

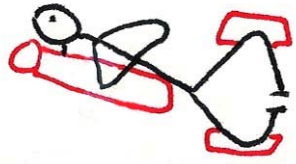
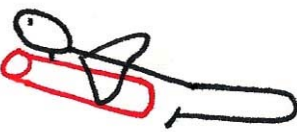

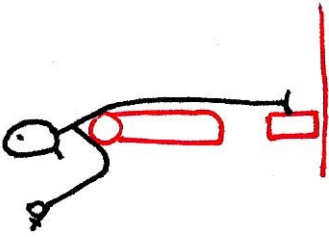
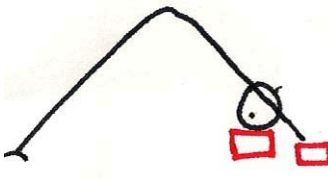

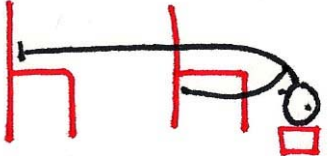

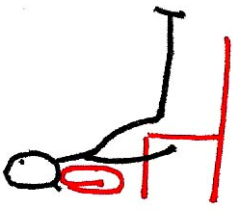
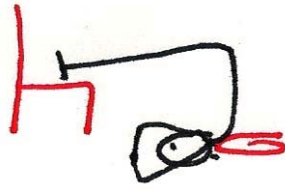
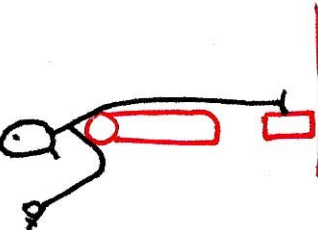


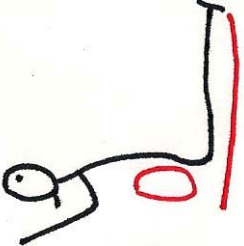


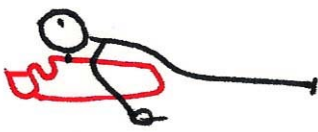



# Immune Restoratives

Gentle restful poses & mudras that will boost the immune system

 <p>Setu Bandha</p>	<p><b>Unshakable Confidence</b></p>  <p><b>Vajrapradama Mudra</b> Interlace fingers with thumbs pointing up, rest on chest</p>	 <p>Supta Baddha Konasana</p>	 <p>Supta Virasana</p>	<p><b>Focus &amp; Calm</b></p>  <p><b>Palli Mudra</b> Touch tips of thumb and ring finger, cross middle over index</p>
 <p>Setu Bandha Sarvangasana</p>	 <p>Adho Mukha Svanasana (hands &amp; head supported)</p>	 <p>Balasana</p>	 <p>Chair Viparita Dandasana</p>	 <p>Chair Urdhva Dhanurasana</p>
 <p>Chair Salamba Sarvangasana</p>	 <p>Chair Halasana</p>	 <p>Setu Bandha Sarvangasana</p>	 <p>Headless Sirsasana</p>	 <p>Uttanasana</p>
 <p>Viparita Karani</p>	<p><b>Lengthens Inhale/Exhale</b></p>  <p><b>Surya Mudra</b> Bend ring finger down pressing ball of thumb, hold with thumb</p>	 <p>Ujaji Pranayama Close glottis to make slight sound at back of throat</p>	 <p>Viloma II Pranayama Inhale, exhale, pause</p>	 <p>Savasana</p>