Five Incredible Himalayan Exercise Rituals
Rejuvenate & Supercharge Your Energy NOW!
**Introduction**

The Himalayan Rejuvenation Exercises represent one of the best discoveries for optimal health and well-being.

There are five exercises that you need to slowly and gently perform, to the point where you’re doing 21 repetitions of each of the five exercises.

So, when you start, in one daily session, you should do three repetitions of Ritual#1 and then three repetitions of Ritual#2 and then three repetitions of Ritual#3 and then three repetitions of Ritual#4 and then three repetitions of Ritual#5. The next week you’ll do five repetitions of each exercise ... and the following week seven repetitions, and so on.

I can’t stress enough that you should do these exercises **slowly and gently** and have fun with them. If they are a chore, you’re either doing too many repetitions or else you’re moving too quickly. You don’t have to add two repetitions each week until you get to 21 repetitions of each movement... **work at your speed and comfort level!**

Unlike most other exercises promoted as being healthy that require great grunting effort, these five Rituals are designed to flow with the body and its energies rather than against them.

The exercises are awesome ... once you start experiencing the benefits, I’m confident they will become an important and integral part of your health journey.

*I have complied this from free available information, and done away with unnecessary associated bunk.*

Yours for a lifestyle loving world,

Harry N

[flasharry@ymail.com](mailto:flasharry@ymail.com)
The Physio Vortexes

The body has seven centers which could be called Physio Vortexes. These are kind of magnetic centers. They revolve at great speed. When all are revolving at high speed and at the same rate of speed the body is in perfect health. When one or more of them slows down; old age, loss of power, and senility set in.

1\textsuperscript{st} Vortex is located in the brain, within the forehead.
2\textsuperscript{nd} Vortex is located in the posterior part of the brain.
3\textsuperscript{rd} Vortex is located in the throat at the base of the neck.
4\textsuperscript{th} Vortex is located in your right side of the body above the waist line.
5\textsuperscript{th} Vortex is located in the reproductive anatomy, and it is directly connected with the 3\textsuperscript{rd} Vortex in the throat.
6\textsuperscript{th} Vortex is located in one of the knees.
7\textsuperscript{th} Vortex is located in the other knee.

These Physio Vortexes extend beyond the flesh in the healthy individual; but in the old, weak, senile person they hardly reach the surface, except in the knees.

The quickest way to regain health, youth, and vitality is to start these magnetic centers spinning again. There are only five exercises that will do this. Any one of them will be helpful, but all five are required to get glowing results.

The Himalayans think of them as ‘Rituals’, and so instead of calling them exercises or practices, we too, shall call them Rituals.
Ritual#1

The first Ritual is a simple one. It is for the express purpose of speeding up the Vortexes. At first the average adult will only be able to spin around about a half-dozen times until he becomes dizzy enough to want to sit or lie down and rest; and this is exactly what you should do.

Stand erect with your arms outstretched and horizontal with the shoulders; palms facing down. Now spin around until you feel slightly dizzy. The only condition is that you must turn from left to right – in a clockwise direction.

Inhale and exhale deeply as you do the spins.
Ritual#2

The second Ritual is to further stimulate the Seven Vortexes into action. It is even simpler than the first one.

Lie flat on the floor, face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. If possible, extend the legs over the body towards your head. Do not let the knees bend. Then slowly lower the head and legs to the floor, always keeping the knees straight. Allow the muscles to relax, and repeat.

Breathe in deeply as you lift your head and legs; then exhale as you lower your head and legs.
Ritual #3

The third Ritual should be practiced immediately after performing the second Ritual. It too, is very simple to do. Keep your eyes closed, in order to turn your attention within and not get distracted.

Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then move the head and neck backward gently, arching the spine. Your toes should be curled out during this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the ritual all over again.

Inhale as you arch the spine and exhale as you return to an erect position.
Ritual#4

The fourth Ritual may seem somewhat awkward and difficult at first; but after a week, it should be as simple to do as the others.

Sit down on the floor with your legs straight out in front of you and your feet about 12" apart. With the trunk of the body erect, place the palms of your hands on the floor alongside your buttocks. Then tuck the chin forward against the chest. Now drop the head backward as far as it will go. At the same time raise your body so that the knees bend while the arms remain straight. Then tense every muscle in your body. Finally let the muscles relax as you return to your original sitting position. Rest before repeating this exercise.

Breathe in as you raise yourself up, hold your breath as you tense the muscles; and breathe out fully as you come back down to the sitting position.
Ritual#5

Before the end of the first week, this particular exercise will be one of the easiest ones to perform for the average person.

Lie face-down on the floor. You will be supported by your palms down against the floor and your toes in the outward flexed position. Throughout this ritual, the hands and feet should be kept straight. Start with your arms perpendicular to the Floor, and the spine arched, so that the body is in a sagging position. Now throw the head back as far as possible. Then bend at the hips, and bring the body up into an inverted "V". At the same time, bring the chin forward, tucking it against the chest.

Breathe in deeply as you raise the body, and exhale fully as you lower your body.

*end*