

## ASANAS TO BE PRACTICED TO INCREASE YOUR IMMUNITY\*

### Morning Practice Duration approx. 1 hour

Uttanasana	5 minutes	
Adho Mukha Svanasana	5 minutes	
Prasarita Padottanasana	3 minutes	
Sirsasana	10 to 15 minutes	5 minutes straight and 10 minutes Sirsasana cycle
Viparita Dandasana	5 minutes	on your cot with head down
Sarvangasana	10 minutes	
Halasana	5 minutes	
Sarvangasana cycle	5 minutes	
Setubandha Sarvangasana	5 minutes	
Viparita Karani	5 minutes	
Savasana	10 minutes	with Viloma or Ujjayi pranayama

### Evening Practice Duration approx. 45 min

Sirsasana	10 minutes	
Sarvangasana	10 minutes	
Halasana	5 minutes	
Setubandha Sarvangasana	10 minutes	
Savasana	10 minutes	with Viloma or Ujjayi pranayama

\*Sequence given to RIMYI students by BKS Iyengar in response to the swine flu outbreak in Pune during August 2009.