









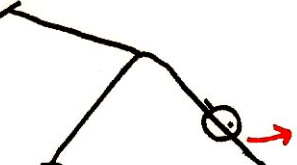
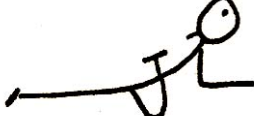










# Cold & Allergy Relief

Opening the heart and keeping the head elevated can ease congestion caused by colds and allergies.

				
Heart Opener over Roll	Kaphalabhati (arms overhead)	Virasana Garudasana	Gomukhasana	Tadasana
				
Utkatasana & Kaphalabhati	Parvrita Utkatasana	Padangusthasana	Sphinx	Bhujangasana
				
Eka Pada Adho Mukha Svanasana	Eka Pada Rajakapotasana	Ardha Matsyendrasana	Salamba Upavista Konasana	Salamba Halasana
				
Matsyasana	Salamba Setu Bandha	Bricklayers Rest	Reclining Twist	Salamba Savasana