On your  
Duff!  
What to  
do?



Grab a cushion  
Find a nice place to sit.