

Sequence for the immune system as developed by Guruji during the swine flu in 2009

Mornig practice

Uttanasana



5 Min

Adho Mukha Svanasana



5 Min

Support your head.

You can also have yours heels at the wall or use a strap on a doorknob to hang in the pose (Photo 2)





2)

Prasarita Padottanasana



3 Min



Sirsasana free standing or at the wall

5 Min



If you cannot do Sirsasana:

Repeat Prasarita Padottanasana with the head supported (directly on the floor or on a chair) or Adho Mukha Svanasana supporting the crown of your head.



### Dwi Pada Viparita Dandasana



1)



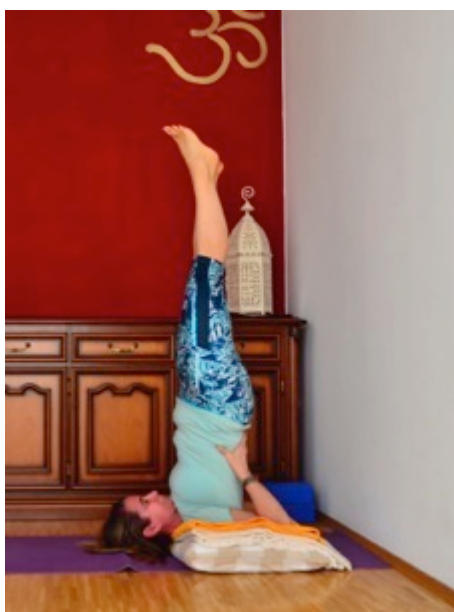
2)

5 Min

1) You can keep your knees bent. Change the position of your arms (hold the backrest, stretch the arms above the head). You can also place a support for your head.

2) You can also build a "bench" with books and bolsters or blankets and lay on it

### Sarvangasana



10 Min

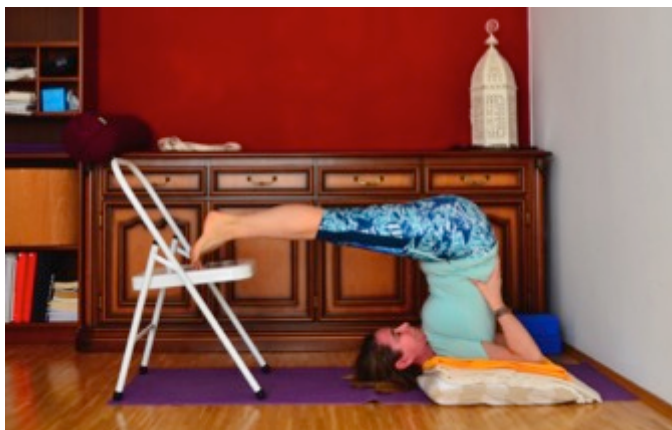
if you don't have yoga foam blocks, you can pile up a few blankets under the shoulders.

*In the picture I am using my pillow with 2 blankets and a towel (and it worked really well!)*



Halasana

5 Min.



Salamba Sarvangasana Cycle:

5 Min

Eka Pada Sarvangasana



Parsva Eka Pada Sarvangasana



Viparita Karani



5 Min

Make sure to have your abdomen flat, so that the abdominal organs move toward the spine and do not compress the lungs.

Have the top of the shoulders on the floor.



Savasana with Ujjayi Pranayama

10 Min



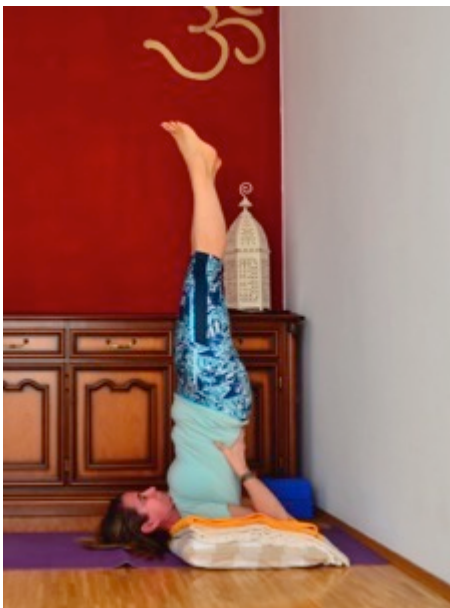
Evening Practice

Sirsasana



5 Min

Salamba Sarvangasana



10 Min





Halasana



5 Min

Setu Bandha Sarvangasana



10 Min

Savasana with Ujjayi Pranayama



10 Min

