

Pictures2

9/25/2023 (15 minutes)

The first rite - Twirling is connected to your 7th Chakra. Stand with feet shoulder width apart. Spin clockwise and keep your arms up. Keep eyes open with gaze toward the ground. Spin up to 21 times. Start with 1 - this is powerfully waking up your brain's balancing system. If you don't use it, you lose it...!

Second Rite - Leg Raises. Have your legs stretched out (feet together) and arms by your side. Slowly raise both legs together as you inhale. Lift your head toward your thighs, and then bring your chin to your chest. Keep your palms facing down. Exhale and lower your head and legs and connect the movement to your breath (inhale up, exhale down). Repeat for 1-21 times.

Third Rite - Dynamic Camel. Come to a kneeling position with your hips staged over your knees. Place your hands at the back of your thighs. Inhale, lean back and arch the spine as you slide your hands down your thighs. Do not lean too far back--go slowly--and build-up over time. Begin with just 1 or 3! The benefits are still very powerful. Repeat 1-21 times.

Fourth Rite - Moving Tabletop. Core engagement and strengthen the abdominals, upper body and upper legs. Stand in a seated position with legs straight and feet together. Inhale and press your hands into the floor, as you lift your hips up and swing them forward, while bending your knees. (Knees should be staged over the ankles, and the shoulders over the wrists/elbows.)

Exhale to slowly lower the hips by swinging them back and relax completely. Repeat 1-21 times. Fifth Rite - Downward Dog to Upward Dog (2 Dogs). Start in downward facing dog. Engage core and move into upward-facing dog. As you exhale, return to downward dog by lifting the hips up and back; repeat the two movements up to 21 times

[Genius And Five Tibetan Rites Of Longevity](#)

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