

Moving to a home practice

**Practicing yoga can help support the immune system
and help us deal with stress.**

**Below is a sequence of poses recommended by BKS Iyengar
during a virulent flu outbreak in Pune, India**

MORNING PRACTICE

**Uttanasana (support head) 5 min
Adho Mukha Svanasana (support head) 5 min
Prasarita Padottanasana (support head if not on floor) 3 min
Sirsasana 5 min
Viparita Dandasana (support head) 5 min
Sarvangasana 10 min
Halasana 5 min
Sarvangasana cycle 5 min
Viparita Karani (at wall) 5 min
Savasana (with Ujjayi or Viloma pranayama) 10 min**

EVENING PRACTICE

**Sirsasana 10 min
Sarvangasana 10 min
Halasana 5 min or Setu Bandha Sarvangasana (supported) 10 min
Savasana (with Ujjayi or Viloma pranayama) 10 min**