

Tibetan 5 Rites

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This is a series of stretches that are meant to improve spinal flexibility and health. I have seen tremendous benefit for patients struggling with anxiety and mood issues who do this consistently. It helps relieve pockets of stuck energy in your body which can develop during stressful situations.

Stretch it out!

Links:

1. https://www.youtube.com/watch?v=j_bY6REpIPE