

Pratiquer les cinq tibétains

Si vous n'avez pas le temps de faire du sport, ces rites pratiqués dans les monastères de l'Himalaya favorisent la vitalité et nous aident à retrouver la forme de nos 25 ans.



Rite 1 : Tourner sur place. Bras horizontaux, paumes tournées vers le ciel, tournez dans le sens des aiguilles d'une montre. Dès que la tête commence à tourner, immobilisez-vous. Cet exercice informe sur le niveau d'intoxication du corps et relance son dynamisme interne.



Rite 2 : Tonifier les abdominaux. Allongé sur le dos, les bras le long du corps et les paumes au sol, soulevez la tête (menton rentré) et les jambes tendues en même temps, vers le haut. Le nombre de montées (un nombre impair entre 3 et 21) fixe le nombre d'exécution des rites suivants.



Rite 3 : Stimuler le chakra de la gorge. À genoux, orteils en flexion, fesses relevées, dos droit, menton rentré vers la poitrine, bras plaqués le long des cuisses, basculez un peu le buste en arrière, pour regarder le ciel, en inspirant, puis revenez en position de départ en expirant. Ce rite favorise la montée de l'énergie et l'équilibre psychique.



Rite 4 : Monter en table. Assis au sol, jambes allongées, dos vertical, bras tendus le long du corps, en appui sur les mains, soulevez le corps à l'expiration, pour amener le ventre à l'horizontal (dans le prolongement des cuisses), la tête regardant le ciel. Restez quelques secondes en inspirant, puis revenez au sol à l'expiration. Cette mise en tension ouvre tous les chakras.



Rite 5 : Réaliser une salutation. Le corps en appui sur les mains et les pieds écartés, orteils en flexion. À l'inspiration, soulevez le bassin en gardant le dos plat, si possible dans le



prolongement des bras tendus, et rapprochez les talons du sol. À l'expiration, rabaissez le bassin (sans le poser) et tirez la tête en arrière. Cet exercice procure une vitalité exceptionnelle.
Odile Chabrilac

Attention :
Protégez bien vos lombaires dans tous les mouvements.

Les Cinq Tibeacutetains Technique Ancestrale De Longeacuteviteacute

Jiyuan Zhang



Les Cinq Tibeacutetains Technique Ancestrale De Longeacuteviteacute:

Reviewing **Les Cinq Tibeacutetains Technique Ancestrale De Longeacuteviteacute**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Les Cinq Tibeacutetains Technique Ancestrale De Longeacuteviteacute**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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