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The Five Tibetan Rites of Rejuvenation: Original edition

Peter Kelder

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The Five Tibetan Rites of Rejuvenation: Original edition Peter Kelder
This is the very original book by Peter Kelder, written in 1939 and reviewed by the author in 1946, about the five tibetan exercises which contain the secret of the fountain of youth. Also known as 5 tibetan rites or just the five tibetans, this routine of tibetan yoga will provide you with strength, vitality and focus, empower your inmunitary system and increase your general wellbeing.

Hidden in a Tibetan monastery for more than 2.000 years, the fountain of youth awaited to be discovered. This is the fascinating story of the man who brough it to the Western world so everybody can benefit from it.

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