

# Sequence for the Immune System



Setu Bandha Sarvangāsana - on 1/2 brick



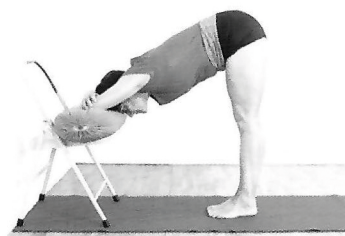
Supta Baddha Konāsana



Supta Vīrāsana



Setu Bandha Sarvangāsana



Half Uttanāsana



Rope Śirsāsana



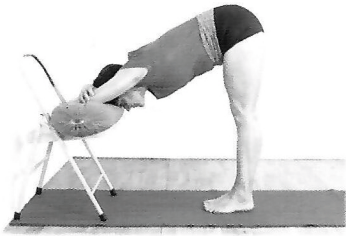
Sālamba Śirsāsana I



Chair Viparīta Dandāsana



Viparīta Dandāsana



Half Uttanāsana



Chair Bharadvājāsana



Standing Marīchyāsana



Setu Bandha Sarvangāsana



Śālamba Sarvangāsana I



Chair Sarvangāsana



Viparīta Karanī - 5min



Śavāsana - bricks for the back

Übungssequenz aus:  
Kate Beck & Ali Dashti  
"Yoga my Love"  
Patanjali Yoga  
Switzerland

Hold all the poses 3 - 5 minutes. In Śavāsana practice *Viloma I, II & III, Antara Kumbhaka* and *Bhramarī Prānāyāma*.