

Transcribed with Notes by Chris Saudek October 2009 The following sequences were given to students of the Ramamani Iyengar Memorial Yoga Institute in Pune, India. The institute was closed for a week during the summer due to an excessive number of cases of the flu in Pune. A similar sequence was taught in some of the classes at The Yoga Place during a recent restorative week. Some suggested adaptations or things we did in class are in parentheses.

Asana to be practiced to increase your immunity

Morning Practice

Uttanasana, 5 minutes (crown of the head supported)

Adho Mukha Svanasana, 5 minutes (done with ropes or 2 minutes, rest, 2 minutes)

Prasarita Padottanasana, 3 minutes (crown of head on floor or block)

Sirsasana, 10-15 minutes with 5 minutes straight and 10 minutes variations (in class we did 5 minutes in middle or at wall and then 10 minutes of rope Sirsasana)

Viparita Dandasana on your bed with head down, 5 minutes (in class we did this on a chair with feet on a tall block at the wall, hands holding the back legs of the chair)

Sarvangasana, 10 minutes

Halasana, 5 minutes

Sarvangasana cycle, 5 minutes

(for the above 3 poses we did chair Sarvangasana, 5-7 minutes, Ardha Halasana, 5 minutes, came back to Sarvangasana and did a few variations)

Setu Bandha Sarvangasana, 5 minutes

Viparita Karani, 5 minutes

Savasana with Viloma or Ujjayi Pranayama, 10 minutes

Evening Practice

Sirsasana, 10 minutes

Sarvangasana, 10 minutes

Halasana, 5 minutes

Setubandha Sarvangasana, 10 minutes

Savasana with Viloma or Ujjayi Pranayama, 10 minutes

NOTE: If you do not have time to do either of these entire sequences, just make sure you do the poses you choose to do in the same order as listed and be sure to do Sarvangasana if you do Sirsasana.