



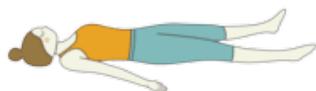
## The Five Tibetans

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The Five Tibetan Sequence otherwise called as the Five Tibetan Rites forms part of Tibetan Yoga. The set of these 5 flows when done in succession activates the magnetic centers (chakras) in the body, bringing balance in them. This further encourages proper flow of energy that is evenly distributed in the body.

Forming part of the Tibetan Yoga, the Five Tibetan Sequence or Five Tibetan Rites are simple body movements done in pairs, and are repeated many times in succession. It is a full body stretch that can be compared to the hatha yoga Surya Namaskar (Sun Salutation).

Five Tibetans Sequence helps boost energy in the body and hence can be included in flow yoga sequences.



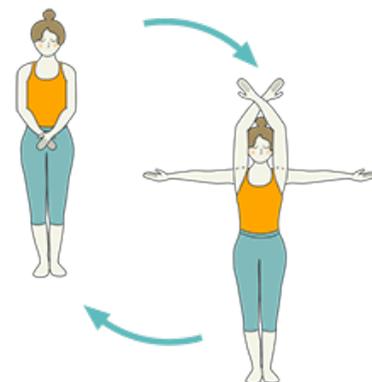
### 1. Corpse Pose • Savasana

Observing and connecting with the body, the breath and the mind. Breathing slowly and deeply. Ask yourself what it is you would like from your practice today, and set your intention for your practice.



### 2. Mountain Pose • Tadasana

Body weight evenly distributed between the outer and inner foot, and between the heel and the ball of the foot. Notice the base of the big toe, base of the little toe, inner heel and outer heel. Adjust, so that the weight is even across all four corners of each foot.



### 3. Locked Hand Raising Pose •

Bandha Hasta Utthanasana

In: raising crossed arms above head, gazing up at hands (if ok with neck). Ex: releasing arms to the side. In: arms above the head. Ex: arms down to starting position x 4.



4. **Upward Salute Side Bend Pose** • Parsva Urdhva Hastasana

Ex: arms to side. In: to tadasana. Avoid twisting through the shoulders. Repeat to other side x 3 each side.



5. **Dangling Pose** • Baddha Hasta Uttanasana

Soften knees, release neck, gazing back at legs x 5 deep breaths.



6. **Forward Fold Flow** • Uttanasana Vinyasa

Keeping knees soft to begin and stretching through legs on inhale on 2nd and 3rd repetition.



7. **Standing Spinal Roll Up Pose Flow**

Slow inhalation x 1.



8. **Standing Backbend Pose** • Anuvittasana

In: Lift chest. Ex: press into lower back, draw hips forwards and arch the back. Head can go back or remain forward x 3, holding for 3 breaths on the third repetition.



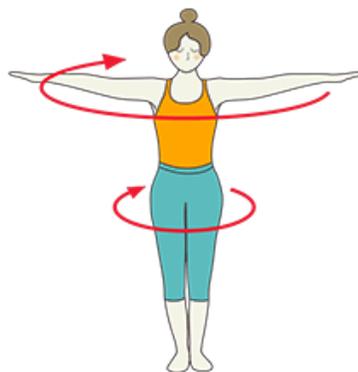
9. **Standing Side Stretch Pose** • Ardha Kati Chakrasana

Begin in tadasana with arms in line with shoulders. Ex: twist to one side. In: return to centre. Keep hips facing forwards (avoid twisting in the knees) so the work happens in the back. Repeat to other side x 4 each side.



### 10. Five Tibetans Sequence

Five Tibetans. Choose number of repetitions (between 5-15) and keep the same number for each rite.



### 11. Standing Circling Pose •

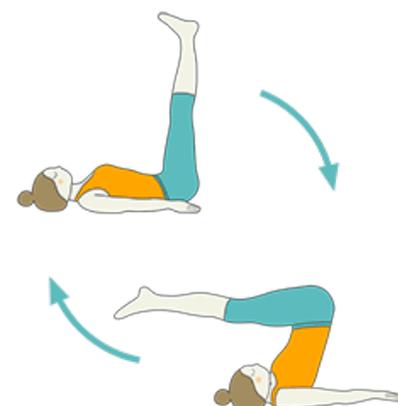
Tadasana Mandala

Five Tibetans.

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. When I first started, I could only do about 5 rotations; I'm now up to 14.

Breathing: Inhale and exhale deeply as you spin.



### 12. Half Plough Pose Roll Over

Flow • Ardha Halasana Roll Over

Vinyasa

Five Tibetans.

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.

Breathing: Breathe in deeply as you lift your head and legs, and exhale as you lower them.



13. **Camel Pose Variation 1** •  
Ustrasana Variation 1

Five Tibetans.  
Rite 3

Kneel on the floor with your toes curled under in tall thunderbolt. 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.

Breathing: Inhale as you arch your spine and exhale as you return to an erect position.



14. **Staff Pose** • Dandasana

Five Tibetans.  
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 sitting bones. Breathing: 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.

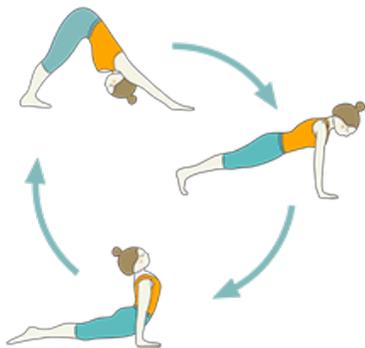


15. **Reverse Table Top Pose** •  
Ardha Purvottanasana

Five Tibetans.  
Rite 4

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.

Breathing: 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.

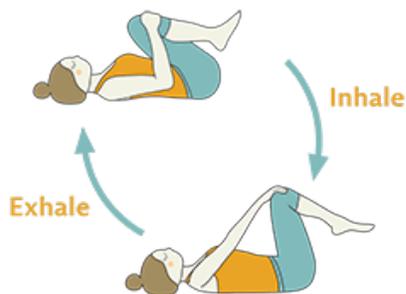


16. **Downward Dog Pose Upward Dog Pose Flow** • Adho Mukha Svanasana Urdhva Mukha Svanasana Vinyasa

Five Tibetans.  
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.

**Breathing:** Breathe in as you rise up into upward-facing dog; breath out as you push back into downward-facing dog.



17. **Wind Release Pose Exhale Inhale Flow** • Apanasana Exhale Inhale Flow

Lifting head as you bring knees into chest x 6.



18. **Reclined Knee Circles**

Begin with small circles, enlarge and then make smaller. Repeat in opposite direction.



19. **Easy Pose Variation Belly** •

Sukhasana Variation Belly

Prepare for meditation.