

# The 5 Tibetan Rites

The Five Tibetan Rites are a simple set of exercises with an great deal of benefits to reduce stress and increase vitality. Each of the Rites consist of a set of movements that you repeat up to 21 times (a number that is sacred to Tibetans) to awaken your chakras and increase the flow of energy within. When practiced daily, you may notice some of the following benefits:



- looking much younger
- sleeping soundly
- waking up feeling refreshed and energetic
- release from serious medical problems including difficulties with spines
- relief from problems with joints
- release from pain
- better memory
- arthritis relief
- weight loss
- improved vision
- *youth-ing* instead of aging
- greatly improved physical strength, endurance and vigor
- improved emotional and mental health
- enhanced sense of well being and harmony
- very high overall energy

## **A Step-by-Step Guide to Practicing the 5 Tibetan Rites Yoga Poses:**

<https://www.sheknows.com/health-and-wellness/articles/1022837/anti-aging-yoga-poses-the-5-tibetan-rites>