

**Lent 2017 Prayer Practice
Week 2: Others**

Breath Prayer:
(choose names of people to repeat)

Seated:

Use your arms to make a circle as if carrying a round basket. Interlace your fingers.

Whole body: Butterfly pose
Sitting on the floor, make a circle with your legs, bottoms of feet pressed together. Hold your feet or rest them on your knees.

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