



The Five Tibetans: Five Dynamic Exercises for Health, Energy, and Personal Power

Christopher S. Kilham



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“Inspired and clear, *The Five Tibetans* makes a worthy contribution to body-mind wellness and longevity.”
Dr. Mehmet Oz

New edition of the popular yoga classic

- Provides illustrated instructions for the five yogic exercises known as the Five Tibetans
- Includes a new chapter on the author’s continued devotion to this daily practice, even during his extensive worldwide travels
- Explains how regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being

Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take only a minimum of daily time and effort but dramatically increase physical strength, energy, and suppleness as well as mental acuity. Also called the Five Rites of Rejuvenation, these exercises were brought to the West in the early 20th century by a retired British army officer who learned them in a Tibetan lamasery. Regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being. Enhancing the innate energetic power of the body and mind, these exercises provide a vehicle for enlivening the senses and harnessing energy for the purpose of self-transformation. Since 1978, Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle.

The Five Tibetans has established itself as a classic among yoga practitioners and teachers alike. In this new edition the author shares his own positive experiences from more than 30 years’ devotion to the practice, even during his extensive worldwide travels, and explores the spiritual benefits of the Five Tibetans as well as the profound impact the practice has on health, longevity, and healthy aging.



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