Immunity Booster Sequence
from B.K.S. Iyengar

MORNING PRACTICE:

Uttanasana (support head) 5min

Adho Mukha Svanasana (support head) 5min

Prasarita Padottanasana (support head if not on floor) 3min

Sirsasana 5min

Sirsasana cycle (see Light on Yoga plates #202-218 for full cycle) 5min

Viparita Dandasana (support head) 5min
Sarvangasana 10min

Halasana 5 min

Sarvangasana Cycle 5min
(see Light on Yoga plates #234-271 for full cycle)

Setu Bandha Sarvangasana (supported) 5min

Viparita Karani (at wall) 5min

Savasana (w/ujjayi or viloma pranayama) 10min
EVENING PRACTICE:

- Sirsasana 10min
- Sarvangasana 10min
- Halasana 5min or
- Setu Bandha Sarvangasana (supported) 10min
- Savasana (w/ujjayi or viloma pranayama) 10min