

“The 5 Tibetan Rites of Rejuvenation”

Look better. Feel better. Turn back your body's clock with the Tibetan Rejuvenation Rites.

Starting September 5th, every Tuesday from 9am - 10am



Reminiscent of yoga, this is a rejuvenation regimen that stands apart and on its own.

These 5 exercises, or rites, emphasize a continuous sequence of movement that increases flexibility, strength and life force. Based on a continuous flow of breath and stretching, it's the perfect way to begin your day.

Included in the 45-minute class:

- You'll learn to discover a new level of energy.
- You'll learn ways to feel an increased amount of vitality and youth.
- You'll learn about the teachings of the ancient rites, and how to incorporate them beautifully into your own modern life.

Tickets are \$10.00 for members, or \$12.00 for non-members.
Please call our Concierge at (760) 834-7070 to R.S.V.P. for this workshop. Honor yourself and be on time.



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