

# Five Tibetan RITES

*Learn The Ancient Secrets  
Of The Fountain Of Youth*

**Friday, January 7**

**7:30PM-9:00PM**

**\$20 per person (\$25 at door)**

The Five Tibetan Rites are a yogic system of simple, yet incredibly energizing exercises that are said to have originated deep in the Himalayas 2,500 years ago and are still practiced as a daily ritual by many today. Also known as the “Five Rites of Rejuvenation,” these asanas (postures) take only a few minutes to perform, but can dramatically increase physical strength and suppleness, as well as mental acuity.

New students to experienced yogis alike will enjoy learning the incredible power of these five simple postures – and discover a natural, powerful method for daily rejuvenation and growth!

- Rejuvenates the body
- Improves digestion
- Prevents bone loss
- Reduces back pain
- Improves eyesight

The postures help focus energy on each of the seven primary chakra energy centers in our bodies, working to quickly open and spin the chakras, removing bad karmic seeds and replacing them with vitality and positive energy. Done each day, the Rites are said to have amazing rejuvenation powers, perhaps even leading the practitioner to find his or her own Fountain of Youth!

**Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop**

Pre-register online: <https://www.updogyoga.com/workshops/rochester-workshops>



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