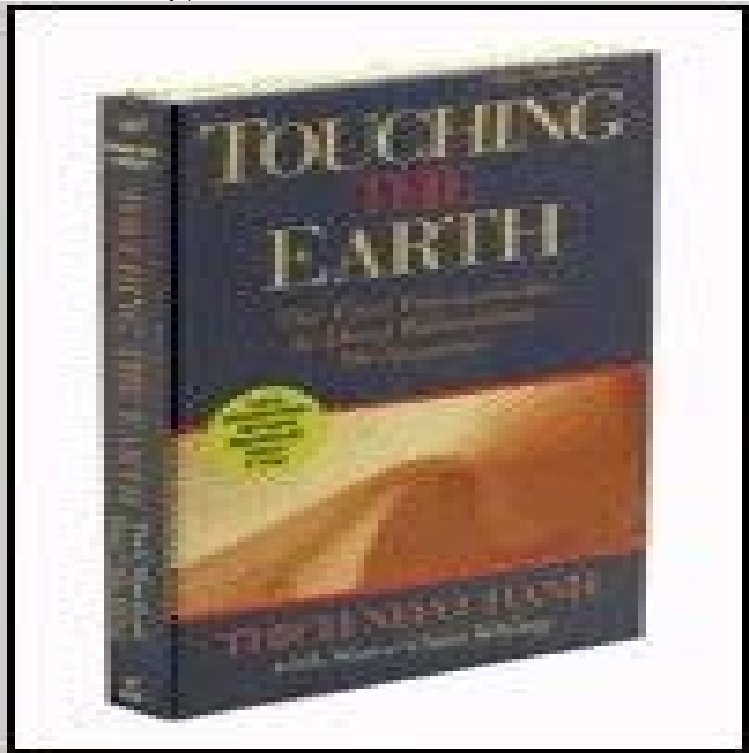


# Touching the Earth: The Five Prostrations and Deep Relaxation



Buddhist masters Thich Nhat Hahn and Sister Chan Khong update the ancient teaching of The Five Prostrations--a time-honored Buddhist meditation practice that joins the mind and body in a graceful prayer to divine creation. They cover each phase of this practice, which will help empty the body of all resentment while opening it to compassion for all life.

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