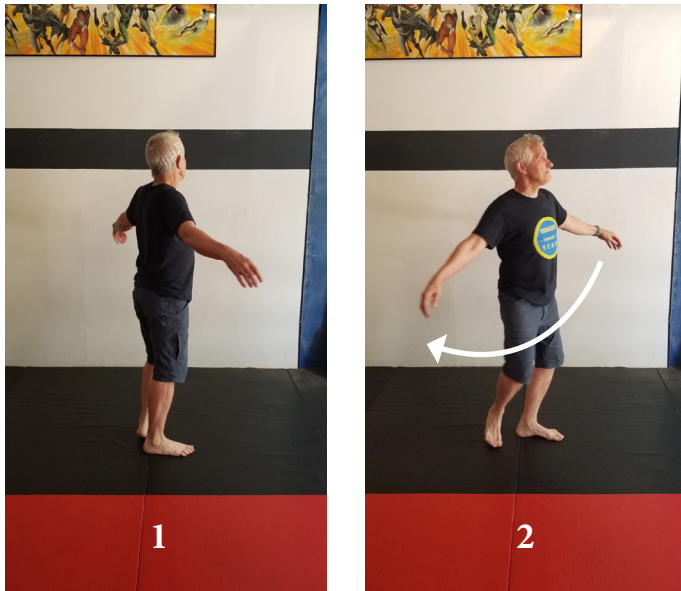


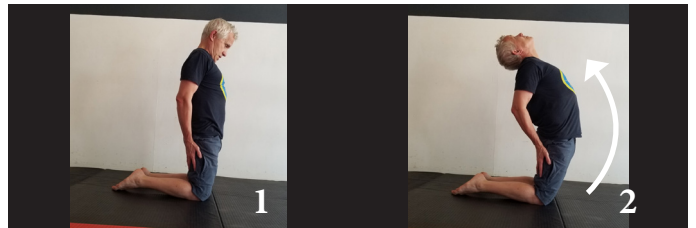
The Five Tibetan Rites

The Five Tibetan Rites are exercises reported to be more than 2,500 years old. They give you increased energy, and also touch on the YTLY Foundations of Strength, Mobility/Flexibility, Breathing, and Mindset. Do 21 reps for each exercise. Takes 5-10 minutes. Great morning pick-me-up!

1st Rite: Spin clockwise with arms outstretched for 21 rotations. (Note: You will get dizzy if you spin too fast.)



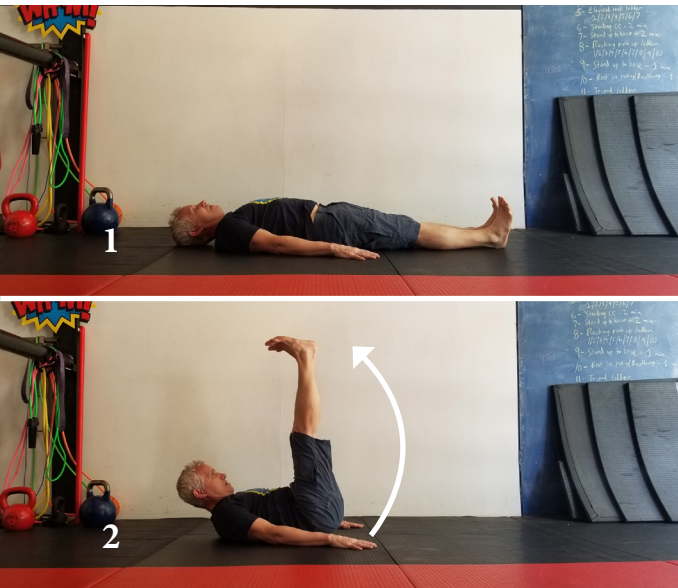
3rd Rite: From tall kneeling position, place hands on back of legs, then lean back from upper back.



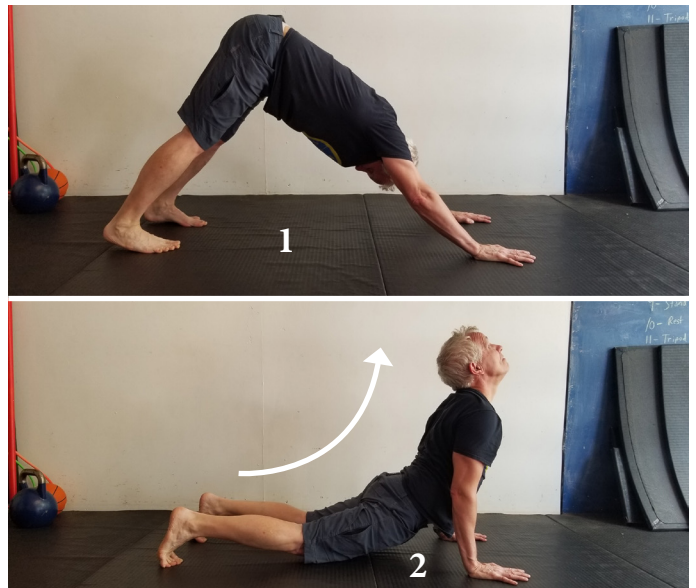
4th Rite: In seated position, raise your hips off the floor (without sliding your feet) as high as possible.



2nd Rite: Lying on your back, raise your chin to your chest, and then legs to 90 degrees.



5th Rite: In upside down "V" position, lower hips to floor, look up with eyes, shoulders down and back.



****When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in the exercises on this page, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge YOUNGER THAN LAST YEAR from any and all claims or causes of action, known or unknown, arising out of YOUNGER THAN LAST YEAR.**