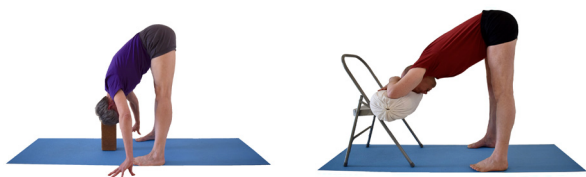


## Yoga Sequences to Support the Immune System

The Sequences were created by BKS Iyengar. The main focus of the sequences are forward extensions with head support, supported backward extensions as well as inversions. Aside from the stimulation of the Nervous - and Lymphatic System, these Asanas support our Respiratory and Circulatory System. The duration should be adapted to the Practitioners level of practice (between 3 - 10 Min. per Asana). In the following we will show you two different variations for each Asana.

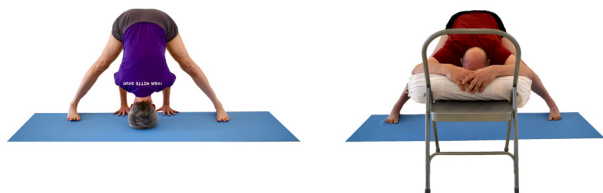
### Long Morning Sequence to Support the Immune System



1. Uttanasana, head on brick or chair



2. Adho Mukha Svanasana, head on brick or bolster



3. Prasarita Padottanasana, head on floor or chair



4. Sirsasana, free / against wall, or in ropes



5. Viparita Dandasana, on one or two chairs



6. Sarvangasana, free or with chair



7. Halasana, toes on floor or chair



8. Sarvangasana Variation, free or with chair



9. Sarvangasana Variation, free or with chair



10. Viparita Karani, against wall, on one or two bolsters



11. Savasana with Ujjayi or Viloma Pranayama, chest supported, without or with bolster underneath the knees

## Short Evening Sequence to Support the Immune System



1. **Sirsasana**, free / against wall, or in ropes



2. **Sarvangasana**, free or with chair



3. **Halasana**, toes on floor or thighs on chair



4. **Setu Bandha Sarvangasana**, on brick or 2 bolsters



5. **Savasana** with **Ujjayi** or **Viloma Pranayama**, chest supported, without or with bolster underneath the knees

## Recommendations and Resources for your Practice

Yoga in Action - Introductory Course, by *Geeta S. Iyengar*  
Yoga in Action - Intermediate Course I, by *Geeta S. Iyengar*  
Yoga - A Gem for Women, by *Geeta S. Iyengar*  
Light on Yoga, by *B.K.S. Iyengar*  
Yoga - The Path to Holistic Health, by *B.K.S. Iyengar*

The aforementioned resources are available in numerous languages. Several of these resources are available to order through our website [www.iyengar-yoga-berlin.de](http://www.iyengar-yoga-berlin.de)



Or through your country's respective national Iyengar Yoga Association.

To find a Certified Iyengar® Yoga Teacher near you, visit:

[www.bksiyengar.com/modules/Teacher/teacher.asp](http://www.bksiyengar.com/modules/Teacher/teacher.asp)

The sequences were given out to students at the Iyengar Institute in Pune when it was closed due to an outbreak of a virulent flu.

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# Yoga Sequences to Support the Immune System