



## The Five Tibetans Yoga Workshop: Tone Your Body and Transform Your Life

By Susan Westbrook

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, The Five Tibetans Yoga Workshop: Tone Your Body and Transform Your Life, Susan Westbrook, 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. As you move through the pages and activities of the book you will discover for yourself the positive effects of performing the rites that have been touted as the "ancient secret of the fountain of youth." You will feel the sand beneath your feet, follow a mountain river on its course, and watch a rainbow dance on the horizon. Susan Westbrook gently encourages you to look inward at what she refers to as the "grasping behaviors" that are not serving you the book will help you find the healing behaviours that can facilitate your healing and growth. Regardless of age or circumstances, The 5 Tibetans is a book for you, for your body, for your spirit, and for your heart. The Five Tibetan Rites is a yoga routine based on a ritual of exercises...

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