

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

**Lent 2017 Prayer Practice
Week 6: Praise**

Breath Prayer:
You are. God.

Seated:

**Extend your arms and hands fully
above your head or hold hands,
palms up, at shoulder level.**

Whole body:

**Sitting on the floor in a half lotus
position, fully extend your arms
and hands above your head. You
could also do a half lotus tree pose.**

