

### 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.

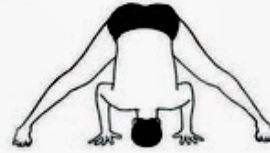
#### Morning Practice - Approx. 1 hour



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  
Sarvangasana  
10 min.



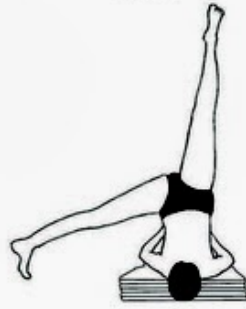
Halasana  
5 min.



Salamba  
Sarvangasana Cycle  
5 min.



Salamba Sarvangasana Cycle



Viparita Karani  
5 min.



Savasana  
with Viloma or Ujjayi  
Pranayama  
10 Min.

#### Evening Practice - Approx. 45 minutes



Sirsasana  
10 min.



Salamba  
Sarvangasana  
10 min.



Halasana  
5 min.



Setu Bandha  
Sarvangasana  
10 min.



Savasana  
with Viloma or Ujjayi  
Pranayama  
10 Min.