

Dear members

During the winter months, when the immune system is compromised, we recommend a restorative and recuperative practice to do at home. Coming to class with an infectious cold will make you feel worse as strong poses like standing poses, backbends and twists can increase your symptoms. It is the perfect time to practise supported supine poses and inversions at home.

We suggest the following sequence specifically provided by BKS Iyengar in 'The Path to Holistic Health'.

We hope you will feel inspired to try a self-practice at home, even if you are not ill, to support your immune system. If you have a cold, try it. It works!

Blankets, belts and bolsters to support your practice are available for sale at reception. Or you can be creative with your own blankets and cushions at home.



1 Uttanasana



2 Prasarita Padottanasana



3 Adhomukha Svanasana



4 Adhomukha Svanasana



5 Salamba Sirsasana



6 Viparita Dandasana



7 Viparita Dandasana



8 Supta Baddhakonasana



9 Supta Virasana



10 Setubandha Sarvangasana



11 Halasana



12 Salamba Sarvangasana



13 Halasana



14 Setubandha Sarvangasana



15 Viparita Karani



16 Viloma 2 Pranayama/Savasana