



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

By Carolinda Witt

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

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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Editorial Review

Review

I never thought it would be possible to gain more energy and become more relaxed in only 10 minutes a day. But T5T manages just that. Amazing - Paul Wilson, bestselling author of *The Little Book of Calm*

T5T is simple, practical, effective and certainly mind/body altering. If you would love to become rejuvenated, remain calm, feel more vitality, be more flexible and simply look your absolute best, then now there is a new way to experience a greater state of wellbeing that takes just minutes a day, but lasts a lifetime
- Dr. John F. Demartini - *The Secret Teacher* - Bestselling author of *The Breakthrough Experience - A Revolutionary New Approach to Personal Transformation*

While these are exercises for the body and they do add strength and flexibility, the biggest impact is on my energy level. I get a sense of jubilation and feeling of being carefree that lasts through the day. I highly recommend this book for people of all activity levels. If you are too tired, this plan will give you energy. If you already are active, this is a wonderful complement to any exercise program - Anita Boser - author of *Relieve Stiffness and Feel Young Again with Undulation*

I've been interested in the Five Tibetans for some time and tried to learn it via YouTube demos etc but was always concerned that I didn't really know what I was doing or why or if it was correct. This book provides the full story (finally!) and is destined to become the bible of the Tibetan practice because it gives you everything you'll ever need to know. Looks good too! - Amanda Hampson, bestselling author of *The Olive Sisters*

I first met the author, Carolinda Witt, in 2005 when she introduced me to the "5 Tibetans". At the time I was sleeping badly, feeling sluggish and not enjoying life at all. I was immediately impressed with Carolinda's caring attitude and willingness to show me the five simple moves that would change my life. Carolinda was very thorough in teaching the movements correctly, which are beautifully presented in her book. I am forever grateful for having been introduced to the T5T program - Anita Revel - Author of *The Goddess Diet & The 7 Day Chakra Workout*

"T5T is an incredible and powerful program. It turns back the clock. It increases your energy, mental clarity, and focus. It reduces stress, and improves strength and flexibility. It is capable of restoring your passion and zest for life. I highly recommend it for anyone willing to improve their life."

—John Gray, bestselling author of *Men Are from Mars, Women Are from Venus*

"I have practiced yoga for many years, but after having my third child I needed some exercise that would put me back in shape and that took as little time as possible to do! T5T has been exactly what I needed. It is so simple and yet so powerful in its effect."

—Susan Hayward, bestselling author of *A Guide for the Advanced Soul*

About the Author

Carolinda Witt has been teaching the Rites to students and other teachers since 2000. Many thousands of students have benefited from her clear and insightful methods into learning these ancient movements.

Users Review

From reader reviews:

David Pimentel:

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to learn everything in the world. Each publication has different aim or goal; it means that publication has different type. Some people experience enjoy to spend their time and energy to read a book. They are reading whatever they consider because their hobby is reading a book. Think about the person who don't like looking at a book? Sometime, person feel need book if they found difficult problem or perhaps exercise. Well, probably you should have this The 10-Minute Rejuvenation Plan: T5T: The Revolutionary Exercise Program That Restores Your Body and Mind.

Jennifer Larson:

The book The 10-Minute Rejuvenation Plan: T5T: The Revolutionary Exercise Program That Restores Your Body and Mind can give more knowledge and information about everything you want. Exactly why must we leave the good thing like a book The 10-Minute Rejuvenation Plan: T5T: The Revolutionary Exercise Program That Restores Your Body and Mind? A number of you have a different opinion about publication. But one aim that will book can give many details for us. It is absolutely suitable. Right now, try to closer together with your book. Knowledge or details that you take for that, you can give for each other; you could share all of these. Book The 10-Minute Rejuvenation Plan: T5T: The Revolutionary Exercise Program That Restores Your Body and Mind has simple shape nevertheless, you know: it has great and massive function for you. You can seem the enormous world by wide open and read a e-book. So it is very wonderful.

Bruce Jackson:

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Margaret Holt:

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