

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 