



心冥想

SHINE MEDITATION

www.shinemeditation.cn

An aerial photograph of a dense evergreen forest, likely a spruce or fir forest, with a variety of green and brown tones. The text 'SHINE MEDITATION' is centered in a large, white, sans-serif font.

SHINE MEDITATION

设计者说

DESIGNER'S WORDS

记得那是2008年的冬天,我在一个朋友新开张的咖啡馆里,用皮革和公仔棉制作了一个奇特的造型,朋友问我做什么用,我说这是一个帮助盘腿的座具,这便是冥想座具的最初原型,许多年以后,如果你问我对于设计冥想座具一路走来的感受,我大概只能用“感动的回忆”来形容。这么多年来,我们只做了大大小小数十个三维金属骨架,加之无数次的人机试验,最后才形成了大家目前所能看到的系列座具产品,冥想座具受邀参加全球各大设计展览,并获得7项设计大奖,这是让人鼓舞的事,也激励着我们不断向前!时至今日,冥想座具历经多年的技术打磨,已成为品质优良的国际化产品,在人体坐感,缝线工艺,用料环保上要求几乎达到了严苛的程度。我想,对于这件作品,我所能给予我的学生最宝贵的经验,便是永不放弃地追寻人的深层需求,并且努力创造一件物品的极致体验,它将带给人们感动的力量!

I remember it was the winter of 2008 when I was at a friend's newly opened coffee shop and made a unique shape out of leather and plush cotton. When my friend asked me what it was for, I said it was a seat that helped cross legs. This was the original prototype of the meditation seat. Many years later, if you ask me about my feelings about designing meditation seats along the way, I can only describe it as "touching memories". Over the years, we have only made ten three-dimensional metal skeletons of various sizes, combined with countless human-machine experiments, to finally form the series of seat products that everyone can see today. The meditation seat has been invited to participate in major design exhibitions around the world and has won seven design awards. This is inspiring and motivates us to keep moving forward! Today, meditation chairs have undergone years of technical polishing and have become high-quality international products. The requirements for human sitting sensation, stitching technology, and environmentally friendly materials have almost reached a strict level. I think the most valuable experience I can give my students with this work is to never give up in pursuing people's deep needs and strive to create the ultimate experience of an object, which will bring people the power of emotion!

郭浩



高凤麟

Fenglin Gao

Ph.D / Professor

设计学博士/中国美术学院教授
人体工学研究专家/中国人类功效学协会会员
冥想座具主创设计师/心冥想品牌创始人
意大利 A' DESIGN 设计奖评委

PhD in Design / Professor at CAA
Ergonomic research expert / Member of Chinese
Society of Human Efficacy / Principal Designer of
Meditation Seat / Founder of Shine Meditation
Brand / Judges of the Italian A'design Award

高凤麟教授创立以精神释压为核心理念的健康生活品牌“心冥想” (Shine Meditation), 帮助提供身心平衡的健康产品及服务, 并致力于开发人类身体及大脑未知的潜力。冥想座具受邀参加全球各大知名设计展览。高凤麟微设计作品至今已囊括包括德国红点设计至尊奖、德国iF产品设计奖、意大利A设计奖铂金奖、德国通用设计奖、巴黎设计奖金奖、欧洲产品设计奖金奖、米兰设计奖、法国双面神设计奖、日本先锋设计奖、美国VEGA设计奖、瑞士SIT设计奖在内的众多国内外权威设计大奖, 并带领微客设计机构(Nanoin Design)获评德国红点奖概念类全球排名第二的佳绩, 是华人机构在此项目上的最高排名。

Professor Gao Fenglin founded the healthy lifestyle brand "Shine Meditation" with the core concept of mental stress relief, which helps provide health products and services that promote physical and mental balance, and is committed to exploring the unknown potential of the human body and brain. The meditation seat has been invited to participate in various well-known design exhibitions around the world. Gao Fenglin's micro design works have won numerous authoritative design awards at home and abroad, including the German Red Dot Design Supreme Award, the German iF Product Design Award, the Italian A Design Award Platinum Award, the German General Design Award, the Paris Design Award Gold Award, the European Product Design Award Gold Award, the Milan Design Award, the French Double sided God Design Award, the Japanese Pioneer Design Award, the American VEGA Design Award, and the Swiss SIT Design Award. He has also led the micro design agency Nanoin Design to achieve the second highest global ranking in the concept category of the German Red Dot Award, which is the highest ranking for Chinese institutions in this project.

品牌荣誉

BRAND HONOR



心冥想品牌产品至今已囊括包括德国红点设计奖、德国iF设计奖、意大利A设计奖铂金奖、巴黎设计奖金奖、欧洲产品设计奖金奖、米兰设计奖、法国双面神设计奖、日本先锋设计奖、美国MUSE设计奖银奖、美国VEGA设计奖、美国纽约设计奖银奖、瑞士SIT设计奖、中国设计智造大奖、亚洲最具影响力设计奖银奖、中国好设计奖金奖、台湾金点设计奖、成功设计奖在内的众多国内外权威设计大奖，享誉全球。

Shine Meditation brand products have won numerous authoritative design awards at home and abroad, including the German Red Dot Design Award, German iF Design Award, Italian A Design Award Platinum Award, Paris Design Award Gold Award, European Product Design Award Gold Award, Milan Design Award, French Double sided God Design Award, Japanese Pioneer Design Award, MUSE Design Award Silver Award in the United States, VEGA Design Award in the United States, New York Design Award Silver Award in the United States, SIT Design Award in Switzerland, China Design Intelligent Manufacturing Award, Asia's Most Influential Design Award Silver Award, China Good Design Award Gold Award, Taiwan Golden Dot Design Award, and Successful Design Award. They are renowned worldwide.



2018年7月，
冥想座具受邀于意大利佛罗伦萨马尼亚尼菲洛尼宫展览

Meditation Seat Invited at
Palazzo Maniani Filoni Exhibition
in Florence, Italy, July 2018,



高凤麟教授在博士研究中首次提出微设计理论，并以其思维方法指导设计实践。曾在2014年受邀于TEDx演讲，2017年因其微设计理念在设计领域富有洞见的全新视角而获颁英国大本钟奖(神工奖)暨十大杰出华裔青年设计师奖，并被同时授予中英国际设计周“中英创意产业交流大使”称号。

In his doctoral research, micro-design theory was first put forward, and its thinking method was used to guide design practice. He was invited to speak at TEDx in 2014. In 2017, he was awarded the Big Ben Award (Shengong Award) and the Top Ten Outstanding Young Chinese Designers Award for his insightful new perspectives in the field of micro-design. He was also awarded the title of "Ambassador for the Exchange of Creative Industries between China and the UK" for the Sino-British International Design Week.

品牌荣誉

BRAND HONOR



德国埃森红点博物馆设计展
Red Dot Museum in Essen,
Germany Design Exhibition



意大利米兰设计周
Salone Del Mobile Milano



香港设计营商周
Hong Kong Design Business Week



日本东京设计周
Tokyo Design Week in Japan



中国美术馆展
China Art Museum Exhibition

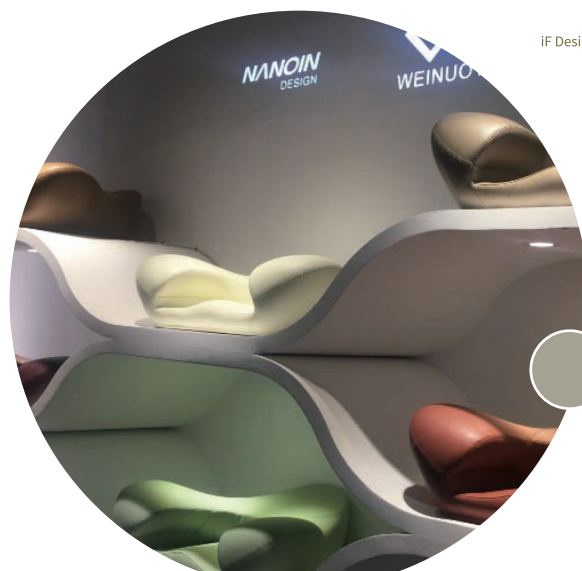


英国伦敦设计周
London Design Fair

德国iF设计博物馆展
iF Design Museum Exhibition in Germany



广州设计周
Guangzhou Design Week



心冥想座具近年来亦频繁受邀参加全球各大展览，如“红点在中国展”、“尤伦斯当代艺术中心联想创客展”、曼谷中国文化中心展、“全球TOP100创意设计展”、上海国际家具展览会、意大利米兰设计周、英国伦敦设计周、美国高点家具展、日本东京设计周、法国圣艾蒂安双年展、香港设计营商周、德国埃森红点博物馆“亚洲新意境”设计展、德国iF设计博物馆展、意大利马尼亚尼菲洛尼宫展、西班牙马德里中国文化中心展、马耳他中国文化中心展、中国美术馆展、广州设计周等展览。

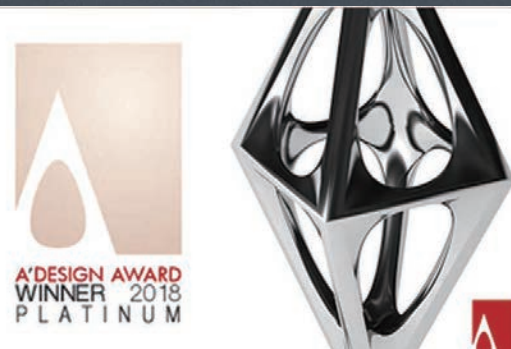
Shine Meditation Seat has also been frequently invited to participate in major exhibitions around the world over the years, such as the "Red Dot in China" exhibition, the "Ullens Contemporary Art Center Lenovo Maker Exhibition", the Bangkok China Cultural Center exhibition, the "Global TOP100 Creative Design Exhibition", the Shanghai International Furniture Exhibition, Milan Design Week in Italy, London Design Week in the UK, High Point Furniture Exhibition in the US, Tokyo Design Week in Japan, Saint Etienne Biennial in France, Hong Kong Design Business Week, the "Asian New Mood" design exhibition at the Red Dot Museum in Essen, Germany, the iF Design Museum exhibition in Germany, the Maniani Filoni Palace exhibition in Italy, the Madrid China Cultural Center exhibition in Spain, the Malta China Cultural Center exhibition, the National Art Museum of China exhibition, Guangzhou Design Week and other exhibitions.

品牌荣誉

BRAND HONOR

“心冥想”品牌是基于人类未来生存方式的健康生活品牌, 包含富有全新体验的家居产品及冥想解压服务两部分。“心冥想”以全球知名家具——冥想座椅为核心产品, 扩展出多个品类、不同款式的冥想周边产品系列。以往我们将产品的功能着眼于物品的基本使用, 而随着认识提升, 我们逐渐发现对于人类精神层面更高的探求也将成为功能需求不可或缺的一个方面。在社会高速发展的今天, 人们将不得不面对由于快速高效的工作所带给我们的精神压力与体能透支, 外部物质世界的不断充裕已很难为我们带来更多的幸福感。于是我们转向对于自我内心深处的探索, 究竟真实而美好的幸福源于何处? 2018年我们向全球推出“心生活”运动, 并着手打造中国的东方灵性生活文化, 以冥想的生活方式激发人们的身心潜能, 构建社会协作及个人生活的幸福感知!

The "Shine Meditation" brand is a healthy lifestyle brand based on the future way of human survival, which includes two parts: home products with new experiences and meditation stress relief services. Heart Meditation "takes the globally renowned furniture - meditation seat as its core product, and expands into multiple categories and styles of meditation peripheral product series. In the past, we focused on the basic use of products, but as our understanding improves, we gradually realize that exploring higher levels of human spirit will also become an indispensable aspect of functional requirements. In today's rapidly developing society, people will have to face the mental pressure and physical exhaustion brought by fast and efficient work. The continuous abundance of the external material world is no longer able to bring us more happiness. So we turn to exploring the depths of our own hearts, where does true and beautiful happiness come from? In 2018, we launched the "Heart Life" campaign globally and began to create China's Eastern spiritual life culture, inspiring people's physical and mental potential through a meditative lifestyle, and building a sense of happiness in social cooperation and personal life!

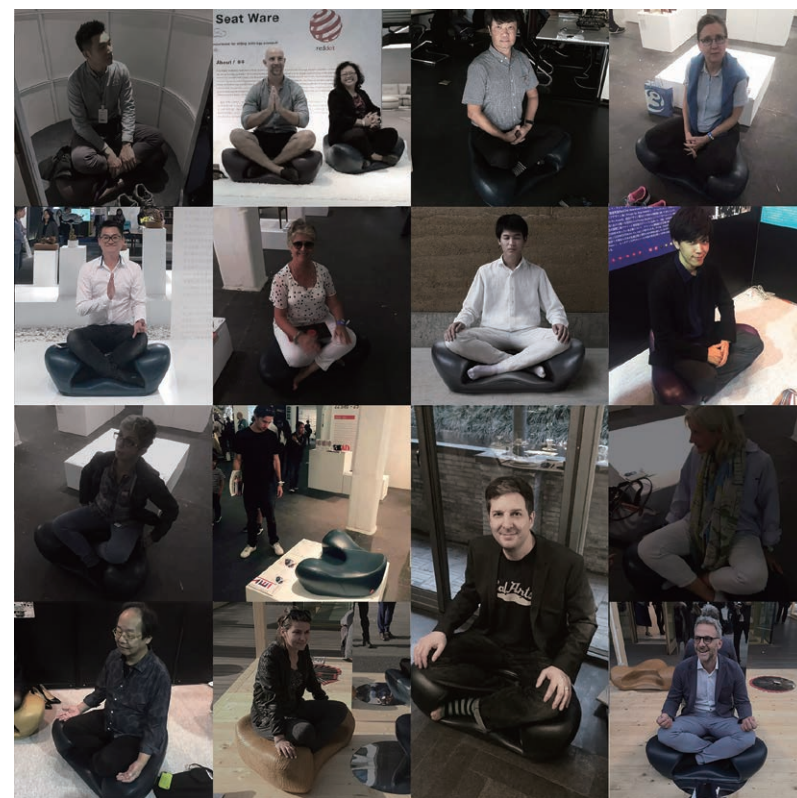


冥想座具全球用户

GLOBAL USERS OF MEDITATION SEAT

冥想座具一经问世便风靡全球, 让所有见过它的人都为之惊艳, 其中更是不乏篮球巨星姚明、《功夫熊猫》导演马克·奥斯本、艺术史家徐小虎这样的知名人士, 冥想座具已不仅仅是一件产品, 更是一种生活态度, 一种追求内心平和与自我超越的方式。在这个充满变化的时代, 冥想座具以其独特的价值, 引领着人们走向更加健康、稳定的生活方式。它既是跨界共鸣的静谧艺术, 也是这个时代人们追求精神自由与文化创新的优良载体。

Since its release, meditation seats have become popular worldwide, stunning everyone who has seen them, including basketball superstar Yao Ming, director of Kung Fu Panda Mark Osborne, and art historian Xu Xiaohu. Meditation seats are no longer just a product, but also a way of life and pursuing inner peace and self transcendence. In this era full of changes, meditation chairs lead people towards a healthier and more stable lifestyle with their unique value. It is not only a serene art that resonates across boundaries, but also an excellent carrier for people to pursue spiritual freedom and cultural innovation in this era.

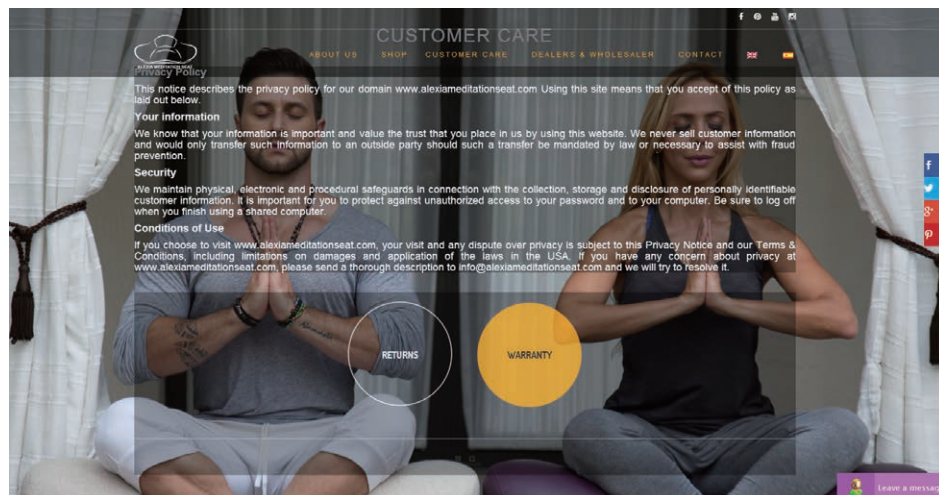
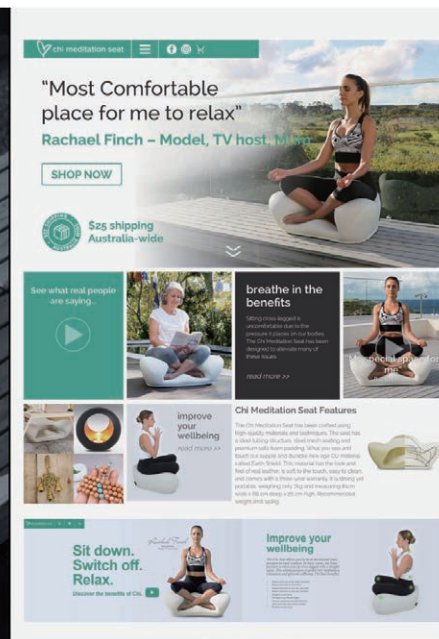


冥想座具在北美和澳洲

MEDITATION SEAT IN THE UNITED STATES & AUSTRALIA

当这些承载着东方智慧的冥想座具首次亮相于美国和澳洲时，它们迅速吸引了当地人们的目光。无论是繁华都市中的白领，还是崇尚自然生活的乡村居民，都纷纷表示出浓厚的兴趣与喜爱。通过亲身体验他们发现，尽管文化背景各异，但在寻求内心平静、缓解生活压力的需求上，东西方的人们并无二致。冥想座具以其独特的设计理念和卓越的舒适度，成为了连接东西方心灵的桥梁，让不同文化背景下的个体在冥想中找到共鸣。从市场反馈中，我们收获了诸多温暖而真挚的声音。美国用户称赞冥想座具的设计既现代又不失古朴韵味，能够完美融入各种家居环境，为日常生活增添一抹宁静的色彩。而澳洲用户则更加注重自然与健康的结合，他们认为座具选用的材质不仅视觉优雅，也让自己在冥想时仿佛置身于大自然之中，心灵得到了前所未有的释放与净化。

When these meditation devices carrying Eastern wisdom first appeared in the United States and Australia, they quickly caught the attention of local people. Both white-collar workers in bustling cities and rural residents who value natural living have expressed strong interest and love. Through personal experience, they found that despite their different cultural backgrounds, people from both the East and the West have no different needs for seeking inner peace and relieving life stress. The meditation seat, with its unique design concept and excellent comfort, has become a bridge connecting the hearts of the East and the West, allowing individuals from different cultural backgrounds to find resonance in meditation. From market feedback, we have received many warm and sincere voices. American users praise the design of meditation chairs as both modern and rustic, perfectly blending into various home environments and adding a touch of tranquility to daily life. Australian users, on the other hand, pay more attention to the combination of nature and health. They believe that the materials used for the seat are not only visually elegant, but also allow themselves to feel as if they are in nature during meditation, and their hearts are released and purified like never before.



在全球化的浪潮中，文化的交流与融合是推动社会进步的重要力量。尽管东西方在历史、语言、习俗等方面存在差异，但在对美好生活的向往、对内心世界的探索等方面是相通的。通过这样的文化交流活动，我们不仅能够促进产品的国际化，更能增进不同国家与地区人民之间的理解和友谊，共同构建一个更加和谐包容的世界。

In the wave of globalization, cultural exchange and integration are important forces driving social progress. Although there are differences in history, language, customs, and other aspects between the East and the West, they share similarities in their aspirations for a better life and exploration of their inner world. Through such cultural exchange activities, we can not only promote the internationalization of our products, but also enhance understanding and friendship among people from different countries and regions, and jointly build a more harmonious and inclusive world.

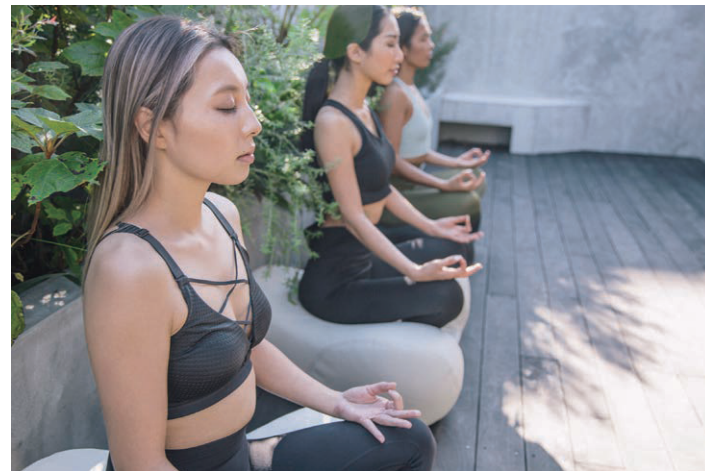


冥想座具在日本

MEDITATION SEAT IN JAPAN

在禅坊靖宁的一隅，静谧与深邃交织成一幅幅心灵的画卷，而心冥想座具，便是这幅画中最细腻的笔触，轻轻勾勒出人与自我、与自然和谐共生的微妙境界。这里，不仅是一个修行的场所，更是一片灵魂的避风港，让每一位踏入其间的旅人，都能找到心灵的归宿。走进禅坊靖宁，仿佛穿越了尘世的喧嚣，来到了一个被时间遗忘的角落。空气中弥漫着淡淡的檀香，与四周古木参天的静谧相得益彰，每一次呼吸都变得异常清晰而深远。在这片被自然与宁静环抱的空间里，心冥想座具静静地等待着有缘人的到来，它们不仅仅是简单的家具，而是通往内心世界的桥梁，是连接物质与精神世界的媒介。

In a tranquil corner of the Zen temple, tranquility and profundity intertwine into a series of paintings of the soul, and the meditation seat of the heart is the most delicate brushstroke in this painting, gently outlining the subtle realm of harmonious coexistence between humans and themselves, and with nature. This is not only a place for spiritual practice, but also a haven for the soul, allowing every traveler who steps into it to find their spiritual home. Entering the Zen temple of Jingning, it feels like crossing through the hustle and bustle of the world and arriving at a corner forgotten by time. The air was filled with a faint scent of sandalwood, complementing the tranquility of the towering ancient trees around. Every breath became exceptionally clear and profound. In this space surrounded by nature and tranquility, the meditation seat quietly waits for the arrival of the destined person. They are not just simple furniture, but a bridge to the inner world, a medium connecting the material and spiritual worlds.



当修行者重新睁开眼，望向窗外那片绿意盎然的景致时，眼中已多了几分从容与淡然。他们知道，无论外界如何变迁，只要心中有光，便能照亮前行的道路，找到属于自己的那份宁静与自由。心冥想座具，在靖宁禅坊落默默守候，见证着无数灵魂的觉醒与蜕变。它们不仅仅是物质的存在，更是精神的寄托，是连接过去与未来、内在与外在的桥梁。在这里，每一次的静坐与冥想，都是对生命最深刻的体悟，是对自我最真诚的对话。而这一切，都始于那片被心冥想座具温柔包裹的静谧时光。

When the cultivator opened their eyes again and looked out at the lush green scenery outside the window, their eyes already had a hint of calmness and composure. They know that no matter how the outside world changes, as long as there is light in their hearts, they can illuminate the path ahead and find their own peace and freedom. The Heart Meditation Seat silently waits at Jingning Zen Workshop, witnessing the awakening and transformation of countless souls. They are not only material existences, but also spiritual sustenance, serving as bridges connecting the past and future, inner and outer. Here, every sitting and meditation is the most profound realization of life and the most sincere dialogue with oneself. And all of this began with the peaceful time enveloped by the gentle meditation seat.



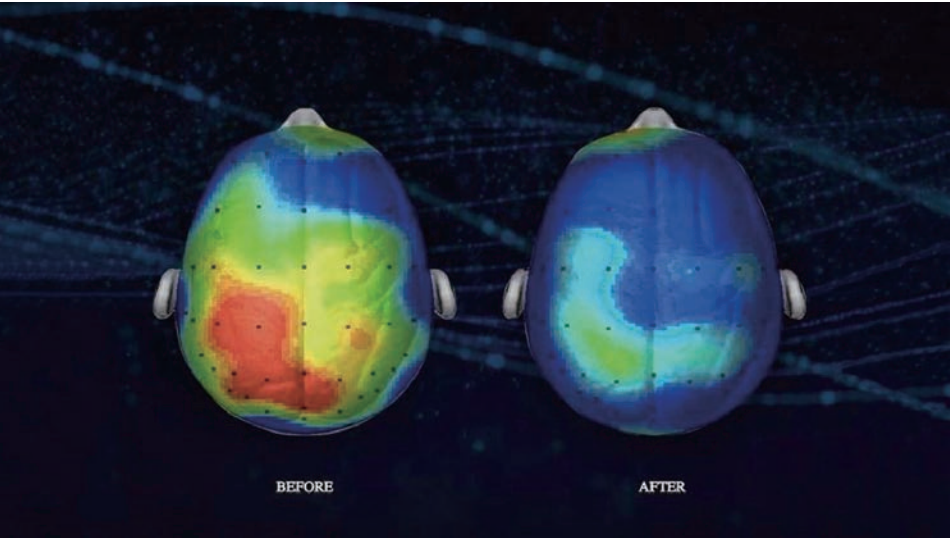


盘腿是一种古老的坐姿,古人借以打坐冥想。这样一种坐姿的好处在于能将身体团成一个有机的整体,更便于精力集中。现代人虽仍有盘腿坐的习惯,却缺少一种合适的座具。冥想座具是全球第一张真正意义上辅助冥想的人体工学盘腿座具,在做了大量的人体工学实验后,最终形成了独特的造型曲面与比例关系,是一款极富体验感的创新健康产品。经过15年以上的研发打磨,心冥想座具已从最初的经典款发展到不同形态功能的家族系列。并进一步研究基于人体健康姿势的相关家居产品,帮助形成身体复健、身心调节的精微能量作用,守护当代人的生命根基。

Cross legged sitting is an ancient sitting posture used by ancient people for meditation. The advantage of this sitting posture is that it can reunite the body into an organic whole, making it easier to concentrate. Although modern people still have the habit of sitting cross legged, they lack a suitable seat. The meditation seat is the world's first ergonomic cross legged seat that truly assists meditation. After conducting a large number of ergonomic experiments, it has finally formed a unique shape and proportion relationship, making it an innovative and highly experiential health product. After more than 15 years of research and development, the Heart Meditation Seat has evolved from a classic model to a family series with different forms and functions. And further research related home products based on human health posture, helping to form a subtle energy effect for body rehabilitation and physical and mental regulation, and safeguarding the foundation of contemporary people's lives.

冥想与大脑

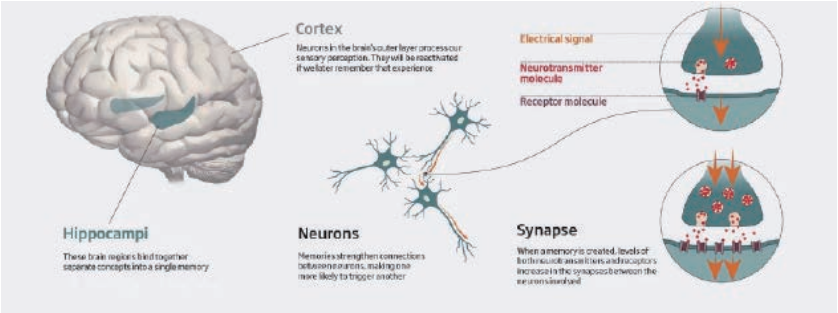
MEDITATION & BRAIN



冥想10分钟前后大脑的变化

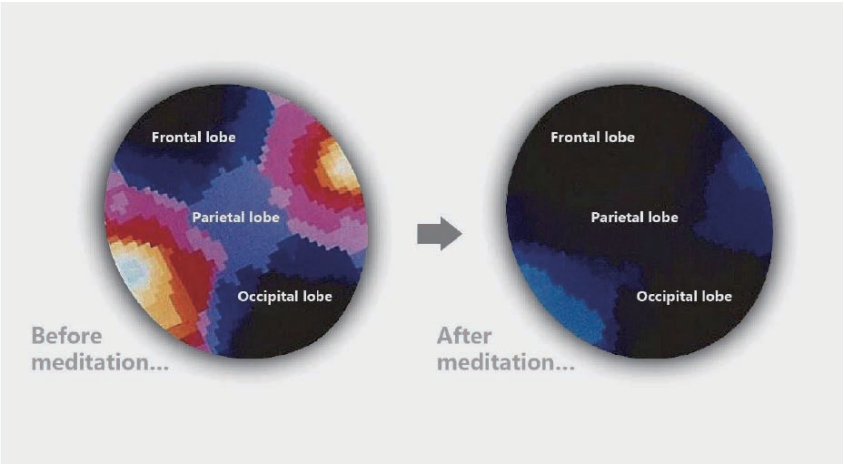
早期的研究集中在神经科学, 科研发现冥想不但可以降低个体的焦虑水平、释放个体的压力, 同时还能有效改善个体的抑郁症状。近年来, 冥想的研究逐步从缓解心理障碍病人的症状, 转型探究其产生的积极效应。一些国家通过生理医学的研究, 推行这种古老的身心治疗方法——冥想。研究显示, 冥想可以提高海马体灰质的含量, 降低杏仁核对外部情绪刺激的反应。海马体是大脑中一个对学习、记忆、情绪调节、洞察力均十分重要的区域。杏仁核掌管人类的情绪, 是产生诸如“焦虑、恐惧、愤怒”心理的来源。上图为冥想前后大脑的热成像图, 用以反映大脑思维的功耗状态。

Early research focused on neuroscience, where it was found that meditation not only reduces an individual's anxiety levels and relieves stress, but also effectively improves their depressive symptoms. In recent years, research on meditation has gradually shifted from alleviating symptoms in patients with psychological disorders to exploring its positive effects. Some countries promote this ancient method of mind body therapy - meditation - through research in physiology and medicine. Research has shown that meditation can increase the gray matter content in the hippocampus and reduce the amygdala's response to external emotional stimuli. The hippocampus is an important area in the brain for learning, memory, emotional regulation, and insight. The amygdala controls human emotions and is the source of psychological states such as anxiety, fear, and anger. The above image is a thermal imaging of the brain before and after meditation, used to reflect the power consumption state of the brain's thinking.



疫情后是否无法集中注意力, 记忆力下降?
哈佛医学院一篇关于新冠“脑雾”的研究文章指出: COVID-19会对大脑产生直接的影响, 对记忆力和思维造成干扰。“脑雾”的核心症状包括: 失神健忘、反应迟钝、倦怠等, 给我们的工作、生活以及与人相处带来的极大的负面影响, 哈佛医学院的研究证明, 冥想可很好地改善新冠带来的“脑雾”现象。有提升大脑机能、增强注意力和释放压力等功效。

After the COVID-19 epidemic, is it impossible to concentrate and memory decline?
A research article on COVID-19's "brain fog" from Harvard Medical School pointed out that COVID-19 will have a direct impact on the brain, interfering with memory and thinking. The core symptoms of "brain fog" include: absenteeism, forgetfulness, slow reaction, burnout, etc., which has a great negative impact on our work, life and interpersonal relationships. Research from Harvard Medical School has proved that meditation can well improve the "brain fog" phenomenon caused by COVID-19. It has the effects of improving brain function, enhancing attention, and releasing stress.



关于坐姿

ABOUT SITTING

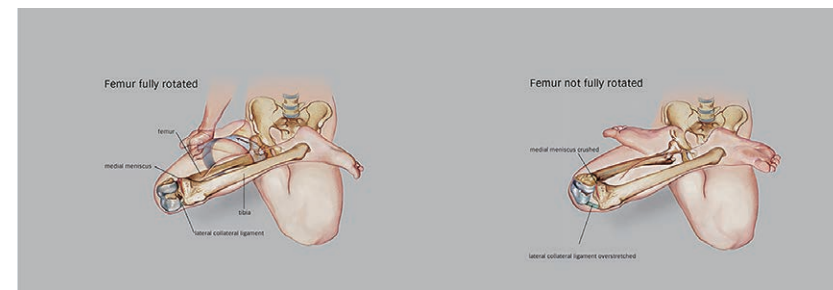


盘腿是一种古老的坐姿，中国古人称为“居”，即所谓尊者的坐姿，乃双腿盘绕而坐。这样一种坐姿的好处在于能将身体团圉成一个有机整体，且身体的血液集中于人体上半身，使得脏腑与脑部供血充足，便于集中精力，古人常借这种姿势以打坐冥想，思考自然万物存在与关联的哲理。现代人虽仍有盘腿坐的习惯，却缺少一种用于此行为的坐具。希望借由这种坐具的引导，带来我们对东方生活方式的再思考。从坐姿演变的历史看，东西方大致经历了从席地而坐臀部逐渐抬高的转变。

Cross legged sitting is an ancient sitting posture, known as "ju" in ancient China, which refers to the sitting posture of the venerable, where the legs are wrapped around each other. The advantage of this sitting posture is that it can reunite the body into an organic whole, and the blood of the body is concentrated in the upper body of the human body, which provides sufficient blood supply to the organs and brain, making it easier to concentrate. Ancient people often used this posture to meditate and contemplate the philosophy of the existence and connection of all things in nature. Although modern people still have the habit of sitting cross legged, they lack a seating device for this behavior. I hope that through the guidance of this seating arrangement, we can rethink the Eastern way of life. From the history of sitting posture evolution, the East and West have roughly undergone a transition from sitting on the ground to gradually raising the hips.

盘腿坐姿有很多种，包括双盘、单盘、散盘、交脚盘坐等姿势。传统的双盘坐姿对于初学者来说是比较困难的，它不仅考验着身体的柔韧性平衡感，更可能在久坐过程中导致膝盖韧带的不适与半月板的潜在损伤。单盘坐姿降低了对人体柔韧性的要求，但会使全身的重量压迫在下腿部和上脚踝。长时间盘坐依然会感到双脚麻木与腿部肌肉酸胀。散盘，或称自然坐，这种姿势比较灵活，没有固定的腿部及脚部的摆放要求，然而，即便是在散盘坐姿下，如没有某种器物的承托，腿部压力依然存在，久坐下半身的不适感并未有效解决。

There are many types of cross legged sitting postures, including double legged, single legged, loose legged, and cross legged sitting. The traditional double disc sitting posture is quite difficult for beginners, as it not only tests the flexibility and balance of the body, but also may cause discomfort to the knee ligaments and potential damage to the meniscus during prolonged sitting. The single sitting posture reduces the requirement for human flexibility, but it can cause the weight of the whole body to be compressed on the lower legs and upper ankles. Sitting cross legged for a long time can still cause numbness in the feet and soreness in the leg muscles. Loose sitting, also known as natural sitting, is a flexible posture without fixed requirements for leg and foot placement. However, even in a loose sitting position, without the support of some object, leg pressure still exists, and the discomfort of sitting for a long time in the lower body has not been effectively solved.



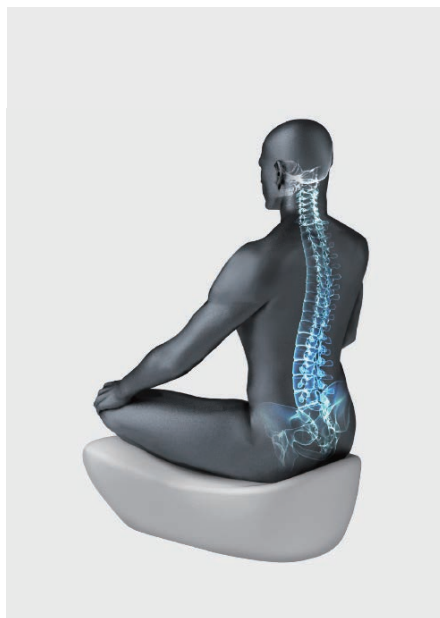
脊柱中正

SPINE UPRIGHT



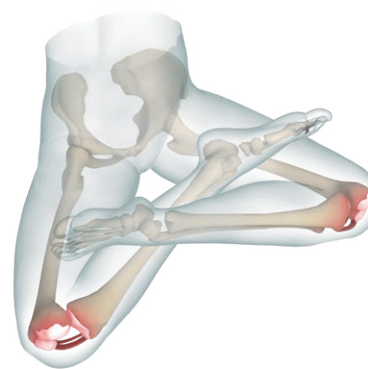
著名学者南怀瑾先生曾论述脊柱中正对冥想练习的重要性,认为脊柱弯曲练习再久也是徒劳。初学冥想者无法长时间盘腿冥想的真正原因是普通盘腿没有下半身的有效支撑,致使腰背酸痛脊椎弯曲。冥想座具整体采用有机形体设计,双脚可自然插入下方凹陷,并由上部形成对两膝的承托。座面末端微微上翘,贴合人体尾椎曲线,形成前倾的推力,从而有效保持背部脊柱的S型生理曲线。

Famous scholar Mr. Nan Huaijin once discussed the importance of meditation practice in the spine, believing that practicing spinal curvature for a long time is futile. The real reason why novice meditators cannot meditate cross legged for a long time is that ordinary cross legged meditation lacks effective support from the lower body, resulting in back pain and spinal curvature. The meditation seat is designed with an organic form, allowing the feet to naturally insert into the lower recess and form support for the knees from the upper part. The end of the seat slightly tilts upwards, fitting the curve of the human coccyx, forming a forward leaning thrust, effectively maintaining the S-shaped physiological curve of the back spine.



传统双盘坐姿,要求两腿交叉叠放,脚踝置于对侧大腿上,形成闭合循环,对膝盖和髋关节有比较高的要求。盘坐者双盘时会出现不同程度的膝盖疼痛和韧带劳损,长期双盘更可能造成半月板的磨损。因此,现代人应尊重身体的自然状态,避免强迫性练习。使用冥想座具能够有效分散身体重量,减轻膝盖、大腿和脚踝的压力。在使脊柱保持自然挺直的同时为双腿提供额外的支撑,减少腿部麻木和膝盖损伤,让久坐状态下腿部处于放松状态,从而延长盘坐时间。

The traditional double disc sitting posture requires the legs to be crossed and stacked, with the ankles placed on the opposite thigh to form a closed loop, and has relatively high requirements for the knees and hip joints. People sitting in a double disc position may experience varying degrees of knee pain and ligament strain, and long-term double discs are more likely to cause wear and tear on the meniscus. Therefore, modern people should respect the natural state of the body and avoid compulsive exercises. Using meditation chairs can effectively distribute body weight and reduce pressure on knees, thighs, and ankles. While keeping the spine naturally straight, it provides additional support for the legs, reducing leg numbness and knee injuries, allowing the legs to relax during prolonged sitting, thereby extending the sitting time.



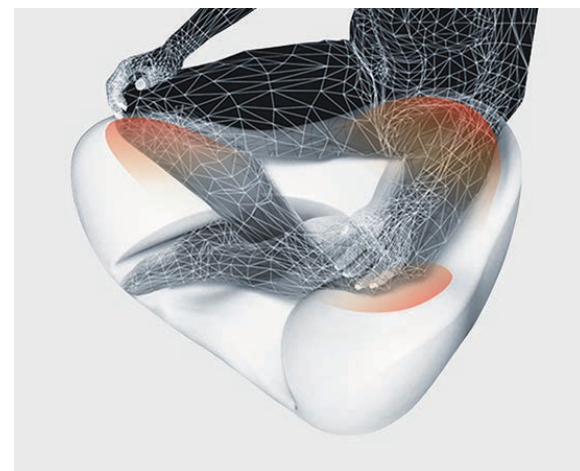
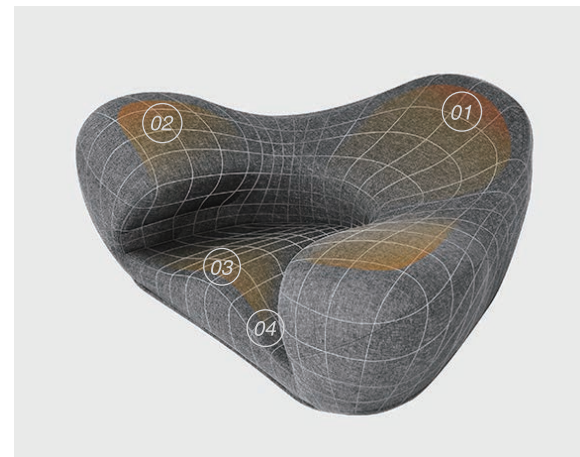
普通双盘坐姿



冥想坐具坐姿

缓解腿酸脚麻

RELIEVE LEG SORENESS AND NUMBNESS



依托人体有效曲面分析

- 01 臀部:座面呈弧度,末端突起支撑尾椎,使脊椎自然直立。
- 02 膝盖:膝盖处凸起部分支撑双膝,以避免双脚的压迫。
- 03 脚踝:该部分突起依托交叉脚踝,形成脚面的正确角度。
- 04 脚部:舒适放置脚部,凹陷处有足够的空间适合各种身形。

Based on the analysis of the effective surface of the human body

- 01 Hips: The seating surface is curved, with a protrusion at the end supporting the coccyx, allowing the spine to naturally stand upright.
- 02 Knee: The raised part at the knee supports both knees to avoid pressure from both feet.
- 03 Ankle: This protrusion relies on the crossed ankle to form the correct angle of the foot surface.
- 04 Feet: Comfortable placement of feet, with enough space in the concave area to fit various body shapes.

● 冥想座具·经典款
CLASSIC

● 冥想座具·跪坐款
MIGALOO

● 冥想座具·便携款
LITTLE PATIENCE

● 冥想座具·企鹅
PENGUIN

● 冥想座具·靠背款
BACKREST

● 冥想座具·布朗尼
BROWIN

● 冥想座具·折叠款
FOLDING

● 冥想座具·石系列
STONE

● 冥想座具·蝶椅
BUTTERFLY

冥想座具·经典款

MEDITATION SEAT · CLASSIC



德国红点设计奖
RED DOT DESIGN AWARD



意大利A设计铂金奖
A' DESIGN AWARD



成功设计奖
SUCCESSFUL DESIGN AWARD



欧洲产品设计大奖
EUROPEAN PRODUCT DESIGN AWARD



德国iF设计奖
iF DESIGN AWARD



亚洲最具影响力设计银奖
DFA DESIGN FOR ASIA AWARD



中国好设计金奖
CHINA GOOD DESIGN AWARD

这是冥想座具新中式家居风格的搭配方式。中国人的家居设计本应具有与其生活文化相匹配的哲学理念。健康、科学、智慧、安静是东方生活样态的准确诠释。通过加入这样一件具有未来感的家具，我们将中式生活带入了全新的时代，一个科学体察内在能量世界的时代。

This is the pairing method of the meditation seat with the new Chinese home style. Chinese home design should have a philosophy that matches their life culture. Health, science, wisdom, and tranquility are accurate interpretations of the Eastern way of life. By adding such a futuristic piece of furniture, we have brought Chinese lifestyle into a new era, an era of scientific observation of the inner energy world.



经典款·荷兰绒款

MEDITATION SEAT · CLASSIC

BRAND
PRODUCT

TOP 1



CLASSIC | 荷兰绒·鹅黄
SIZE 83cm * 63cm * 28cm / 7.5kg



CLASSIC | 荷兰绒·香槟
SIZE 83cm * 63cm * 28cm / 7.5kg



CLASSIC | 荷兰绒·橄榄绿
SIZE 83cm * 63cm * 28cm / 7.5kg



CLASSIC | 荷兰绒·星空灰
SIZE 83cm * 63cm * 28cm / 7.5kg



经典款·布艺深灰

CLASSIC · DARK GREY CLOTH

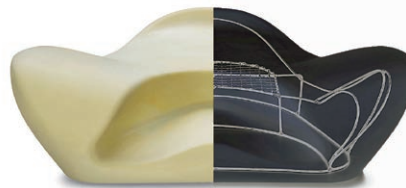


CLASSIC | 深灰·布艺
SIZE 83cm * 63cm * 28cm / 7.5kg

深灰色的布艺面料, 不仅色彩上给人以沉稳之感, 更在功能性上实现了透气与舒适的双重提升。

The dark gray fabric not only gives a sense of stability in color, but also achieves a dual enhancement of breathability and comfort in functionality.

BRAND
PRODUCT



缺乏骨架的软垫座具, 在长期使用后往往会出现变形与塌陷的问题, 这不仅影响冥想体验, 还可能对脊椎健康造成不利影响。心冥想品牌座具创新性地采用金属骨架作为内部支撑结构, 其高强度与耐久性确保了即便长时间使用也能维持整体不变形。骨架外部使用定型防火海绵, 不同位置的海绵厚度使得坐感拥有最为舒适的人机体验。独特的结构和优良的产品品质有效延长了座具使用寿命, 让每一次冥想都成为一次安心的旅程。

Soft cushions without a skeleton often experience deformation and collapse after long-term use, which not only affects the meditation experience but may also have adverse effects on spinal health. The Heart Meditation brand seat innovatively uses a metal frame as the internal support structure, which ensures high strength and durability to maintain the overall shape without deformation even after long-term use. The exterior of the skeleton is made of standardized fireproof sponge, and the thickness of the sponge at different positions provides the most comfortable human-machine experience for sitting. The unique structure and excellent product quality effectively extend the service life of the seat, making every meditation a peaceful journey.

荷兰绒是心冥想精心挑选的一款面料, 它希望传达出侘寂的生活美学。“侘寂”, 即在质朴与残缺中发现美。冥想座具选用的四款荷兰绒面料, 正是这一理念的生动诠释。面料质地细腻, 触感温润, 色彩以星空灰、鹅黄、橄榄绿、香槟为搭配系列, 仿佛能够与肌肤进行一场无声的对话, 让心灵得以安放。

Dutch velvet is a carefully selected fabric for meditation, aiming to convey the aesthetic of Wabi Sabi's lifestyle. Wabi sabi "means discovering beauty in simplicity and imperfection. The four Dutch velvet fabrics used for the meditation seat are a vivid interpretation of this concept. The fabric texture is delicate, the touch is warm, and the color series is matched with starry gray, goose yellow, olive green, and champagne, as if it can have a silent dialogue with the skin, allowing the soul to rest.



经典款·个性面料

CLASSIC · PERSONALIZED FABRIC

经典款·个性面料是冥想座具的特色系列款式,它在经典款的基础上加入特色面料定制,尺寸造型与经典款保持一致。面料搭配具有更多的选择性,对于追求个性化与高品质生活的冥想爱好者而言,个性款面料定制服务满足了其追求个性的需求。个性款面料凝结了设计师寻找的心力,其数量的不确定性成为心冥想品牌与众不同的追求。

Classic · Personalized fabric is a characteristic series of meditation seat accessories, which adds customized special fabrics on the basis of the classic style, and maintains the same size and shape as the classic style. Fabric matching has more choices, and for meditation enthusiasts who pursue personalized and high-quality life, personalized fabric customization services meet their demand for individuality. Personalized fabrics embody the designer's search efforts, and the uncertainty of their quantity has become a unique pursuit for the Heart Meditation brand.



经典款·真皮款

MEDITATION SEAT · CLASSIC



CLASSIC | 真皮·黄
SIZE 83cm * 63cm * 28cm / 7.5kg



CLASSIC | 真皮·白
SIZE 83cm * 63cm * 28cm / 7.5kg



CLASSIC | 真皮·粉
SIZE 83cm * 63cm * 28cm / 7.5kg

这是一组经典款的真皮系列, 选用高端真皮作为面料, 是这款冥想座具奢华品质的直接体现。NAPA真皮与高端磨砂皮具有细腻的触感、优良的透气性和耐用性等特点, 经过特殊工艺处理, 不仅保留了皮革的天然纹理与光泽, 更赋予了其柔软而富有弹性的坐感。

This is a classic leather series, using high-end leather as the fabric, which directly reflects the luxurious quality of this meditation seat. NAPA leather and high-end frosted leather have delicate touch, excellent breathability, and durability. After special processing, they not only retain the natural texture and luster of the leather, but also give it a soft and elastic sitting feeling.



心冥想承诺使用100%真皮手工制作
Shine Meditation promises to use 100% genuine leather handmade production

冥想座具·小忍

MEDITATION SEAT · LITTLE PATINCE

“心中有山水，小忍复前行”，这是心冥想座具系列新一代便携款产品--心冥想座具便携款·小忍，它的特点是相比经典款尺寸更小重量更轻，更加轻便容易携带，适合携带出门，并搭配有专属的座具背包。它的特殊加固结构使得它在轻便易携带的同时也能久坐不塌，舒适盘坐。心灵感悟往往源自于对世界的深刻观察和内心的深度思考，带上它，来一场说走就走的旅程。

With mountains and waters in your heart, Xiaoren moves forward again. "This is the new generation of portable products in the Heart Meditation Seat series - Heart Meditation Seat Portable · Xiaoren. Its characteristics are smaller in size, lighter in weight, and easier to carry compared to the classic model. It is suitable for carrying out and comes with a dedicated seat backpack. Its special reinforced structure allows it to be lightweight and easy to carry, while also being able to sit comfortably for extended periods without collapsing. Spiritual insights often stem from profound observations of the world and deep inner thoughts. With it, embark on a journey that can be said and done.



中国设计制造大奖
DESIGN INTELLIGENCE AWARD



BRAND
PRODUCT

如果您的使用场景不局限在室内家中，有携带出门的需求，那么便携款小忍将会是您的最优选择。它的便携性，让灵感的捕捉不再受限于固定的环境。想象一下，在一个阳光明媚的午后，你带着小忍来到城市的一隅绿地，或是远离尘嚣的山间小溪旁，只需打开背包，把它放在地上，便能立即拥有一个专属于你的冥想小天地。

If your usage scenario is not limited to indoor homes and you have a need to carry it out, then the portable Xiaoren will be your best choice. Its portability allows the capture of inspiration to no longer be limited to fixed environments. Imagine on a sunny afternoon, you bring Xiao Ren to a corner of the city's green space or a mountain stream far away from the hustle and bustle. Just open your backpack and place it on the ground, and you will immediately have a meditation world that belongs exclusively to you.



LITTLE PATIENCE | 真皮·白
SIZE 62cm * 60cm * 22cm / 3.5kg



LITTLE PATIENCE | 网纹布·黑
SIZE 62cm * 60cm * 22cm / 3.5kg



LITTLE PATIENCE | 网纹布·西蒙
SIZE 62cm * 60cm * 22cm / 3.5kg

小忍·莫兰迪系列

MEDITATION SEAT · LITTLE PATIENCE



便携款小忍“莫兰迪”系列的设计灵感源自侘寂意境色彩, 其采用精选的磨砂布, 色彩淡雅, 线条流畅, 色彩以天青、卡其、桃红、姜黄为系列搭配, 让人在触碰之间便能感受到侘寂的清新与宁静。“莫兰迪”系列不仅色彩更加细腻丰富, 也更加和室内的空间风格色调契合, 产生了一种与自然和谐共生的感觉。这种设计哲学, 正是对“心中有山水”理念的完美诠释。

The design inspiration for the portable "Morandi" series comes from the Wabi Sabi mood color. It uses carefully selected frosted cloth, with elegant colors and smooth lines. The colors are matched with sky blue, khaki, peach red, and turmeric, allowing people to feel the freshness and tranquility of Wabi Sabi at the touch. The "Morandi" series not only has more delicate and rich colors, but also matches the color tone of the indoor space, creating a sense of harmonious coexistence with nature. This design philosophy is a perfect interpretation of the concept of "mountains and waters in the heart".



LITTLE PATIENCE | 磨砂布·灰青
SIZE 62cm * 60cm * 22cm / 3.5kg



LITTLE PATIENCE | 磨砂布·卡其
SIZE 62cm * 60cm * 22cm / 3.5kg



LITTLE PATIENCE | 磨砂布·桃红
SIZE 62cm * 60cm * 22cm / 3.5kg



LITTLE PATIENCE | 磨砂布·姜黄
SIZE 62cm * 60cm * 22cm / 3.5kg

靠背款·石

BACKREST · STONE



纽约产品设计大奖
NY PRODUCT DESIGN AWARD



法国双面神国际设计大奖
GPDP AWARD



米兰设计奖
MILAN DESIGN AWARD

靠背款·石所获奖项

01 纽约产品设计奖银奖

02 法国双面神奖

03 米兰设计奖

Backrest · Stone Awarded

01 New York Product Design Award Silver Award

02 French Double faced God Award

03 Milan Design Award

BRAND PRODUCT

为了照顾到腰背有疾,无法长期久坐的客人,心冥想以石系列的风格基础上设计了新款的带有靠背功能的冥想座具·靠背款,它可以给使用者强力的腰背依靠,并分担腰部的压力,轻松延长久坐的时间。该款产品在2023年上线,现以延申出多款面料风格,成为心冥想品牌的又一主推款式。

In order to take care of customers with lower back problems who cannot sit for long periods of time, Heart Meditation has designed a new meditation seat with a backrest function based on the style of the stone series. The backrest type can provide users with strong support for their lower back and share the pressure on their lower back, easily extending their sitting time. This product will be launched in 2023 and has now expanded to include multiple fabric styles, becoming another major promotion of the Heart Meditation brand.



靠背款·石

BACKREST · STONE



心冥想座具靠背款是系列产品中比较畅销的款式，内侧R角的靠背设计，贴合人体工学的曲面，给予使用者更加持久的腰背支撑，让腰背轻松省力，更加适合腰背不适的人群使用，造型和面料有着丰富的表情与生命力，荷兰绒面料的侘寂感肌理使它成为一张带有呼吸感的座具。

Shine Meditation Seat Backrest is a popular style in the series, with an inner R-corner backrest design that conforms to ergonomic curves, providing users with more lasting support for their lower back, making it easier and more suitable for people with lower back discomfort. The design and fabric have rich expressions and vitality, and the wabi sabi texture of Dutch velvet fabric makes it a seat with a breathing sensation.



BACKREST | 荷兰绒·星空灰
SIZE 72cm * 75cm * 48cm / 7.5kg



靠背款·真皮款

BACKREST · LEATHER STYLE



BACKREST | 磨砂真皮·驼黄
SIZE 72cm * 75cm * 48cm / 7.5kg

100%
真皮
Leather



靠背款·真皮款使用精选的高端磨砂皮面料, 表面呈现出柔和而细腻的磨砂质感。这种处理不仅保留了皮革的天然纹理与耐坐性, 更赋予了其独特的视觉与触觉享受。相比传统光面皮革, 磨砂皮手感更加顺滑亲肤, 在光线下更显低调奢华, 色彩浑厚而不张扬, 能与各种高端家居风格完美融合, 营造出既现代又不失温馨的氛围。

Backrest · Genuine leather version are made of selected high-end frosted leather fabric, presenting a soft and delicate frosted texture on the surface. This treatment not only preserves the natural texture and durability of the leather, but also endows it with unique visual and tactile enjoyment. Compared to traditional smooth leather, frosted leather has a smoother and more skin friendly feel, appearing low-key and luxurious in light. The colors are rich but not flashy, and can perfectly blend with various high-end home styles, creating a modern yet warm atmosphere.



冥想座具·折叠款

MEDITATION SEAT · FOLDING

BRAND
PRODUCT



FOLDING | 意大利面料·千鸟格
SIZE 80cm * 57cm * 31cm / 10kg

心冥想座具折叠款是一款可以满足多种盘坐姿势的款式,它内含特色设计的转动结构,使用者可以把三边翻开变成一个可以双盘的座具,满足双盘的需求,同时也可以将三边折起来调整为标准的冥想座具坐姿,两种姿势切换均符合人体工学的特点让它上线时间不久已经深受双盘爱好者的好评。

The Heart Meditation Seat Folding is a style that can meet multiple sitting positions. Its unique rotating structure allows users to flip three sides into a double disc seat, meeting the needs of double discs. At the same time, the three sides can also be folded up to adjust to the standard sitting position of the meditation seat. The ergonomic switching between the two positions has made it highly praised by double disc enthusiasts since its launch not long ago.



瑞典sit家具设计大奖
SIT FURNITURE DESIGN AWARD



冥想座具·蝶椅

MEDITATION SEAT · BUTTERFLY



BRAND PRODUCT

心冥想座具蝶椅是一款尺寸较小重量较轻的款式, 其独特的设计理念, 打破了传统座具的沉重与不便, 将一份轻盈与自由, 巧妙地融入了现代人的生活之中。它的特点是可以无需脱鞋就可以进入盘腿冥想状态, 轻装简行, 心向远方, 无论走到哪里, 在什么场景下, 都能随时随地坐下来, 找到一片属于自己的宁静之地。

Shine Meditation Butterfly Chair is a small-sized and lightweight design that breaks the heaviness and inconvenience of traditional chairs, cleverly integrating a sense of lightness and freedom into modern life. Its characteristic is that it can enter a cross legged meditation state without taking off shoes, with light clothing and simple walking, and a heart towards the distance. No matter where you go or what scene you are in, you can sit down anytime and anywhere and find a peaceful place of your own.



BUTTERFLY | 磨砂布·粉紫
SIZE 58cm * 57cm * 38cm / 4.5kg



BUTTERFLY | 磨砂布·莓红
SIZE 58cm * 57cm * 38cm / 4.5kg

冥想座具·蝶椅

MEDITATION SEAT · BUTTERFLY



BUTTERFLY | 磨砂皮 & NAPA真皮
SIZE 58cm * 57cm * 38cm / 4.5kg

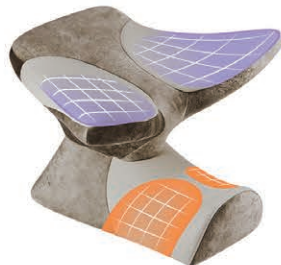


BUTTERFLY | 荷兰绒 & NAPA真皮
SIZE 58cm * 57cm * 38cm / 4.5kg



NAPA真皮的双拼面料让蝶椅质感更加低调奢华,在视觉上营造出层次丰富、和谐统一的美感,在细节上展现了非凡的匠心。从缝线的精细程度到拼接的严丝合缝,每一处都透露出设计者的精湛技艺与对完美的不懈追求。

The double layered fabric of NAPA leather makes the butterfly chair feel more understated and luxurious, creating a visually rich, harmonious and unified beauty, and showcasing extraordinary craftsmanship in details. From the precision of the stitching to the seamless stitching, every detail reveals the designer's exquisite craftsmanship and relentless pursuit of perfection.



冥想座具·米伽罗

MEDITATION SEAT · MIGALOO

BRAND
PRODUCT



IDPA 日本先锋设计大奖
JAPAN IDPA AWARD AWARD

跪坐款·米伽罗是一款基于传统跪坐姿势研究的系列产品,它延续了心冥想品牌产品结构,内含三维金属骨架和定型海绵,保证了产品的承重性和牢固性,精选耐磨耐坐的面料,并且全程手工缝制,拒绝使用胶水粘合更加环保健康,使用寿命长。

Kneeling and Sitting Style · Migaloo is a series of products based on traditional kneeling posture research. It continues the product structure of the Heart Meditation brand, including a three-dimensional metal skeleton and shaping sponge, ensuring the product's load-bearing and firmness. The selected wear-resistant and sitting resistant fabric is hand sewn throughout the process, refusing to use glue for bonding, which is more environmentally friendly and healthy, and has a long service life.



MIGALOO | 卡其磨砂布
SIZE 50cm * 64cm * 38cm / 6.5kg



MIGALOO | 真皮·白
SIZE 50cm * 64cm * 38cm / 6.5kg

100%
真皮
Leather



MIGALOO | 深灰磨砂布
SIZE 50cm * 64cm * 38cm / 6.5kg

冥想座具·米伽罗

MEDITATION SEAT · MIGALOO

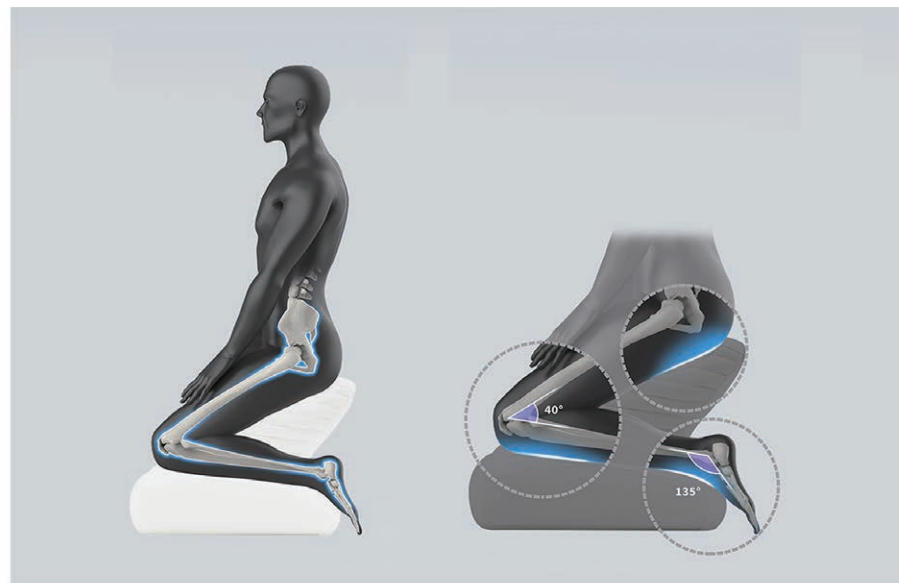
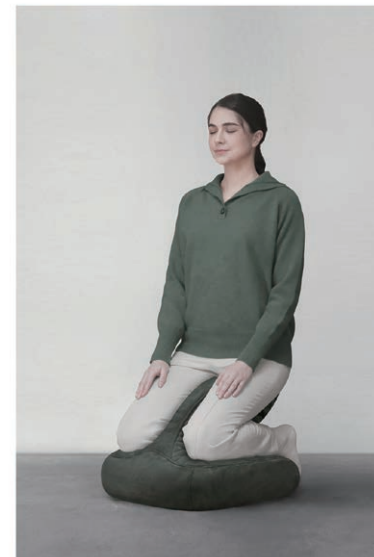


NAPA真皮白色款的皮料都经过精心挑选, 确保纹理自然、触感温润, 如同晨曦中轻抚过脸颊的第一缕微风, 既温柔又充满力量。这种皮革不仅拥有卓越的耐用性, 更在时间的洗礼下, 逐渐展现出独特的岁月痕迹, 每一次坐卧之间, 都是与时间的温柔对话, 让家具不仅仅是物品, 更成为了陪伴成长的伙伴。

The leather of the NAPA genuine leather white version has been carefully selected to ensure natural texture and a warm touch, like the first gentle breeze caressing the cheeks in the morning sun, both gentle and powerful. This leather not only has excellent durability, but also gradually shows unique traces of time under the baptism of time. Every sitting and lying is a gentle dialogue with time, making furniture not only an object, but also a companion to growth.

区别于传统的木质跪凳和坐垫, 心冥想座具跪坐款通过人体工学、力学、几何学分析, 将整体造型设计为“之”字形倾斜曲面, 可以把人体的重量分散到臀部、膝盖、脚踝三处, 并提供实在的支撑, 可以有效缓解长久跪坐导致的这三处部位酸痛的问题, 贴合人体在跪坐状态的人体曲面, 让跪坐既可以坐的直也可以坐的舒服。

The leather of the NAPA genuine leather white version has been carefully selected to ensure natural texture and a warm touch, like the first gentle breeze caressing the cheeks in the morning sun, both gentle and powerful. This leather not only has excellent durability, but also gradually shows unique traces of time under the baptism of time. Every sitting and lying is a gentle dialogue with time, making furniture not only an object, but also a companion to growth.



冥想座具·企鹅

MEDITATION SEAT · PENGUIN



PENGUIN | 泰迪绒·苔藓绿
SIZE 75cm * 70cm * 26cm / 7.5kg

BRAND PRODUCT

心冥想座具企鹅款是都市行者的新装备, 荷兰绒黑色款形状和面料酷似企鹅的绒毛, 方中带圆的造型使它更具辨识度, 也更加符合人体工学, 面料手感顺滑亲肤, 绿色的泰迪绒款更是有种坐在苔藓上的感觉、撸猫般的手感。脚感柔滑松软, 坐进一刹那便有奇妙的感觉。

Shine Meditation Seat Penguin is a new equipment for urban travelers. The Dutch velvet black version has a shape and fabric that resembles the fur of a penguin, and the square with a round shape makes it more recognizable and ergonomic. The fabric feels smooth and skin friendly, and the green teddy velvet version has a feeling of sitting on moss and petting cats. The foot feels smooth and soft, and there is a wonderful feeling as soon as you sit in.



PENGUIN | 荷兰绒·黑
SIZE 75cm * 70cm * 26cm / 7.5kg



冥想座具·石系列

MEDITATION SEAT · STONE

BRAND
PRODUCT

心冥想座具石系列是继经典款之后的又一新的造型特点的座具,它形态方正,更具东方文化中正的意蕴,尺寸则是更加符合亚洲人的身形尺寸,石系列以过硬的产品质量和精密的走线使得这一款式在未来有了更多的产品拓展性,在后来的多个款式中都可以发现它的影子。

Shine Meditation Seat Stone Series is another new type of seat with distinctive styling features after the classic model. Its square shape embodies the positive connotations of Eastern culture, and its size is more in line with the body size of Asians. The stone series, with its excellent product quality and precise wiring, has given this style more product expandability in the future, and its shadow can be found in multiple styles later on.



STONE | 荷兰绒·墨绿
SIZE 60cm * 65cm * 23cm / 7.5kg



STONE | 荷兰绒·星空灰
SIZE 60cm * 65cm * 23cm / 7.5kg



冥想座具·布朗尼

MEDITATION SEAT · BROWNIE

BRAND
PRODUCT



心冥想座具布朗尼款有着比较特别的造型语言，它的造型和色彩酷似太妃糖一般丝滑平顺，圆润的造型让他更是深受女性顾客的喜爱，足部特殊设计的褶皱和填充可以给足部更柔软的包裹感，让脚感更加舒适。

Shine Meditation Seat Brownie has a unique styling language, with its shape and color resembling that of toffee, smooth and silky. Its rounded shape makes it particularly popular among female customers, and the specially designed folds and fillings on the feet provide a softer and more comfortable feeling.

BROWNIE | 仿皮·米白
SIZE 69cm * 67cm * 25cm / 7kg

BROWNIE | 仿皮·可可
SIZE 69cm * 67cm * 25cm / 7kg

BROWNIE | 仿皮·芥末
SIZE 69cm * 67cm * 25cm / 7kg

心冥想服务

SHINE MEDITATION SEVRICE

- 家具搭配
FURNITURE MATCH
- 空间应用
SPACE APPLITATION
- 心冥想小程序
MINI PROGRAM



家具搭配

FURNITURE MATCH

这是一组冥想空间内部产品的组合，通过一盏灯、一张桌子以及简单的植物给人以放松的感觉。

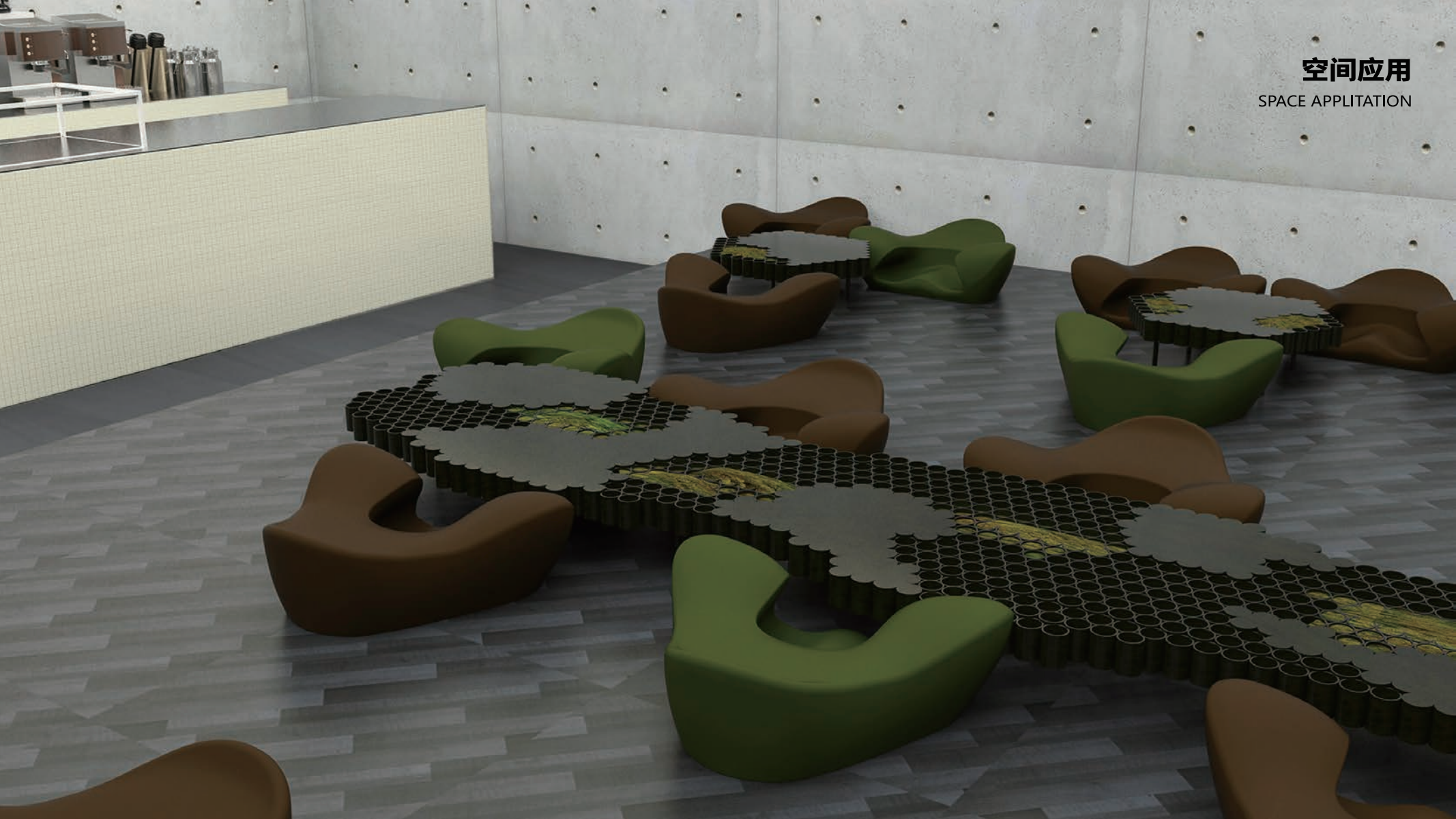
This is a combination of products inside a meditation space that provides a relaxing feeling through a lamp, a table, and simple plants.



将冥想座具从一件产品扩大到整个空间的应用是我们对体验与服务更深的思考。盘腿坐姿不光是满足冥想活动的小众需求，更应该走进大众富有体验的日常生活。在这盏灯、这张桌、这几抹绿植共同构筑的冥想空间里，时间似乎变得缓慢而悠长。真正的放松与宁静，只需一方小小的空间，一些简单的物品，以及一颗愿意静下来的心。在这里，我们可以暂时忘却尘世的烦恼，让心灵得以休憩，一盏灯、一桌一绿植，足以构筑起心灵的冥想港湾。

Expanding the application of meditation chairs from a single product to the entire space is a deeper reflection on our experience and service. Cross legged sitting posture is not only to meet the niche needs of meditation activities, but also to enter the daily life of the public with rich experience. In the meditation space constructed by this lamp, this table, and these few green plants, time seems to become slow and long. True relaxation and tranquility only require a small space, some simple items, and a heart willing to calm down. Here, we can temporarily forget the troubles of the world and allow our souls to rest. A lamp, a table, and a green plant are enough to build a meditation harbor for our souls.





这是一组茶饮空间的设计方案, 空间整体家具偏低矮, 独特设计的蜂窝状的桌子可在其中一些板块种植绿植营造, 与自然共生的氛围, 长条形的桌子与冥想座具组合搭配, 提升空间的舒适性。将冥想座具置入茶饮空间中, 感受由盘腿坐姿带来的无尽宁静。

This is a design proposal for a tea drinking space. The overall furniture in the space is low and unique, with honeycomb shaped tables that can be planted with green plants in some areas to create a symbiotic atmosphere with nature. The combination of elongated tables and meditation seats enhances the comfort of the space. Place the meditation seat into the tea drinking space and experience the endless tranquility brought by sitting cross legged.

在冥想空间的营造中, 家具搭配着至关重要的角色。一组搭配契合的家具不仅可以提升和完善空间的舒适度和功能性, 还可以提升空间的格调层次, 冥想时所需的光线更注重柔和与温馨。一束色调温暖亮度适中的光线, 不仅能够提供足够的照明, 使人的眼睛得以放松, 更能在无形中营造出一种静谧而深远的氛围。

The combination of furniture plays a crucial role in creating meditation spaces. A set of matching furniture can not only enhance and improve the comfort and functionality of the space, but also elevate the level of style in the space. The lighting required for meditation emphasizes softness and warmth. A warm and moderately bright beam of light not only provides sufficient illumination to relax the eyes, but also creates a serene and profound atmosphere invisibly.

冥想空间

MEDITATION SPACE

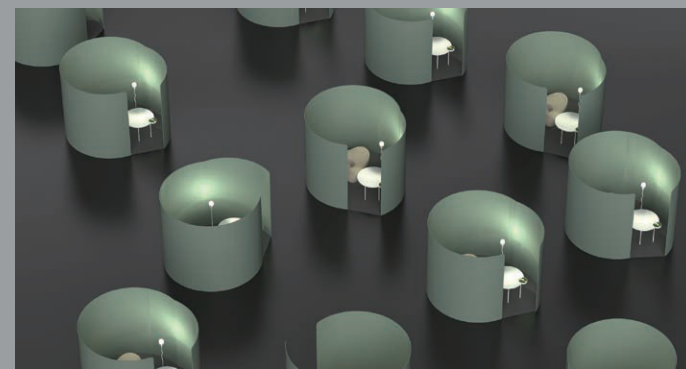


这是一组冥想空间的设计, 宽敞空旷的室内环境搭配亮度偏低的光源, 给人以安静稳定的感觉, 室内中央布置一部分自然绿植, 冥想座具围绕中央区域排布在四周, 地面可以是水磨石材质, 搭配亚麻地毯, 凸显东方文化生活氛围。

This is a design for a meditation space, with a spacious and open indoor environment paired with low brightness light sources, giving people a quiet and stable feeling. A part of natural green plants are arranged in the center of the room, and meditation seats are arranged around the central area. The ground can be made of terrazzo material, paired with linen carpets, highlighting the atmosphere of Eastern cultural life.

这是一组冥想舱的设计, 通过一些日夜帘或毛玻璃等材质, 将舱体设计成独立的半封闭空间, 舱内包括冥想座具、桌子、冥想灯等家具配置, 空间大小可供一人冥想休息, 每一位冥想者都被隔离开, 互相之间不打扰。

This is a design of a meditation cabin, which is made of materials such as day and night curtains or frosted glass to create an independent semi enclosed space. The cabin includes furniture such as meditation seats, tables, and meditation lights. The space is large enough for one person to meditate and rest, and each meditator is isolated from each other without disturbing each other.



心冥想小程序

MINI PROGRAM

Shine Meditation Relief

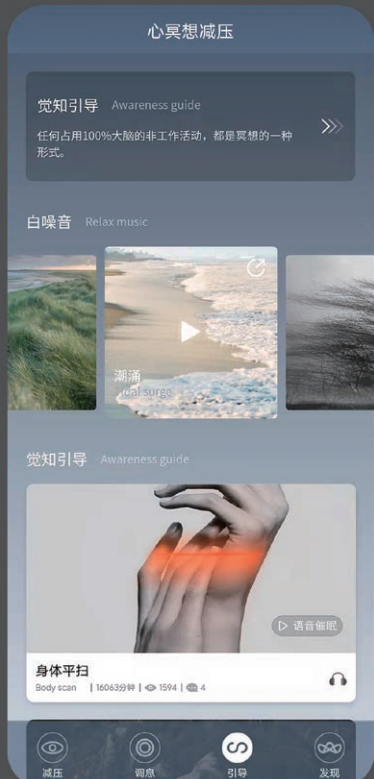
大约4年前,心冥想团队开始研发帮助人们快速达到冥想与减压的软件系统,我们从典籍搜索到图像编程再到声音录制与界面设计...最终完成了心冥想减压小程序,该小程序也获得了多项国际设计奖,希望大家能够喜欢它,并能很好地利用它,以帮助自己获得轻松愉悦的生命状态!

About 4 years ago, the Heart Meditation team began developing a software system to help people quickly achieve meditation and stress relief. We searched through classics, programmed images, recorded sound, and designed interfaces I have finally completed the Heart Meditation Stress Relief Mini Program, which has also won multiple international design awards. I hope everyone will enjoy it and make good use of it to help themselves achieve a relaxed and enjoyable state of life!



心冥想小程序

MINI PROGRAM



脑波动效

Brain wave vision

跟随流动的视觉, 缓缓释放你的脑波。

Slowly release your brain waves by following the flowing images

调息

Breathing

冥想前, 进行三分钟有序的调息练习, 可帮助减弱心跳感知, 有利于大脑快速进入冥想状态。

Before meditation, practicing three minutes of orderly breathing exercises can help reduce heart rate awareness and facilitate the brain to quickly enter a meditative state

觉知引导

Awareness guide

任何占用100%大脑的非工作状态, 都是冥想的一种形式。

Any non working state that occupies 100% of the brain is a form of meditation

探索

Discover

更多详细内容与理论来源, 链接心冥想好物与心冥想官方网站。

More detailed content and theoretical sources. Link to the Shine Meditation Shopping and the official website of Shine Meditation.

心冥想小程序

MNI PROGRAM

科学研究证明,冥想能够改变大脑结构,提高海马体灰质的含量,从而激发人类大脑未知的潜能。这也是众多杰出者诸如乔布斯、马云等人修习冥想的原因。让我们跟随冥想觉知的引导,开始发现自我的全新旅程!

Scientific research has proved that meditation can change brain structure and increase the content of gray matter in hippocampus, thus stimulating the unknown potential of human brain. This is also the reason why many outstanding people, such as jobs and Ma Yun, practice meditation. Let's follow the guidance of meditation awareness and start a new journey of self discovery!



WeChat Mini Programs
Android + IOS



通过全球范围的大量研究,我们将应用各种物件及智慧人群的行为方式帮助我们开启正确的觉知,这将是一个有趣而新奇的过程!它能够帮助我们找到人类通感,觉知智慧基因,让我们从越来越多的人类差异觉知中找到新的能量源头。该板块内容中包含适合冥想引导的慢速语音,练习者可在冥想过程中长期使用;也包含对于某些器物的行为练习,也可根据语音引导而操作。

Through a large number of studies around the world, we will use various objects and intelligent people's behavior to help us open the right awareness, which will be an interesting and novel process! It can help us to find human synaesthesia, awareness and wisdom genes, and let us find new energy sources from more and more human differential awareness. The content of this module includes slow voice suitable for meditation guidance, which can be used by practitioners for a long time in the process of meditation; and also includes the behavior practice of utensils, which can be operated according to the voice guidance.





■ 心冥想健康科技

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心冥想天猫官方店



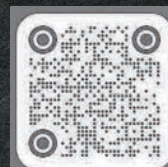
咨询 · 商务合作



心冥想减压小程序



心冥想淘宝官方店



心冥想小红书官方号