



The Five Tibetan Exercises

The Five Tibetan Exercises give you great shape, balanced hormones, strong bones and high energy

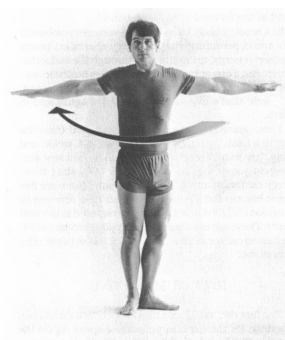
- ◆ Reduces double chin
- ◆ Slims down the midriff
- ◆ Firms upper arms
- ◆ Increases energy
- ◆ Increases muscle tone
- ◆ Gives a "lift" to your day
- ◆ Strengthens bones
- ◆ Improves immune system
- ◆ Builds muscle strength
- ◆ Reduces body fat percentage
- ◆ Boosts metabolism
- ◆ Aligns and strengthens the spine
- ◆ Helps with PMT
- ◆ Helps relieve painful joints
- ◆ Balances and rejuvenates the body's hormonal system and every organ and gland in the body
- ◆ Stimulates the reticular activating system of the brain
- ◆ Helps you to think more clearly as it balances the left and right hemispheres of the brain

The Tibetan exercises are great for everyone, including older people. Within 3 months of daily practice, the Tibetans can make you look pounds lighter in 10 - 15 easy minutes a day. They are easiest to do on an empty stomach in the morning.

For beginners, **start with 3 times a day for the first week** and increase the number of repetitions by 2 a day every week until you reach the full 21 repetitions. Do the full number of repetitions of each exercise before moving on to the next. They can be performed anytime and many people do them twice a day, in the morning and late afternoon. Although, it isn't necessary to do the exercises more than 21 times unless you are truly motivated to do so

Exercise 1

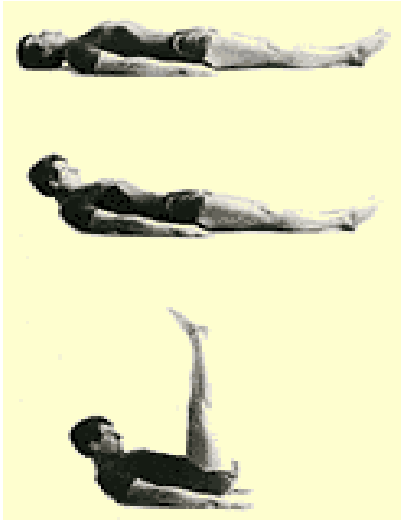
Standing with arms out, turn towards your right hand. Start by making 3 complete revolutions and work up to 21. (Yes this is actually a "spinning" movement in a clockwise direction!) Go very slowly at first, being sure to stop if you feel a bit dizzy. Should you get dizzy, pick a spot on the wall and look at it until you feel clear-headed.



Exercise 2

First lie flat on the floor, face up. Fully extended your arms along your sides, and place the palms of your hands against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest.

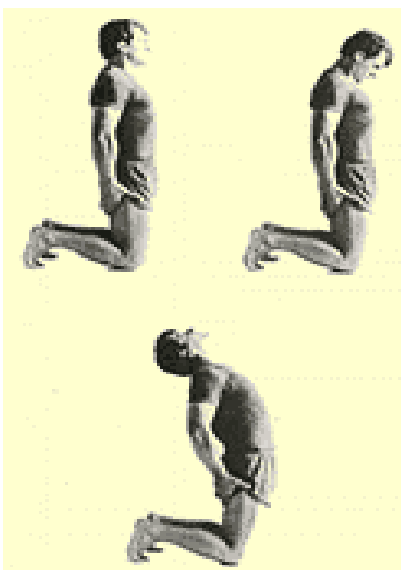
As you do this, lift your legs, knees straight, into a vertical position. If possible, let the legs extend back over the body, toward the head; but do not let the knees bend. Then slowly lower the head and the legs, knees straight, to the floor. Allow all the muscles to relax, continue breathing in the same rhythm. Breathe in deeply as you lift your legs and breathe out as you lower your legs.



Exercise 3

Kneel on the floor with the body erect. The hands should be placed against the thigh muscles. Incline the head and neck forward, tucking the chin against the chest. Then, throw the head and neck backward, arching the spine.

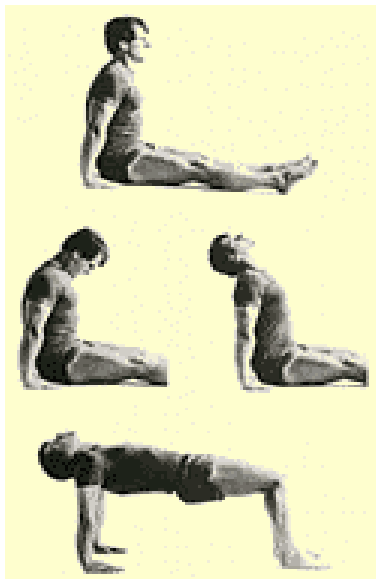
As you arch, you will brace your arms and hands against the thighs for support. After the arching, return to the original position, and start the exercise all over again. Breathe in deeply as you arch the spine; breathe out as you return to an erect position.



Exercise 4

Sit down on the floor with your legs straight out in front of you and your feet about 12 inches apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the buttocks. Then, tuck the chin forward against the chest. Now, drop the head backward as far as it will go. At the same time, raise your body so that the knees bend while the arms remain straight.

The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. Then, tense every muscle in the body. Finally, relax your muscles as you return to the original sitting position, and rest before repeating the procedure. Breathe in as you rise up, hold your breath as you tense the muscles, and breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.



Exercise 5

When you perform the fifth exercise, your body will be face-down to the floor. The hands, palms down against the floor, and the toes in a flexed position, will support it in a flexed position. Throughout this exercise, keep your hands and feet straight. Start with your arms perpendicular to the floor, and the spine arched, so that the body is in a sagging position.

Now, lift the head back as far as possible. Then, bending at the hips, bring the body up into an inverted 'V'. At the same time, bring the chin forward, tucking it against the chest. Breathe in deeply as you raise the body; breathe out fully as you lower it.

