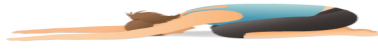


Boosting Immunity Yoga Flow Sequence



Child's pose



Cobra pose



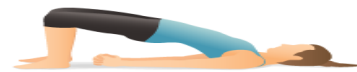
Mountain with arms up pose



Downward facing dog Pose



Chair pose



Bridge pose



Waterfall or leg up the wall pose



Fish or supported fish pose

