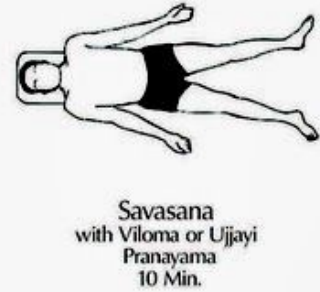
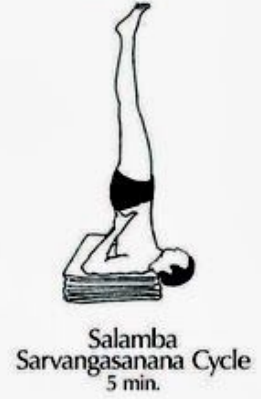
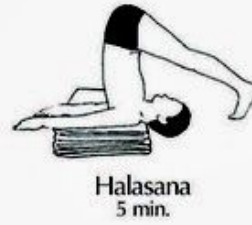
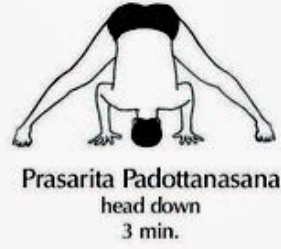


Immune Sequence

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



Evening Practice - Approx. 45 minutes

