

Caring for Your DharmaCrafts Meditation Cushion

It is our honor to make the cushions that will accompany you on your spiritual journey. Your DharmaCrafts cushions were made in our own workshop in Lawrence, Massachusetts by a small, dedicated staff of trained craftspeople. Made from premium materials, with double-stitched seams and careful assembly, you can expect your cushions to last a lifetime (or two!).

Buckwheat Hull Zafu (round meditation cushion):

Both the outer zippered cover and the inner zippered muslin shell (purchased after Nov. 2012) that holds the buckwheat hulls, are removable and washable! See *Cushion Cover Washing Instructions* below. Be sure to pour out buckwheat before washing shell. Buckwheat hulls should NOT get wet. You may also easily add or remove buckwheat if desired. New covers will fit any previously purchased DharmaCrafts Buckwheat Hull Zafu.

Buckwheat Hull Zafu with NO Zippered Cover (round meditation cushion) – purchased BEFORE October 2009

This zafu does not have a zippered cover but can be “spot” cleaned. If you need to add/remove buckwheat or clean the cover, you can create a small opening in the hand-stitching on the seam under the carrying handle. After cleaning the cover (See *Cushion Cover Washing Instructions* below) or adding/removing buckwheat, you can re-stitch the seam under the handle.

Zabuton (large flat mat), **Roll Up & Go Yoga Mat**, **DharmaKids Nap Mat**, **Square Support Cushion**

The outer zippered cover is removable and washable! See *Cushion Cover Washing Instructions* below. The insert that holds the cotton batting is NOT washable. Cotton batting should not get wet. If your insert becomes damaged you may purchase a new one by calling Customer Service at 866-339-4198. New covers will fit any previously purchased DharmaCrafts cushion.

Kapok Zafu (the firm, round cushion), **Bench Cushion**

Your kapok-filled zafu does not have a zippered cover but can be “spot” cleaned. There is an opening under the handle should you ever need to add or remove kapok.

All Cushions

As with all fine fabrics, avoid direct sunlight. All fabrics will fade over time.

Cushion Cover Washing Instructions:

- Turn covers inside out, machine wash separately in COLD water, gentle cycle, using liquid detergent. Zabutons: Cut the stitch/tack on surface of cushion before removing cover.
- Two-toned cushions & mats like the maroon & gold Tibetan Splendor Collection: Dry cleaning is recommended to prevent the risk of the darker and lighter colors bleeding.
- Be sure to allow enough space for the water to circulate evenly, so that the cover will look as good after washing as it did when it was new!
- Hang to dry. Cotton cover may shrink in dryer.
- Environmentally friendly dry-cleaning is also recommended! ☺

*When you meditate,
invite yourself to feel the self-esteem,
the dignity, and the strong humility of the Buddha that you are.*

— *Sogyal Rinpoche*