

**BKS Iyengar's:**

**Practice to Strengthen the Immune System**

1. Uttanasana with head support – 5 minutes
2. Adho Mukha Svanasana with head support – 5 minutes
3. Prasarita Padottanasana with head support – 3 minutes
4. Sirsasana – 5 alone or 10 minutes with variations
5. Viparita Dandasana through the chair with head support - 5 minutes
6. Salamba Sarvangasana – 10 minutes
7. Halasana – 5 minutes
8. Salamba Sarvangasana with variations – 5 minutes
9. Viparita Karani – 5 minutes
10. Savasana – with ujjayi and viloma pranayama