

The Five Tibetan Rites



with Jill Giri Palmer

Saturday, October 21, 2017 • 1:00–3:30 PM

In this workshop you will learn the invigorating and mind-balancing daily yoga routine common in many Tibetan monasteries. This energizing series of postures is grouped into five sets of asanas that are easily remembered. The Five Tibetan Rites is an effective daily routine for calming your mind and stimulating the circulation of essential life-energy (prana) in the body. It is known to improve the over-all functioning and balance of all of your biological systems, including the endocrine system, nervous system, internal organs, and the aging process.

Price Options

\$45 plus tax (\$48.38) pre-registered • \$60 plus tax (\$64.50) at the door

Jill Giri Palmer, E-RYT 500, has taught yoga in New Mexico, Hawaii, and India. She has studied and practiced yoga asana, yoga philosophy, meditation, pranayama, Indian classical music, Ayurveda nutrition and therapies, and Sanskrit in both India and the U.S. over the last 16 years. She received her teaching certification through High Desert Yoga and has studied for several years with teachers in Rishikesh, Jaganath Puri, Pondicheri, and Mysore, India. Her teaching is inspired by alignment principles, the organic and authentic explorations of Angela Farmer, Self-awareness, and Aloha.



High Desert Yoga

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