

Is There Really A Fountain of Youth?

Two thousand years ago, Tibetan monks claimed that the aging process could be reversed. By condensing 21 yoga exercises into 5, they developed a system of physical exercises that could be completed in just 10-20 minutes a day.

The Tibetans claim that these exercises activate and stimulate the seven key chakras that in turn stimulate all the glands of the endocrine system. The endocrine system is responsible for the body's overall functioning and aging process. Later named, "The Five Tibetans", these exercises are said to make you look younger, sleep better, increase energy and vitality, lose weight, decrease inflammation and joint pain, along with many other health boosting benefits.

It was not uncommon for Tibetan monks to live to be 120 years of age, while still enjoying exceptional health! So give them a try and see for yourself...what do you have to lose? We'll check back with you in 75-80 years to see how they worked!

Sign me up you say! How do you get started you ask?

The rites are comprised of five different movements with each movement performed up to 21 times. The Tibetans believe 21 is a perfect, mystical number. It is best to start with 3 repetitions of each exercise and gradually increase the repetitions.

Tibetan #1 - Have fun like a 3 year old!

Stand upright and extend your arms at shoulder level. Hands apart as far as possible. Turn around 21 times making small steps on the spot. Start with less rotations if this is too much at first. Everything up the hips stays stiff, only the legs move. *At the end you should feel a bit dizzy.

Tibetan #2 Tummy Tucks

Lay down on your back (lower back) and put your arms on the ground. Press down your arms and hands. Lift your straightened legs and pull in your toes while you move your upper back and your head forward up. This should stretch your legs and contract your abs at the same time. Breathe in when you raise your legs and your head.

Tibetan #3 - Neck warm up w/camel

Kneel with your legs together, let your arms hand (palms on the sides of your thighs) thighs and torso vertical. Then let your head go down, so that the back of your neck gets stretched. Move your head back again and press forward your hips, while your head goes further back and your hands press into your hips from behind. This tibetan exercise should stretch out your neck and your abdominals. Breathe in when you go backwards.

Tibetan #4 - Table Posture

Sit on the floor and have your legs about one foot apart. Back straight, and hands on the floor (fingers point forward). First let your head go forward down, so that your neck gets stretched. Then Push up your hips until your torso is horizontal. This exercise stretches back, abs and thighs and is good for leg and shoulder strength. Breathe in when you raise off the ground.

Tibetan #5 - Downward dog to cobra/updog

Make your way to down dog. Hinging your body forward into a plank position, lower down through chaturanga. Push yourself forward and bend your back into updog or cobra. This Tibetan is good for abdominal and upper body strength / flexibility. Breathe in when you raise up into downdog.

*Amy Curtis, RYT
Breathe In Yoga Studio*