



Tim van der Vliet

The 5 Tibetan Rites

5 Tibetan Rites Quick Intro

The 5 Tibetan Rites are very simple exercises or rites, 5 of them.

You perform each rite a certain time, say 3 repetitions or 5 and so on.

Build them up slowly to 21 repetitions for each exercise. 21 times rite 1, 21x rite 2 etc.

Do this every day!!

When you feel like giving up go back to 3 repetitions for each rite.

Let me know how it feels to become younger every day! :)

Rite Number One

Twist rightwards (clockwise) on the Northern Hemisphere and left wards on the Southern Hemisphere.

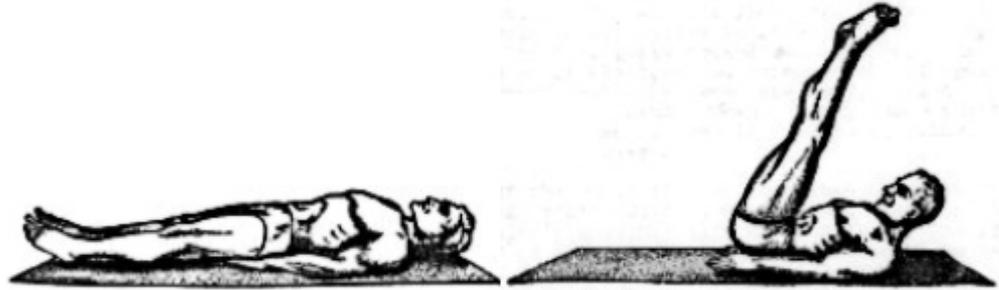
Rite One

Repeat the number of times you are doing each exercise.



Rite Two

Rite 2



Lie on your back, hands slightly under your bottom

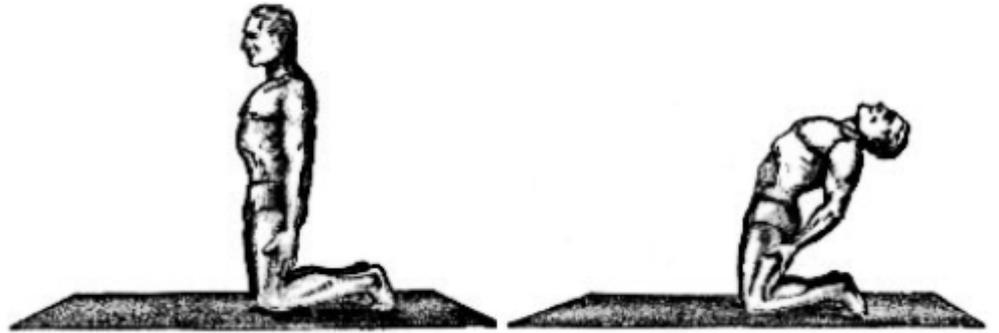
While breathing in, head up and legs up.

If this is too difficult, bend your knees.

Repeat the number of times that you do each exercise.

Rite Three

Rite 3



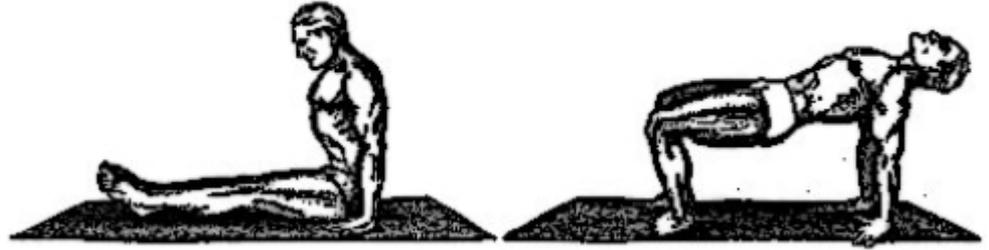
On your knees, knees hip width. Squeeze your buttocks while you tilt backwards.

Take it easy! You do not have to bend back all the way like in the picture.

Repeat number of times you do each exercise.

Rite 4

Rite Four



The table top. Sit down as in the picture and put your hands exactly next to your buttocks.

While breathing in, move up to a table top and squeeze your pelvic floor for a short moment.

Breathe out and sit down, remove your hands for a split second from the ground.

Repeat number of times you do each exercise.

Rite 5

Rite Five



Up - downward dog.

Keep your shoulders low, breathe in while looking up.

Breathe out and push your heels to the ground and your bottom to the ceiling.

Repeat number of times you do each exercise.

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