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CREATIVE COMMONS

Unobtrusive timepiece for Yoga/Meditation

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Salubrion Enso Clock

The Salubrion Enso Clock is a digital clock/timer specially built for those who meditate or do yoga. While I know nothing about yoga, I use the clock to time my meditations twice a day in my home office. Conventional stopwatches and alarms just don't cut it. They let out a loud beeping noise that startles me out of my meditative state (or I end up worrying about when they'll beep). On the contrary, the Enso uses soothing chimes that sound like actual Japanese and Tibetan [rice bowls](#). Instead of startling you out from a meditative state, these gently bring your awareness back to the world around you.



My favorite function of this clock is how it displays time elapsed or remaining by drawing a ring along the display, instead of counting down the numerical indication of minutes left. Previously I meditated with a wall clock, opening my eyes to glance at the clock when the time felt "right." I've found the Enso's ring to be a great help in my meditation -- when I occasionally open my eyes to glance at the clock, I find myself undistracted. Other nifty features I use include the setting of intervals.

When I'm not meditating the Enso is elegant enough to be used as a desk clock on my table. The size is very suitable for travel --- The clock face is slightly larger than the top of a tea cup, and there is a travel pouch included with the clock. I've seen other meditation clocks -- haven't tried them; they look a little bulkier. Also, with this clock, there are no moving parts to be concerned with as it's 100% digital. In all, it's perfect if you are a fairly serious meditator...

-- Yeo Feng

\$99

Available from [Amazon](#)

Manufactured by [Salubrion](#)