

**Lent 2017 Prayer Practice  
Week 5: Listen**

**Breath Prayer:**  
(concentrate on breathing itself)

**Seated:**

Place your hands, palms up, on your knees.

**Whole body: Meditation pose**

Sitting on the floor in a half lotus position, place your hands, palms up, on your knees. Remember to keep your back straight. You could substitute corpse pose, if you wish.

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