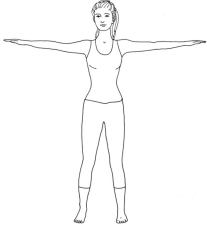






5 Tibetan Rites

Start with the same number of repetitions for each pose...working up to 21 of each!

	<p>Do not over do. 3-5 times (build to 21)</p> <p>Rite 1 Stand with your arms outstretched and horizontal to the floor, palms facing down. Make sure your arms are in line with your shoulders. Your feet should be about hip distance apart. Draw the crown of your head up toward the ceiling. Focus on a spot in front of you so that you can count your rotations. Spin around clockwise until you become a little dizzy. Gradually increase the number of spins from two to 21. <i>Breathing:</i> Inhale and exhale deeply as you spin.</p>	<p><i>Tip:</i> If you feel dizzy, interlace your fingers at your heart and stare at your thumbs. Also have a chair very nearby to grab onto to steady yourself if you feel as if you are going to fall. Hands on hips if that is easier. Go very slowly at first!</p>
	<p>Rite 2 Lie flat on the floor. Fully extend your arms along your sides and place the palms of your hands against the floor. If you have lower back issues, place your fingers underneath your sacrum. As you inhale, raise your head off the floor, tucking your chin into your chest. Simultaneously lift your legs, knees straight, into a vertical position. If possible, extend your legs over your body toward your head. Then slowly exhale, lowering your legs and head to the floor, keeping your knees straight and your big toes together. <i>Breathing:</i> Breathe in deeply as you lift your head and legs, and exhale as you lower them.</p>	<p>Tip: If this is too strong, place your hands underneath your buttocks or bend your knees. You shouldn't feel any pain in your back or neck whilst doing this exercise.</p>
	<p>Rite 3 Kneel on the floor with your toes curled under. Place your hands on the backs of your thigh muscles. Tuck your chin in toward your chest. Slide your hands down the backs of your thighs as you draw your shoulders back and your head up toward the sky. Keep in mind that you are arching your upper back more than your lower back. Move your head back as if you were drawing a line with your nose on the ceiling. Slowly return to an upright position and repeat. <i>Breathing:</i> Inhale as you arch your spine and exhale as you return to an erect position.</p>	<p>Tip: Keep the lower belly pulled in and up to protect the lower back. Only take the head back as much as feels right for your neck. Place padding under the knees if they're sensitive.</p>
	<p>Rite 4 Sit down on the floor with your legs straight out in front of you and your feet about 12 inches apart. Place your palms on the floor alongside your sitz bones. As you gently drop your head back, raise your torso so that your knees bend while your arms remain straight. You are basically in a table-top position. Slowly return to your original sitting position. Rest for a few seconds before repeating this rite. <i>Breathing:</i> Breathe in as you rise up into the pose, hold your breath as you tense your muscles, and breathe out fully as you come down.</p>	<p>Tip: You can start from a bent-kneed position with the hips slightly forward from the hands until you build up the strength in your arms. You could also try placing your palms on blocks to give you a little more height.</p>
 <p>And down dog</p>	<p>Rite 5 Lie down on your belly with your palms face down and in line with your bra strap. Press up into an upward-facing dog by curling your toes under, lifting your heart, and drawing your shoulders back. Your arms should be straight. Look straight ahead of you, or if you are a little more flexible, gently draw your head back, taking your eyes toward the sky. Then draw your hips up and back, extending your spine, into downward-facing dog pose. Repeat by moving back and forth between downward- and upward-facing dog. <i>Breathing:</i> Breathe in as your rise up into upward-dog; breath out as you push back into downward-facing dog. facing</p>	<p>Tip: As you move between the two poses, keep the lower belly slightly engaged to protect your back. If you find it difficult to keep your legs straight, bend your knees slightly</p>

Do check if there is any reason you should not be doing this practice before starting it!