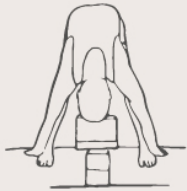




# IMMUNE SEQUENCE

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

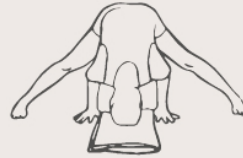
## Morning Practice - Approx. 1 hr



1. Uttanasana  
5 min.



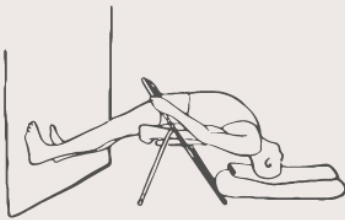
2. Adho Mukha Svanasana  
5 min.



3. Prasarita Padottanasana  
head down - 3 min.



4. Sirsasana  
5 min straight.  
10 min cycle.



5. Dvi Pada Viparita  
Dandasana 5 min.



6. Salamba Sarvangasana  
10 min.



7. Halasana  
5 min.



8. Salamba Sarvangasana  
5 min.



Salamba Sarvangasana Cycle



9. Setu Bandha Sarvangasana  
5 min.



10. Viparita Karani  
5 min.



11. Savasana with  
Viloma or Ujjayi Pranyama  
10 min.

## Evening Practice - Approx. 45 Minutes



1. Sirsasana  
10 min.



2. Salamba  
Sarvangasana  
10 min.



3. Halasana  
10 min.



4. Setu Bandha  
Sarvangasana  
10 min



5. Savasana with  
Viloma or Ujjayi Pranyama  
10 min.