



DOCTOR EAST
Practice Strategy

THE 5 TIBETAN RITES

- 1 The five tibetan rites are thought to be more than 2,500 years old and to have been created by tibetan monks.
- 2 Considered by many to be an "Ancient Secret of the Fountain of Youth" these exercises claim to keep one's mind, body, and soul youthful, flexible and energetic indefinitely while promoting vitality and longevity.
- 3 From a 5 Element perspective, each of the five rites correlate to an element: Wood, Fire, Earth, Metal and Water. By performing these rites regularly, one also balances the various elements within the body.
- 4 The practice of these exercises is also beneficial and balancing to the body's energy centers, also known as chakras. It is believed that these energy fields control parts of the endocrine system, which has a powerful regulatory effect on the aging process.
- 5 There are five, easy to perform exercises, also known as rites, some of which resemble yoga postures.

DIRECTIONS

- Start by doing 3 sets of each of the 5 exercises and work up to a maximum of 21 repetitions.
- It is important that you follow the sequence and that you start off slowly with a lower number of repetitions. This will allow your subtle and physical energy bodies the time they need to adapt to the changes.
- In addition, it is important that you do them consecutively and every day.

CHALLENGE

- Perform the 5 Tibetan Rites for 40 days. If you skip a day, start over again until you complete forty days straight and check in with yourself to observe the changes.



Spin

Right palm up, left palm down, spin clockwise
Wood Element



Leg Raise

Inhale lift head and legs, exhale release head/legs
Fire Element



Kneeling Backbend

Inhale backbend, exhale drop head forward
Earth Element



Table Top

Inhale lift hips contract, exhale release to start
Metal Element



Up Dog/Down Dog

Inhale upward facing dog, exhale downward dog
Water Element

