

# IMMUNITY SEQUENCE

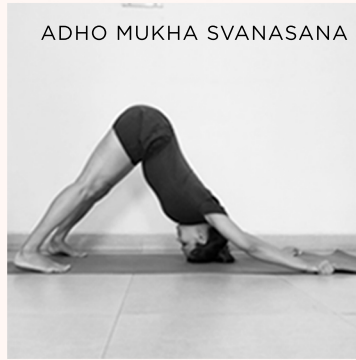
as handed out by the the Iyengar Institute, Pune during an outbreak of flu.

The key to fighting any kind of external attack is your immunity. The higher your immunity levels, the less likely you are to fall prey to any threat - physical, mental or emotional. This sequence is recommended to be practiced in the morning. However, since it consists of mostly inversions, it should be avoided during menstruation, uncontrolled high/low blood pressure issues & migraines.



UTTANASANA

5 MIN



ADHO MUKHA SVANASANA

5 MIN



PRASARITA PADOTTANA

3 MIN



SHIRSHASANA

5 MIN: STRAIGHT  
10 MIN: CYCLE



DWI-PADA VIPARITA DANDASANA

5 MIN



SARVANGASANA

10 MIN



HALASANA

5 MIN

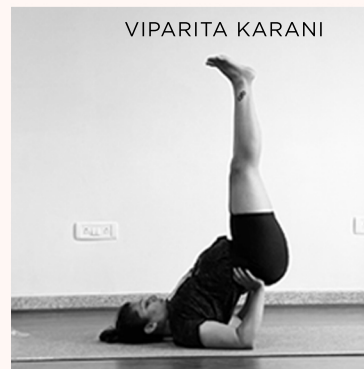


SARVANGASANA CYCLE

5 MIN



SALAMBA SARVANGASANA CYCLE



VIPARITA KARANI

5 MIN



SHAVASANA

10 MIN

## CHECKLIST FOR PRACTICE

- clean space
- free time in the morning
- wear comfortable clothes
- practice on a light stomach
- know thy sequence
- check for contraindications
- start with a conscious intention
- stay tuned to your breath
- use props when necessary
- avoid distractions
- take time to relax between asanas
- enjoy your practice!