

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