

**Lent 2017 Prayer Practice  
Week 3: Self**

**Breath Prayer:**  
Help me. Lead me.

**Seated:**

Place both hands on your heart, one on top of the other.

**Whole body:**

Sitting on the floor, stretch both legs out in front of you, toes flexed. Place both hands on your heart and allow your head to fall to the side. You could also do a Garland pose.

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