



The Five Tibetan Rites: Anti-Aging Secrets Of The Five Tibetan Rites

Carolinda Witt, Peter Kelder

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With renowned practitioner & teacher Carolinda Witt. This is the original story of the Tibetan monks and their anti-aging secret of the fountain of youth, combined with advice and information from Carolinda's many years of teaching. Since 1939, millions of people have learned the Rites from this simple text and illustrations, and for those who require more in-depth instruction, this story is still essential reading.

Carolinda provides information on what to avoid and suggests alternatives if needed. For those who exercise regularly, this book is sufficient to learn the Rites, and for others Carolinda recommends her DVD or classes with a qualified teacher. Regardless of your learning method, these five simple exercises known as 'The Five Tibetan Rites' have long been practiced by monks to keep themselves young and healthy. They increase vitality, energy and health; improve mental clarity and focus; reduce stress; increase flexibility; improve breathing and strengthen the body. Can be done anywhere, at any time and take just ten to fifteen minutes per day to practice.

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