



The Illustrated Five Tibetan Rites: Anti-Aging Secrets for Vitality, Strength, Well-Being and Health

Carolinda Witt

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The definitive, in-depth guide to the health raising benefits of the Five Tibetan Rites, by renowned Five Tibetan Rites' teacher and bestselling author, Carolinda Witt. Numerous photographs and clear information - you can be *sure* you are doing them correctly.

Carolinda brings her 16 years of experience in teaching many thousands of people how to do the Rites safely and enjoyably. Her proven, step-by-step learning process combines the traditional Rites with full, natural breathing and core stability to strengthen your body from the inside out. As a result, this once-secret anti-aging and wellness routine can be done by anyone, at any skill level, in around 10 minutes a day.

Many thousands of people all over the world practice the Five Tibetan Rites to increase energy; calm the mind and strengthen the body. Results include increased flexibility, mental clarity and a greater sense of well-being and purpose.

If you are too tired, this plan will give you energy. If you are already active, this is a wonderful complement to any exercise program. – **Anita Boser**, bestselling author of *Relieve Stiffness And Feel Young Again With Undulation*.

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