



The 10-Minute Rejuvenation Plan: T5T: The Revolutionary Exercise Program That Restores Your Body and Mind

Carolinda Witt

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The Five Tibetan Rites of Rejuvenation have long been practiced by monks to slow aging, calm the mind, and strengthen the body. Author Carolinda Witt has taught thousands of students and brings her experience and insights to these ancient anti-aging movements, making them easy for everyone to learn.

Through a step-by-step process developed in her classrooms, the Rites can now be practiced enjoyably and safely over the long term as well as the short. This process is unique to Carolinda's students and allows your body the time it needs to develop strength & flexibility appropriately. You become strong from the inside out.

The 10-minute Rejuvenation Plan contains **all the tips, secrets, modifications, common problems & solutions which are explained in depth. You can be SURE you are doing them correctly. This book is** packed with numerous photographs (204 photos & 175 pages) and includes simple clear instructions & interesting information.

Quick and effective, T5T brings renewed energy, vitality, and strength to those who follow the program, making *The 10-Minute Rejuvenation Plan* a virtual fountain of youth.

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