

## 5 Tibetan Rites

### Lesson Plan Description:

Repeat each pose minimum of 3 times, up to 21 times. You can pause standing or seated between each pose and lay in shavasana at the end for a few moments.

You Tube follow along video: <https://youtu.be/TJEILrpBetc>



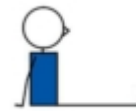
Spinning - 1st Tibetan Rite



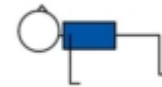
J pose - crunch/sit-up - Tibetan Rite 2



Camel - Tibetan Rite 3



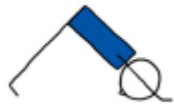
Dandasana to tabletop - Tibetan Rite 4



Dandasana to table top - Tibetan Rite 4



Up dog to down dog - Tibetan Rite 5



up dog to Down Dog - Tibetan Rite 5