

# 5 TIBETŮ

## 1. exercise

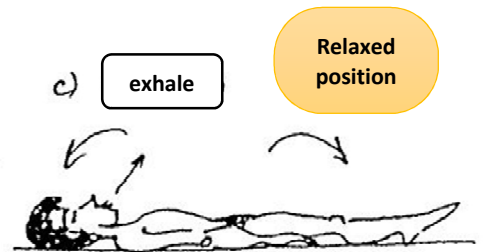
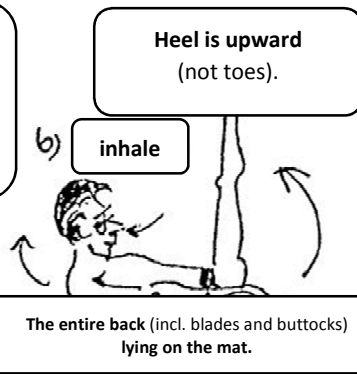


rotate around your own axis for 21 times clockwise; make your breathing deep; inhale through your nose; exhale through your mouth; You can fix your thumb or blur the vision to practice it easier. After finishing you can stabilize yourself by joining hands in front of your chest, approaching the chin to the chest (you can watch the floor or close your eyes).

## The Five Tibetan Rites

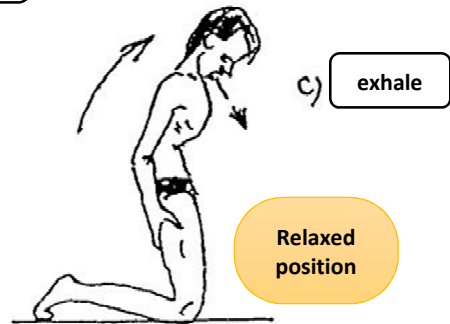
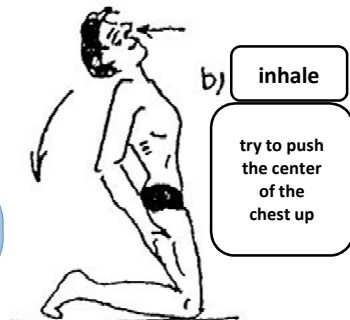
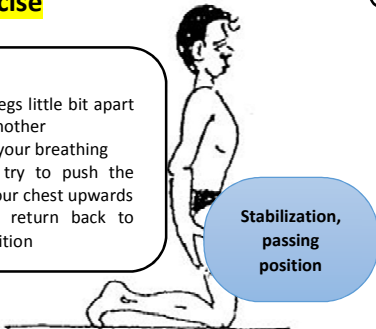
## 2. exercise

21 times  
keep your legs close to each other  
a) stabilize your breathing  
b) inhale; heels upwards; keep your whole back including scapula and buttocks laid on floor  
c) exhale return back to relaxed position



## 3. exercise

21 times  
keep your legs little bit apart from one another  
a) stabilize your breathing  
b) inhale try to push the center of your chest upwards  
c) exhale return back to relaxed position

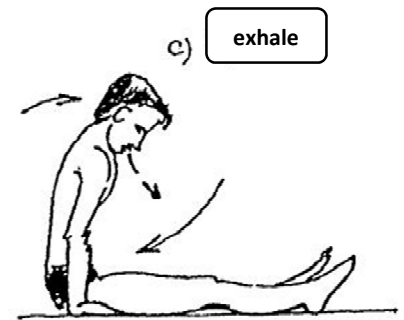
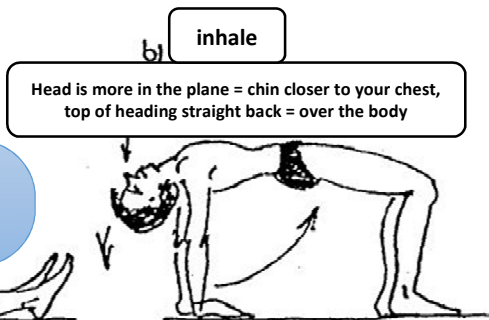
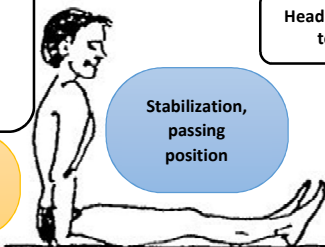


## 4. exercise

21 times; keep your legs little bit apart from one another

a) stabilize your breathing  
b) inhale; try to keep your head in a plane; chin closer to your chest  
vertex pointing straight back above the body  
c) exhale

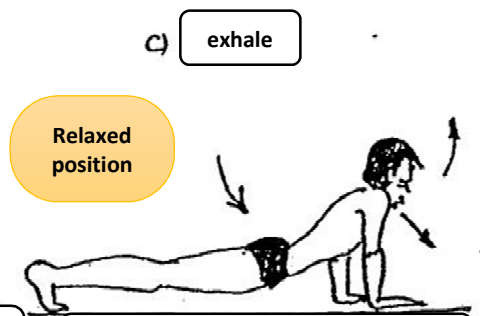
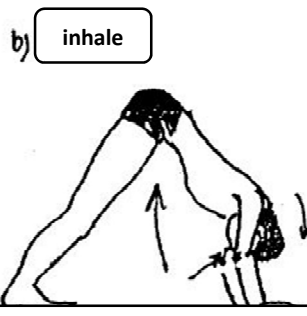
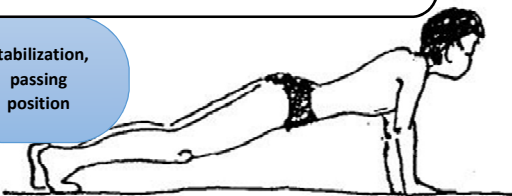
Relaxed position



## 5. exercise

21 times; keep your legs at least 60 cm apart from one another  
a) stabilize your breathing  
b) inhale; head is pointing to your chest; your buttocks are pointing upwards; press your heels to the mat  
c) exhale; return back to relaxed position  
your abdomen nor your pelvis is touching the ground

Stabilization, passing position



head is pointing to your chest; your buttocks are pointing upwards; press your heels to the mat

your abdomen nor your pelvis is touching the ground