



The Secrets of Eternal Youth: A Simple Guide to The Five Tibetan Rites

Milan Bakrania

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This quick read explains everything you need to know to get started right now

In a remote monastery in the Himalayas, a group of monks disclosed a 2,500 year old secret to a retired army officer. He was shown five simple exercises known to decrease stress, improve flexibility, increase vitality and, above all, restore the balance of the seven vortexes of the body thereby slowing the ageing process. In modern times, the Five Tibetan Rites (as they were later called) have gained popularity due to their simplistic, low-fuss approach which continues to be a great incentive for young and old alike.

Included is information about the mysterious sixth rite, a powerful technique intended for only the naturally devout.

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