

THE FIVE TIBETANS



The Five Tibetans or the Five Rites of Rejuvenation, is a system of five, believed to be Tibetan, Yogic exercises said to be over 2500 years old. You flow through the five exercises almost in a meditative dance. Each exercise stimulates a particular chakra or hormonal system and revitalises certain organs, so that the five rites together form a complete workout for the body as a whole.

This series of movements also known as “The fountain of youth” are credited with the ability to heal the body, balance the chakras and reverse the ageing process in just ten minutes a day.

As simple as the Five Tibetans may seem, they have a profound effect on the energy and chakra system of the body, stimulating the electrical energy of the chakras in the same way as switching on a light switch sets off a flow of electrical energy.

First Tibetan

Stand erect with arms strong, outstretched and horizontal with the shoulders. Now spin around in a clockwise direction until you become slightly dizzy. You can employ a ballet-like technique of keeping your eyes on one spot and then returning to that spot when you turn your head in a full revolution. There is only one caution: you must turn from left to right.

Breathing: Inhale and exhale deeply as you do the spins.



Second Tibetan

Lie down full length on the floor or bed. Place the hands flat down alongside of the hips. Fingers should be kept close together with the fingertips of each hand turned slightly toward one another. Raise the feet until the legs are straight up. If possible, let the feet extend back a bit over the body toward the head, but do not let the knees bend. Hold this position for a moment or two and then slowly lower the feet to the floor, and for the next several moments allow all the muscles in the entire body to relax completely. Then perform the Rite all over again. For greater core strength activation, you can lower the legs without touching the floor and then using your belly and your in breath, raise the legs up, in a continuous cycle. Be sure to breathe out as you lower the legs. An easier version is to have your hands underneath the buttocks and a more challenging version is to have the arms stretched above the head as you raise your legs.

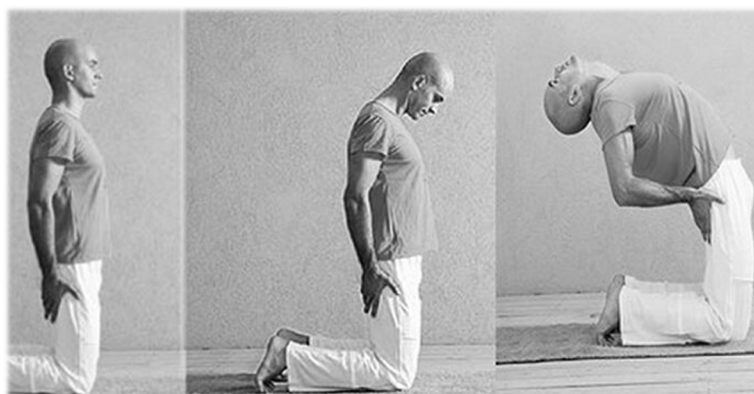
Breathing: Breathe in deeply as you lift your head and legs and exhale as you lower your head and legs.



Third Tibetan

Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then fold the head and neck backward, arching the spine. Your toes should be curled under through this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the rite all over again.

Breathing: Inhale as you arch the spine and exhale as you return to an erect position.



Fourth Tibetan

Sit erect on the floor with your feet stretched out in front of you. The legs must be perfectly straight, with the backs of the knees well down or close to the floor. Place the hands flat on the rug, fingers together, and the hands pointing outward slightly. Chin should be on chest and the head forward. Now gently raise the body on an in breath, using your core strength of your belly to lift the pelvis, and at the same time bend the knees so that the legs from the knees down are practically straight up and down like an upward table. The arms, too, will also be vertical while the body from shoulders to knees will be horizontal. As the body is raised upward allow the head gently to fall backward so that the head hangs backward as far as possible when the body is fully horizontal. Hold this position for a few moments, return to first position on the out breath, and relax for a few moments before performing the Rite again. When the body is pressed up to complete horizontal position, you can tense every muscle in the body.

Breathing: Breathe in as you raise up, hold your breath as you tense the muscles, and breathe out fully as you come down.



Fifth Tibetan

Place the hands on the floor about two feet apart. Then, with the legs stretched out to the rear with the feet also about two feet apart in a downward dog, push the body, and especially the hips, up as far as possible, rising on the toes and hands. At the same time the head should be brought so far down that the chin comes up against the chest. Next, allow the body to come slowly down to a 'sagging' position in an upward dog, with only the toes on the floor. Bring the head up, causing it to be drawn as far back as possible. The muscles should be tensed for a moment when the body is at the highest point, and again at the lowest point. Be sure not to strain the lower back, by bringing strong flowing movement to the upper shoulders. Those with lower back injuries can bend the legs as they go into upward dog.

Breathing: Breathe in deeply as you raise the body, and exhale fully as you lower the body.





As with all yoga practice, it is important to synchronise your breath with the movement. It's best to do the exercises in the morning because they get your energy going. But it's highly likely you will love the sequence and want to repeat it during the day. To begin with it is best to complete five to seven repetitions of each rite every day and to work up to 21 repetitions of each of the exercises. Usually this takes about 10 – 12 weeks. A lot of people are keen to reach 21 repetitions quickly, but it is best to gradually increase the repetitions. The recommended slow build up process allows your body to develop a strong foundation upon which to improve your flexibility. They can initiate many changes in your body's energy and balance systems. Although this varies from person to person, it is generally best to allow your body time to adjust.

It's important to pay attention to what your body is telling you and not to strain or force any position that causes pain. There is also a simple and adapted version of the Five Tibetans for those who have injuries or cannot perform the sequence.

When you make this sequence part of your daily practice, you can experience an overall improvement in your health, wellbeing and energy.