

Immune Sequence

This sequence was given out to students at the Iyengar Institute in Pune when it was closed due to an outbreak of a virulent flu.

Morning Practice - Approx. 1 hour



Uttanasana
5 min.



Adho Mukha Svanasana
5 min.



Prasarita Padottanasana
head down
3 min.



Sirsasana
5 min. Straight
10 min. Cycle



Dvi Pada Viparita
Dandasana
5 min.



Salamba
Sarvangasana
10 min.



Halasana
5 min.



Salamba
Sarvangasana Cycle
5 min.



Salamba Sarvangasana Cycle



Viparita Karani
5 min.



Savasana
with Viloma or Ujjayi
Pranayama
10 Min.

Evening Practice - Approx. 45 minutes



Sirsasana
10 min.



Salamba
Sarvangasana
10 min.



Halasana
5 min.



Setu Bandha
Sarvangasana
10 min.



Savasana
with Viloma or Ujjayi
Pranayama
10 Min.