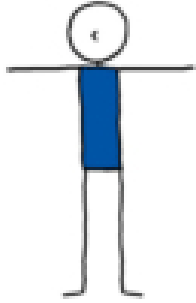
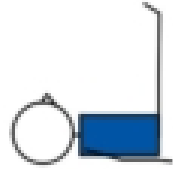


## The 5 Tibetan Rites



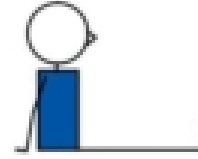
**Spinning - 1st  
Tibetan Rite**



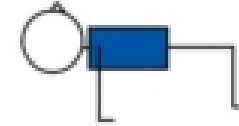
**J pose - crunch/sit-  
up - Tibetan Rite 2**



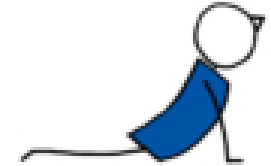
**Camel - Tibetan Rite  
3**



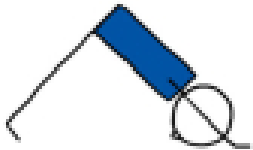
**Dandasana to  
tabletop - Tibetan  
Rite 4**



**Dandasana to table  
top - Tibetan Rite 4**



**Up dog to down  
dog - Tibetan Rite 5**



**up dog to Down  
Dog - Tibetan Rite 5**