

ASANA TO BE PRACTISED TO INCREASE YOUR IMMUNITY

MORNING PRACTICE

Duration approximately 1 hour.

Uttanasana	5 minutes
Adho Mukha Svanasana	5 minutes
Prasarita Padottanasana	3 minutes
Sirsasana (5 minutes straight and 10 minutes Sirsasana cycle)	10-15 minutes
Viparita Dandasana on your cot with head down	5 minutes
Sarvangasana	10 minutes
Halasana	5 minutes
Sarvangasana Cycle	5 minutes
Viparita Karani	5 minutes
Savasana with Viloma or Ujjayi Pranayama	10 minutes

EVENING PRACTICE

Duration approximately 45 minutes

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