

Age Less Move More

The 5-Tibetan Rites Movement Sheet

Tibetan #1



Twirling - Stand with your feet inner hip-width apart, tail down, ribs snapped in and down, inner arms rolled out and shoulder blades squeezed together. Lift your arms with palms up. Find a mark on the floor. You want to look over your right arm and turn clockwise. Inhale, do nothing, exhale turn to the right and come back to the mark on the floor. Do 10 x's to start and work up to 21 x's.

Tibetan #2



Leg lifts - Lie down with a block under your head. Bring your knees toward your chest. Open your legs up to a 90-degree angle. Roll your inner arms out and place your arms on the floor with your palms up. Keep your elbows on the floor. Exhale, take your forehead to your knees, inhale down and keep going 10 x's to start and work up to 21 x's.

Tibetan #3



Camel Pose - Stand on your knees with them outer hip-width apart. Take your toes under, take down, ribs snapped in and down, roll your inner arms out and your chin tucked. Exhale, drop your tail down and inhale, lift and open your heart.

Do 10 x's working up to 21 x's.

Tibetan #4



Table top - Sit with your feet lined up with your mid-butt cheeks and your ankles lined up with your knees. Press into the outer edges of your heels. Roll your inner arms out and bring your hands behind your back. Tuck your chin as you exhale and lift your bottom up. Inhale, down. Do 10 x's working your way to 21 x's.

Tibetan #5



Down Dog to Up Dog - Come to all fours with hands under shoulders and knees under hips. Roll your inner arms out with the eyes of your elbows rolled out. Tuck your chin and on an exhale, lift your ribs and step back into your heels. Inhale, open your heart forward keeping your low back long by snapping your ribs in and down and pressing through your heels. Keep your neck long and without wrinkles. Exhale, tuck your chin and come back to Down Dog. Do 10 x's and work up to 21 x's.