

## THE FIVE TIBETANS YOGA WORKSHOP WESTBROOK SUSAN%0A

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[The 5 Tibetans Yoga Workshop Susan Westbrook](#)

The Five Tibetans Yoga Workshop Connecting to All That Is Read an excerpt from the book in this magazine article.

As I sat on the top of the sand dune watching the rainbows appear and disappear, I felt a moment of absolute connection with the scene in front of me and all that was around.

[The Five Tibetans Yoga Workshop: Tone Your Body and ...](#)

The Five Tibetans helps the reader to facilitate their inner work with the powerful combination of the body-strengthening daily practice of the legendary yoga-like poses known as the 5 Tibetans along with spirit-nourishing stories and metaphors born of seas, rainbows and mountain vistas.

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[The Five Tibetans Yoga Workshop - innertraditions.com](#)

In The Five Tibetans Yoga Workshop, experienced coach and teacher Susan Westbrook shares a body-strengthening and heart-changing daily practice based on the legendary Five Tibetans , five yoga-like poses heralded as the ancient secret of the fountain of youth. With the use of mantra, visualizations and spirit-nourishing stories to encourage deep reflection, this book is the first to

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### **Fountain Of Youth: 5 Tibetan Exercises You Should Be Doing ...**

Aside from yoga, a workout I love for enhancing flexibility is the Five Tibetan Rites, also known as the "Fountain of Youth," because this practice effectively strengthens and stretches all the main muscles in your body.

### **The Five Tibetans Yoga Workshop - OMTimes Magazine**

In The Five Tibetans Yoga Workshop: Tone Your Body and Transform Your Life (Findhorn Press, July 2014) experienced yoga teacher, Susan L. Westbrook presents a life-changing workshop between the covers of the book that powerfully couples the exercises with meditation and mantras.

### **The Five Tibetans Yoga Workshop, Susan Westbrook - Shop ...**

"Susan Westbrook, in her well-written book on The Five Tibetans Yoga Workshop, recognizes the profound benefit of pairing these exercises with meditation, wherein lies the potential for deep change and growth. Sharing personal experiences of her path, she guides you on the way." <sup>3</sup>

Mary Horsley, author of *Chakra Workout: Balancing the Chakras with Yoga* \*

#### Five Tibetan Rites - Wikipedia

The Five Tibetan Rites is a system of exercises reported to be more than 2,500 years old which were first publicized by Peter Kelder in a 1939 publication titled *The Eye of Revelation*. [2] The Rites are said to be a form of Tibetan yoga similar to the yoga series that originated in India .