

# The Five Tibetans

Please make sure you warm up first and listen to your body!



## Tibetan 1 – Swirling Dervish.

Stand erect with arms outstretched – fingers together, palms facing down. Spin around *clockwise* - gradually increase (in increments of 2) practicing from 3 up to 21 repetitions. Finish by standing, for a few breaths, looking straight ahead (with eyes either open or closed), hands on hips, helps to alleviate the momentary dizziness that is created. **Really feel the after effect and notice moon of the mind.**



## Tibetan 2 – Abdominal Lift.

Lie on your back. Extend your arms along your sides, and placing the palms against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest. **Lower back must be pressed on the floor.** As you do this, lift your legs, knees straight, into a vertical position. If possible, let the legs extend back over the body, toward the head; but do not let the knees bend; **keeping lower back on the floor.** Then slowly lower the head & shoulders to floor and the legs, knees straight, to the floor (one at a time unless you know you have very strong abdominal muscles). Allow all the muscles to relax, continue breathing in the same rhythm. **Breathe in deeply as you lift your legs and breathe out, as you lower your legs.** Repeat 3 times, building to 21 repetitions.

**NB. In class we have started with the legs raised and kept them raised. Do not release both legs to the floor unless you can keep the lower back on the floor.**

To rest and counter pose at the end of your repetitions:

- Lie on your back, legs stretched in front
- Raise your hands above your head
- Inter lace your fingers together, above your head; at this time extend your index fingers, into a "steeple" configuration
- Raise the crown of your head, thereby straightening your neck (back of head still on floor)
- Now stretch the whole body
- While stretching, cross one ankle over the other (for a couple of breaths), and then repeat, for the opposite ankle

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## Tibetan 3 – Easy Camel.

Kneel on the floor, with the body erect. The hands should be placed against the thigh muscles. Incline the head and neck forward, tucking the chin against the chest. Then, bring the head and neck backward, lifting the sternum, arching the upper spine. Do not drop the head backwards.

As you arch, brace your arms and hands against the thighs for support. After the arching, return to the original position, and start the rite all over again. **Breathe in deeply as you arch the spine, breathe out as you return to an erect position.**

**Keep the thighs still.**

When you have completed your rounds, bring yourself into child pose for 4 long deep breaths. Start with three repetitions, building up to 21.

## Tibetan 4 – Table Top!

Sit down on the floor with your legs straight out in front of you, then bend the knees and have your feet hip width apart. With the trunk of the body erect, shoulders back and down, place the palms of your hands on the floor behind the buttocks, fingers facing forward. Then, tuck the chin forward against the chest. As you inhale raise your body so that the knees bend forward while the arms remain straight.

The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. Then, tense every muscle in the body. Finally, relax your muscles as you return to the original sitting position, and rest before repeating for 3 times building up to 21 repetitions. **Breathe in as you rise up, hold your breath as you tense the muscles, breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.**

**Be careful not to throw the head back so you look after the neck.**

To rest and counter pose at the end of your repetitions:

- Lie on your back, in shavasana
- Raise your hands above your head – release the shoulders.
- Inter lace your fingers together, above your head; at this time extend your index fingers, into a "steeple" configuration
- Raise the crown of your head, thereby straightening your neck (back of head still on floor)
- Now stretch the whole body
- While stretching, cross one ankle over the other (for a couple of breaths), and then repeat, for the opposite ankle



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## **Tibetan 5 – Upward & Downward Facing Dog.**

Start by coming into into Parvatasana, an inverted 'V' keeping the ears between the upper arms, lifting the tail to the ceiling.

As you exhale let the upper body move forward between the arms at the same time lowering the hips towards the floor, but bring the chest between the arms and looking forward. Only the hands and toes are touching the floor. Then as you inhale lift the hips the tail back up into Parvatasana. **Breathe in deeply as you raise the body, breathe out fully as you lower it.** Repeat 3 times, building up to 21 repetitions. When you have completed your set, come back into child pose for 4 long deep breaths.

## **Tibetan 6– Tadasana**

Come into standing – back tall, neck long, shoulders relaxed, abdominals toned so tailed bone down, equal weight on both feet (heels & toes), arms long at side, palms facing out.

Become aware of the breath – follow the breath in and out.

Use the breath to release any tension and be here and now.

Release after one minute.

Please take care with this practice. If you suffer from any of the following it may not be right for you, or you may need to adjust to what is right for your body.

- Spinning and stretching can aggravate certain health conditions such as:
  - any type of heart problem,
  - multiple sclerosis,
  - Parkinson's Disease,
  - severe arthritis of the spine,
  - uncontrolled high blood pressure,
  - a hyperthyroid condition,
  - or vertigo.
- Problems may also be caused if you are taking drugs that cause dizziness.

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- If you have any difficult health issues or if you have any other concerns please talk to me or consult with a doctor.