



## The Five Tibetans Five Dynamic Exercises for Health, Energy, and Personal Power

By Christopher S. Kilham

Healing Arts Press. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.0in. x 5.3in. x 0.4in. Inspired and clear, The Five Tibetans makes a worthy contribution to body-mind wellness and longevity. Dr. Mehmet Oz New edition of the popular yoga classic Provides illustrated instructions for the five yogic exercises known as the Five Tibetans Includes a new chapter on the authors continued devotion to this daily practice, even during his extensive worldwide travels Explains how regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take only a minimum of daily time and effort but dramatically increase physical strength, energy, and suppleness as well as mental acuity. Also called the Five Rites of Rejuvenation, these exercises were brought to the West in the early 20th century by a retired British army officer who learned them in a Tibetan lamasery. Regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being. Enhancing...



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