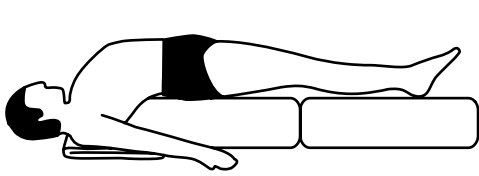
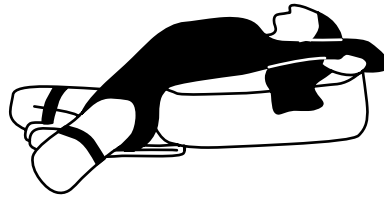


Immunity Sequence 2 from B.K.S. Iyengar's *Yoga: A Holistic Path to Health*

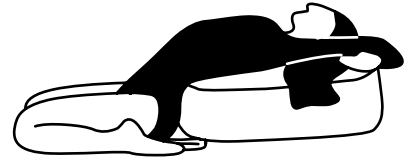
Yoga strengthens both natural and acquired immunities, and regular practice of recommended asanas can help to counter those things which challenge them.



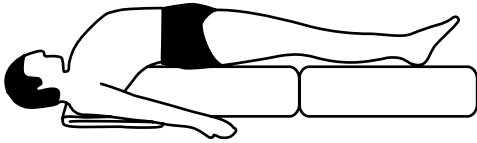
Setubandha Sarvangasana



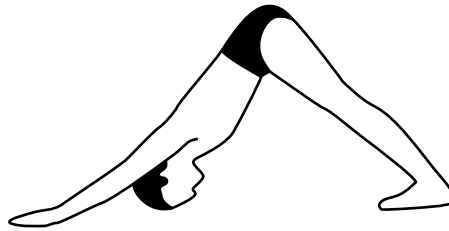
Supta Baddhakonasana



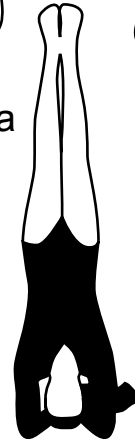
Supta Virasana



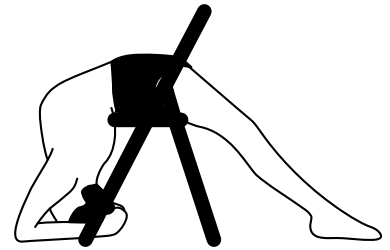
Setubandha Sarvangasana



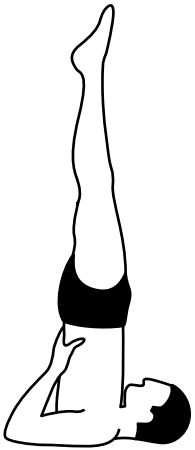
Adhomukha Svanasana



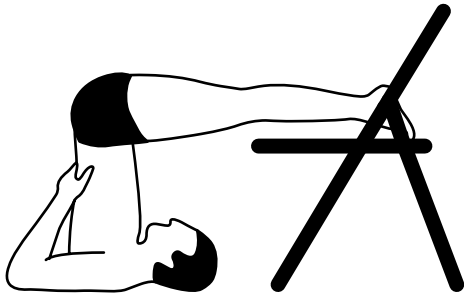
Salamba Sirsasana



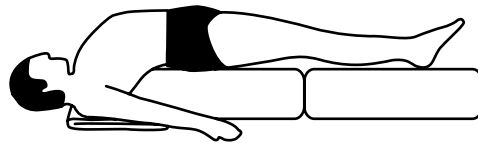
Viparita Dandasana



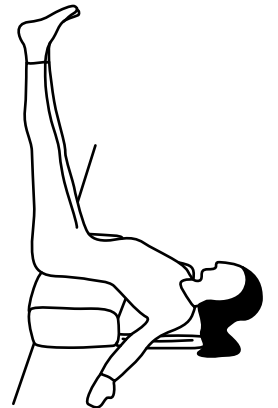
Salamba Sarvangasana



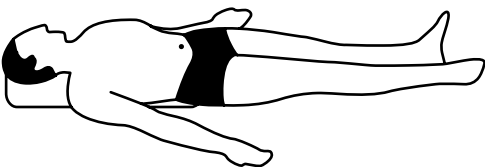
Halasana



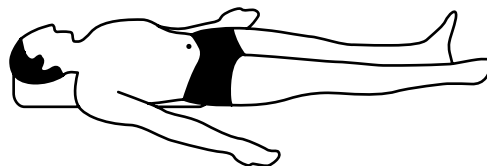
Setubandha Sarvangasana



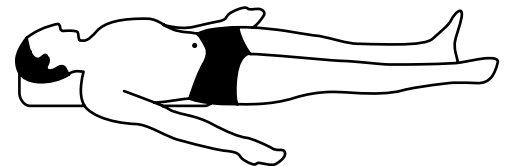
Viparita Karani



Savasana



Ujjayi Pranayama



Viloma 2 Pranayama