



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).

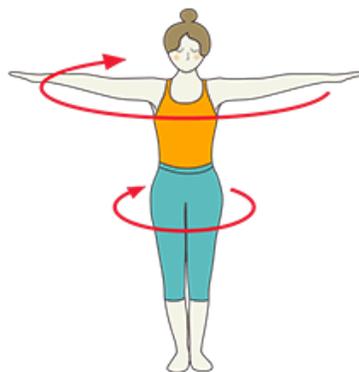
Five Tibetans Sequence helps boost energy in the body and hence can be included in flow yoga sequences.



1. Five Tibetans Sequence

The Five Tibetans Sequence

Do this sequence in order try to repeat each exercise 21 times, you may not be able to make it to 21 today OR tomorrow, but that is the goal over time.



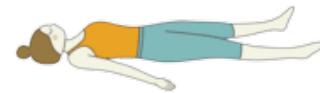
2. Standing Circling Pose •

Tadasana Mandala

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.

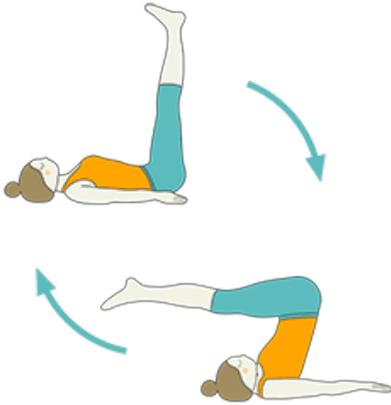


3. Corpse Pose • Savasana

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.

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



4. Half Plough Pose Roll Over Flow

• Ardha Halasana Roll Over Vinyasa

Rite 2

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.



5. Camel Pose Variation 1 •

Ustrasana Variation 1

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.



6. Camel Pose Chair Variation

Hands • Ustrasana Chair Variation

Hasta

Rite 3 variation



7. **Camel Pose Variation Hands On Floor** • Ustrasana Variation Hands On Floor

Rite 3 variation



8. **Staff Pose** • Dandasana
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.



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

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.



10. Upward Facing Dog Pose •

Urdhva Mukha Svanasana

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.

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



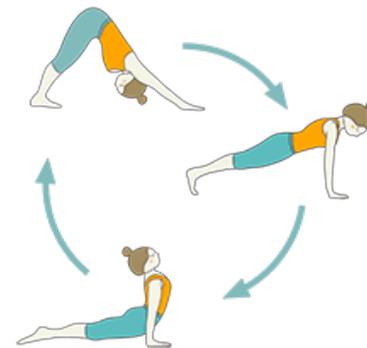
11. Downward Facing Dog Pose •

Adho Mukha Svanasana

Rite 5

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 your rise up into upward-facing dog; breath out as you push back into downward-facing dog.



12. Downward Dog Pose Upward Dog Pose Flow •

Adho Mukha Svanasana Urdhva Mukha Svanasana Vinyasa

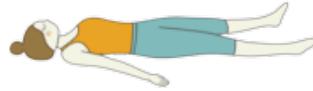
Rite 5

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 your rise up into upward-facing dog; breath out as you push back into downward-facing dog.



13. **Easy Pose Variation Belly** •
Sukhasana Variation Belly
prepare for meditation



14. **Corpse Pose** • Savasana
OR prepare for Savasana