

The 5 Tibetan Rites

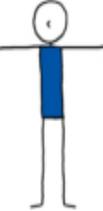
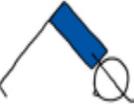
Image	Pose	Description
	Spinning - 1st Tibetan Rite	Stand with arms outstretched and horizontal to floor. Palms face down. Arms in line with shoulders. Feet hip distance apart. Draw crown of head toward ceiling. Focus on a spot in front of you so that you can count rotations. Spin around clockwise until you become a little dizzy. Gradually increase the number of spins from 2 to 21. Breathe deeply as you spin.
	J pose - crunch/sit- up - Tibetan Rite 2	Lie flat. Fully extend arms along sides. Place palms of hands against floor. Inhale, raise head, tucking chin into chest. Simultaneously lift legs into a vertical position. Extend legs over body towards head. Slowly exhale, lowering legs and head to floor, keeping big toes together.
	Camel - Tibetan Rite 3	Kneel with toes curled under. Place hands on backs of thighs. Tuck chin in toward chest. Slide hands down backs of thighs drawing shoulders back and head up. Arch upper back more than lower back. Move head back as if you drawing a line with your nose on the ceiling. Slowly return to upright position.
	Dandasana to tabletop - Tibetan Rite 4	Sit with legs extended. Feet together. Palms behind buttocks. Fingers facing backwards. Arms hold 20% of torso weight. The other 80% of torso weight is taken by back and core muscles (feel spine growing taller). Gaze straight ahead (or close eyes). Alternatives: Arms overhead. Benefits: Strengthens back muscles. Stretches shoulders, chest. Modifications: Sit on a folded blanket to lift pelvis. Back against a wall. Precautions : Any lower back injury.

Image	Pose	Description
	Dandasana to table top - Tibetan Rite 4	Sit with legs straight out in front. Place palms on floor alongside hips. Inhale, gently drop head back, raise torso so knees bend while arms remain straight (table-top). Exhale, slowly return to start. Repeat.
	Up dog to down dog - Tibetan Rite 5	Lie on belly. Palms face down. Press up into Upward Facing Dog by curling toes under, lifting heart, and drawing shoulders back. Arms straight. Look ahead (or gently draw head back). Draw hips up into Downward Facing Dog. Repeat by moving back and forth between Down and Up Dog.
	up dog to Down Dog - Tibetan Rite 5	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. Alternatives: Dolphin. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance. Precautions : Pregnant. HBP. Headache.

Lesson Plan Description:

Repeat each pose a minimum of 3 times, and up to 21 times.

You can pause standing or seated between each pose and lay in savasana at the end for a few moments.

For a YouTube follow along video click the links below:

Modified 5 Tibetan Rites - Yoga with Jocelyne: <https://youtu.be/pi8OqfHZ7vc>

A traditional version of the 5 Tibetan Rites: https://youtu.be/j_bY6REpIPE