



jìng zuò

静坐

verb · sit quietly; meditate

Example Sentences

tā měi tiān jìng zuò shí fēn zhōng
他每天静坐十分钟。

He sits quietly for ten minutes every day.

jìng zuò kě yǐ bāng zhù fàng sōng xīn qíng jiǎn qīng yā lì
静坐可以帮助放松心情，减轻压力。

Sitting quietly can help relax the mind and reduce stress.

tā zài gōng yuán lǐ jìng zuò gǎn shòu qīng chén de níng jìng
他在公园里静坐，感受清晨的宁静。

He sat quietly in the park, feeling the peace of the early morning.

Trace each character, then write the word on your own.

静	静	静	静	静	静	静	静	静	静	静
静	静	静	静	静	静					
坐	坐	坐	坐	坐	坐	坐	坐	坐	坐	坐