HEALTH & FITNESS

5 Tibetan Exercises that You Can Do Daily & Stay Young Forever

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Staying active and stretching our bodies on a daily basis is pivotal for optimal health and well-being.

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Although there's no one exercise that offers numerous benefits, there are those exercises that promote youth.

Named the Fountain of Youth, this ancient ritual with five Tibetan exercises is promoted as a wonderful way to maintain the body's flexibility and youth.

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These moves don't just boost physical health, but also provide mental and spiritual advantages. These exercises are more than 2,500 years old. They're thought to be created by the leaders of Tibetan Buddhism.

They weren't introduced to the West until the 80s. These exercises, if you introduce them to your daily routine, can help you strengthen your muscles and improve your balance.

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Let's check out each of the exercises in detail!

5 Tibetan Exercises to Do Daily & Stay Young

1. While in a standing position, straighten out the arms at the sides. Keep them horizontal to the floor and with the palms faced down. Align the shoulders and arms. The feet need to be placed shoulder-width apart. Then, draw the top of the head towards the ceiling. Look into a point in front of you. Begin to spin clockwise, until you feel slightly dizzy. While spinning, breathe in deeply.
2. Lie flat on the floor with the arms at the sides. Place the palms on the floor. Breathe in and raise the head off the floor while tucking in the chin to the chest. Simultaneously, lift the legs vertically. When you breathe out, lay the head and legs on the floor.
3. Kneel on an exercise pad. Curl the toes under the feet. Put the hands on the back of the thighs. Slide the hands down the thighs and gently pull the shoulders back. Point up the face and breathe in deeply.
4. Lie down on the ground and lift the body up, while keeping the knees bent and the feet and hands firmly on the floor. Keep the arms straight and look up. Remain in the tabletop position while breathing deeply. Gradually go back to the primary pose and rest for several seconds, before another repetition.
5. Lie down on the belly and place the palms on the ground, aligned with the pectoral muscles. Press into an upward-facing dog. Curl the toes under, lift the head, and draw the shoulders back. Tuck the toes under and draw the body into a downward-facing dog.

Sources:

YOUR TANGO

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