

New Edition

The Five Tibetans

Five Dynamic Exercises for Health, Energy,
and Personal Power

CHRISTOPHER S. KILHAM

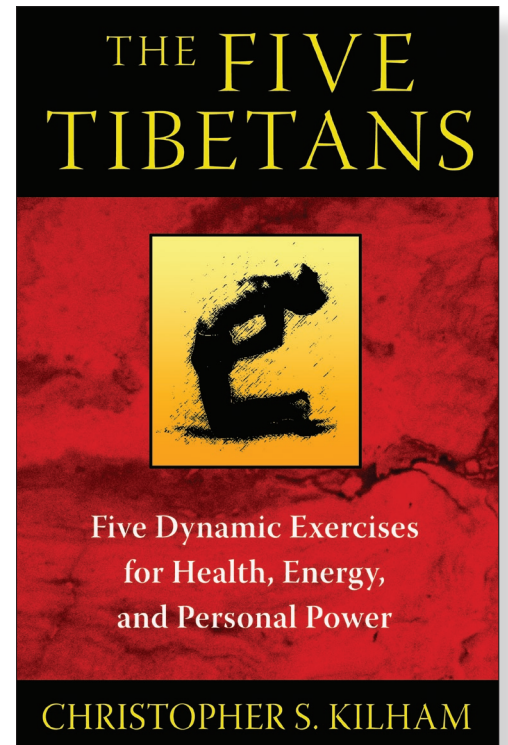
New edition of the popular yoga classic

- Provides illustrated instructions for the five yogic exercises known as the Five Tibetans
- Includes a new chapter on the author's continued devotion to this daily practice, even during his extensive world-wide travels
- Explains how regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being

Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take a minimum of daily time and effort but dramatically increase physical strength, energy, and suppleness as well as mental acuity. Also called the Five Rites of Rejuvenation, they were brought to the West in the early 20th century by a retired British army officer who learned them in a Tibetan lamasery. Regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system, tunes and energizes the chakras, and leads to deep relaxation and well-being. Enhancing the innate energetic power of the body and mind, these exercises provide a vehicle for enlivening the senses and harnessing energy for the purpose of self-transformation. Since 1978, Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle.

The Five Tibetans has established itself as a classic among yoga practitioners and teachers alike. In this new edition, the author shares his experience from more than 30 years' devotion to the practice, even during his extensive world-wide travels, and explores the spiritual benefits of the Five Tibetans as well as the profound impact the practice has on health and longevity.

Christopher S. Kilham has taught yoga, meditation, and natural health for more than thirty-five years. Known for his appearances as the "Medicine Hunter" on FOX News, he teaches ethnobotany at the University of Massachusetts at Amherst and has conducted medicinal research in over 20 countries across 5 continents and the South Pacific. The author of many articles and several books, including *Kava: Medicine Hunting in Paradise* and *The Whole Food Bible*, he lives in Leverett, Massachusetts.




Pub Month

Healing Arts Press

ISBN 978-1-59477-XXX-X

\$9.95 (CAN \$) Paper

 ISBN 978-1-59477-XXX-X

\$9.95 (CAN \$) Ebook

Replaces previous edition:

ISBN 978-0-89281-450-3 (Healing Arts Press)

96 pages, 5 3/8 x 8 1/4

18 black-and-white photographs

Rights: World

Categories???

