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 Sarvangasanana 10 min.
- Halasana 5 min.
- Salamba Sarvangasanana Cycle 5 min.

Evening Practice - Approx. 45 minutes

- Sirsasana 10 min.
- Salamba Sarvangasanana 10 min.
- Halasana 5 min.
- Viparita Karani 5 min.
- Viparita Karani Cycle
- Savasana with Viloma or Ujjayi Pranayama 10 Min.