

THE FIVE TIBETANS

5 Dynamic exercises for Health, Energy, and Personal Power From the book by Christopher S. Kilham

Centering

To enhance the 5 exercises before beginning take a few moments to get centered and become fully present. Follow your breath to draw your awareness inward.

Breath work

A short breath practice is also recommended before the 5 exercises to help connect you fully with your breath.

1. Belly Breathing: Feel the breath expand the belly on inhale and contract the belly on exhale. Follow for 10 breaths.
2. Complete Breath: a 3 part breath which begins by using 1/3 of the breath to fill the belly, then 1/3 into the rib cage, and finally the last 1/3 filling all the way up into the collar bones followed by a complete relaxed exhale. 10 breaths

The 5 Tibetans

Each exercise is repeated 21 times. To begin you may wish to start with 10 – 12 repeats and work your way up to 21. There is no need to do more than 21.

*After completing the repetitions and before moving on to the next Tibetan exercise; stand with hands on hips, take a full, deep breath in through the nose and out through the mouth shaped like an "o". Repeat (2 full breaths total).

inhale
exhale
2x's



Tibetan #1: Spinning

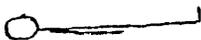


- Stand with arms out, palms down (fingers together).
- Holding this arm position, spin full circles clockwise (turn your head to the right to show you the correct direction).
- Spin 21 complete circles without a break.
- Rhythmic breathing in through nose.
- * 2 full breaths as noted above.

* note:
1 counter clockwise
spin will help
counter spinning
dizziness.

Tibetan #2: Laying leg lift

exhale



inhale



exhale

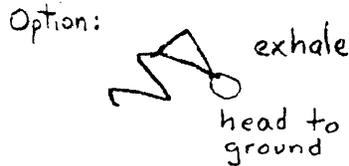
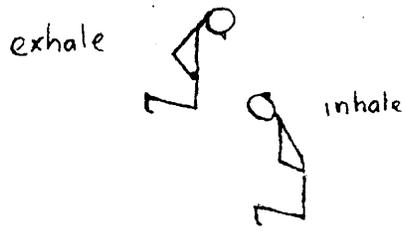


- Lay on back, legs straight, ankles flexed and touching, arms by your sides with palms down on floor, fingers together.
- Inhale through the nose, lift the legs a little past a 90 degree angle, and raise your head (tucking your chin to your chest).
- Exhale through nose or mouth, bring legs and head to starting position.
- 21 times in a smooth unbroken rhythm.
- Standing; * 2 full breaths as noted previously.



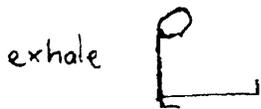
inhale, exhale 2x's between exercises

Tibetan #3: Camel to Child's



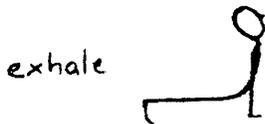
- Kneel with toes tucked under, knees hip width apart. Place your palms against the backs of your thighs just below the buttocks. Your spine is erect with your chin tucked into your chest.
- Inhale through the nose, bending back from the hips. Drop your head back only as far as comfortable keeping neck relaxed.
- Option: when exhaling instead of returning to starting position, bend forward bringing head to the ground.
- 21 times in a smooth unbroken rhythm.
- Standing; * 2 full breaths as noted previously.

Tibetan #4: Staff Pose to Reverse Table



- Sit up straight with legs together stretched out in front of you. Place palms flat on the ground beside hips. Tuck your chin into your chest.
- Inhale through the nose and raise your hips as you bend your knees, bringing the soles of the feet flat on the floor. Drop your head back keeping the neck soft.
- Exhale through nose or mouth as you return to sitting.
- 21 times in a smooth unbroken rhythm.
- Standing; * 2 full breaths as noted previously.

Tibetan #5: Updog to Downdog



- Begin in Updog; support yourself on the palms of the hands and balls of the feet; legs hip width, arms shoulder width apart. Head is up and back, neck is soft.
- Inhale through the nose, raise hips up to Downdog, keeping arms and legs straight. Tuck chin to chest.
- Exhale through nose or mouth as you return to starting position.
- 21 times in a smooth unbroken rhythm.
- Standing; * 2 full breaths as noted previously.

Savasana

When finished lay down on your back and relax for several minutes, to allow your body to process all the work you just did. Let your breath be gentle and easy. Notice any new sensations in your body.

