

The Five Healing Tibetans

-simple asana for rejuvenation and health

Preparation + Actual (21 of each)

#1.

Stand with your feet shoulder-width apart and head straight. Hold your arms outstretched to the side at shoulder height with your palms facing downwards and fingers/thumbs together. Swing your arms to the right as far as is comfortable, your torso, head and left foot should follow the movement and your left heel will lift. Side to side.



#2.

Lie on your back with your legs and feet together so the toes point upwards. Place your arms by your sides with the palms facing downwards and keep the fingers together. Raise your left leg from the ground until it is completely vertical. Hold this position for a pause, then lower your left leg back to the ground. Repeat other side.

At the same time or if you prefer to prep separately: as you raise the leg also raise the head bringing the chin towards the chest, drawing the stomach slowly in, keeping the tailbone down, curling with the pull coming from the abdominal muscles.



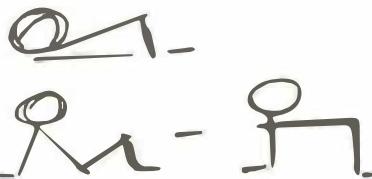
#3.

Kneel with your upper legs perpendicular to the floor, legs slightly apart and toes flexed. Keeping your head straight, hold your upper body upright with your arms unbent at the sides. Extend your right arm directly in front of you (or overhead) and reach back with your left arm to touch your left heel, restore body to upright and switch sides. Keep hips over knees.



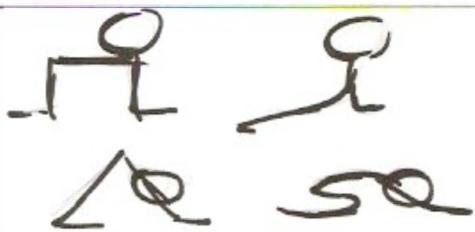
#4.

Either Bridge laying supine on the mat or sitting in a chair. Also the actual can be done with the knees bent, feet placed closer to the body and arms farther back than the shoulders with fingers faced either backwards or out to the sides.



#5.

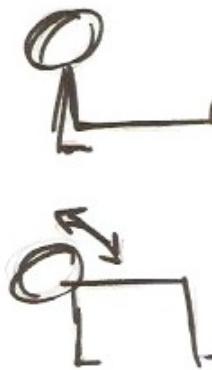
Cat n' Cow can be the prep as well as doing the full actual asana but keeping the knees on the floor for Updog and beginning a slight lift of the knees for Downdog.



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<p>#1. Spinning to the right 21 times, remaining in the same spot, beginning slow and gradually increasing the speed as any dizziness subsides. No spotting or focusing and only to the right. Breath deeply and evenly, turn by taking small steps, leading with your right foot. Begin by repeating 3-4 times and gradually building, do not pause between repetitions</p>	
<p>#2. Progress slowly with this one and do not strain. Begin in the same position as the prep. As you inhale raise your head until your chin rest on or near the chest and both legs are vertical, keeping legs/feet together. Avoid lifting your lower back off the ground only your bottom should lift off the floor. As you exhale, lower your head and your legs to the ground.</p>	
<p>#3. Kneel with your upper legs perpendicular to the floor, legs slightly apart and toes flexed or flat (this version will extend the ankles in a way that makes the exercise harder). Arms straight and at the sides only if you can then lift and tilt the head back and at the same time extend the spine backwards until you are bent as far back as you can manage. Initially you may want to support this with the hands somewhere between the upper buttocks and the thighs. On the inhale the head moves forward and down, bringing the spine to starting position.</p>	
<p>#4. Sit on the ground with your legs stretched out in front of you and slightly apart so your feet and toes point upwards. With your arms perpendicular to the ground place your hands palms down on the floor pointing towards your feet. Can also be done with knuckles (making a fist) instead of palms/fingers on the mat if wrists are an issue, especially at the beginning. Keep the fingers and thumb of each hand together. Bend your head forward so your chin rests on or near your chest. As you breathe in, lift your head until it is tilted as far back as is comfortable. As the same time, move your hips up and forwards until your torso is parallel to the ground and your lower legs are perpendicular to it. On the exhale, moving your head forward and towards your chest, lowering your hips back towards the ground so you return to the starting position. Do not move your arms/hands or allow the feet to slide. Instead pivot around the shoulders and ankles.</p>	
<p>#5. Updog/Downdog with legs straight and knees off the floor, eventually with the soles of the feet on the floor.</p>	

