

3/2020 FROM THE NYC IYENGAR INSTITUTE

SEQUENCE TO BOOST IMMUNITY

- Key is to facilitate lymph drainage out of abdomen and into chest region.
- Placing head below level of heart facilitates drainage into throat/head area and is tonic for lymph vessels in upper body.
- Moving breath under skin where lymph vessels are located helps mobilize lymph through lymph vessels.
- Circulation of blood and lymph through the lungs.
- Irrigating lymph through lymph nodes in throat/tongue/jaw area.
- Releasing diaphragm and creating expansive breath.
- Twists revitalize vertebral column and via their wringing effects, move blood through organs.
- Shoulderstand, the “mother” of all poses nourishes the chest and throat area.
- Inversions in general rest and revitalize the body. They stimulate the lungs to perform better and improve circulation.
- Closing meditation focuses on shamatha—calm abiding—relaxing the throat and facial region, and bringing deep stillness to the mind while expanding the chest/lung/heart region.



1. BALASANA CHILD'S POSE

Begin folding forward with your knees separated and your big toes touching. Rest your forehead to the floor or support it on a block or bolster. With eyes closed, let your face, tongue, throat and jaw relax. Rest your arms on the floor above your head, allowing your elbows to bend out to the sides.



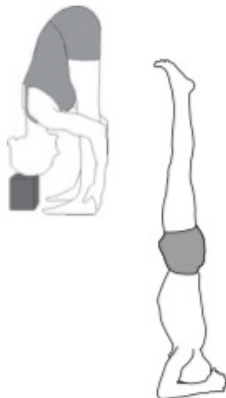
2. ADHO MUKHA SVANASANA DOWNWARD-FACING DOG POSE

From Balasana press your hands into the floor, lift your hips and step back into Adho Mukha Svanasana. Rest your head onto a block or a stack of folded blankets and lift your shoulders. Extend out through your inner arms by pressing the base of your thumb and forefinger into the floor. Press the tops of your thighbones firmly back away from your face.



3. PRASARITA PADOTTANASANA WIDE-LEGGED STANDING FORWARD BEND

From Adho Mukha Svanasana step your feet up to your hands and lift your torso to standing. Step your feet about 4 feet apart, fold your torso forward and rest the crown of your head to the floor, or if it doesn't yet reach the floor, onto a block. Press your palms firmly into the floor and draw your shoulder blades onto your back.

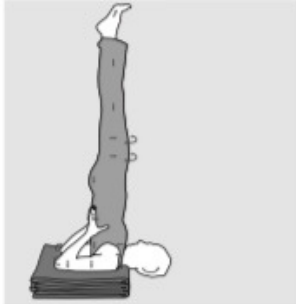


4. UTTANASANA STANDING FORWARD BEND

From Prasarita Padottanasana place your hands on your hips, ground your heels and lift your torso to standing. Step your feet hip width apart and on an exhale fold your torso forward, resting your head on a block. Clasp the back of your heels with your hands to bring your torso towards your legs and to release your spine. Spread your toes wide, lift the inner arches of your feet and lift your quadriceps to keep your legs alert. Draw your shoulder blades onto your back while lengthening your spine through to the crown of your head. Broaden your back with each inhalation.

5. SIRSASANA HEADSTAND

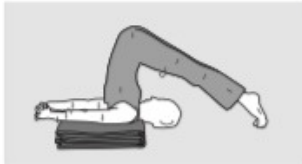
Release out of Uttanasana by returning back to standing. Then from a kneeling position, interlock your fingers and press the entire length of your outer forearm against the floor. If you do not yet feel comfortable in a freestanding headstand, rest your knuckles against the baseboard of a wall and kick up. Lift your shoulder blades away



from the floor and draw them onto your back to avoid compressing your neck. Breathe fully into your chest to expand your lungs and increase the elasticity of the intercostals muscles between your ribs. Rest in Balasana (child's pose) after coming down.

6. SARVANGASANA SHOULDERSTAND

Lie on your back with your knees bent and feet on the floor. Set your shoulders on the folded edge of two or more blankets so that your shoulders are supported and your head is resting on the ground. Avoid bearing any weight on your neck. Lift your legs directly up into a shoulder stand or extend your legs over your head into Halasana (Plow Pose) first. Prop your mid back with your hands and lift the sides of your chest upward. Keep your throat soft and allow your tongue to be relaxed.



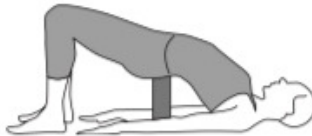
7. HALASANA PLOUGH POSE

From Sarvangasana, slowly lower your legs to the floor. Interlock your fingers behind your back, and extend your arms in the opposite direction from your legs. Press your arms powerfully toward the floor as you lift your spine upward. Engage your quadriceps to press your femur bones up and away from your face. To come out of the pose, extend your arms over your head beside your feet. Slowly lower your spine while maintaining full extension in your arms.



8. JATHARA PARIVARTANASANA REVOLVED ABDOMEN POSE

Lying on your back on the floor, draw your knees into your chest and lower your knees to the right side. Extend both legs straight unless you suffer from low back pain, in which case keep your knees bent. Draw your lower lumbar spine in to your body, to deepen and lengthen the spinal twist. Keep your legs engaged and with each exhale rotate your belly in the opposite direction of your legs. Repeat on the left side.



9. SETU BANDHA SARVANGASANA BRIDGE POSE

Lie with your back on the floor and your knees bent. Lift your pelvis, slide a block underneath your pelvis and rest your sacrum onto the block. Ground your shoulders by rolling your outer shoulders down and pressing them into the floor. Lift the sides of your torso away from the floor to broaden your front ribs, your sternum and collarbones. Return to the sensation of deep quiet in your eyes and throat. Relax your facial muscles and make them completely placid.



10. SIDDHASANA ADEPT'S POSE

Sit in a comfortable cross-legged position on the edge of two or more folded blankets. Elongate the sides of your torso and lift your sternum to expand your chest. Create space under your armpits where there are lymph nodes by imagining you have a small balloon under each arm. Inhale and exhale deeply and slowly keeping your face, throat, mouth and tongue soft.

Stay in each pose for 2-5 minutes, depending on your capacity. Use full, soft diaphragmatic breathing, as if a parachute is opening inside your chest. Avoid accumulating any strain in the soft tissues of your neck. Feel in each pose that your throat and neck and tongue are being bathed in waves of healing blood and lymph.