

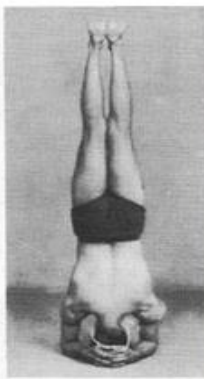
"A yogi never forgets that health must begin with the body. Your body is the child of your soul. You must nourish and train your child."

- BKS Iyengar, Light on Life

Yoga for Colds & Flu



Sirsasana



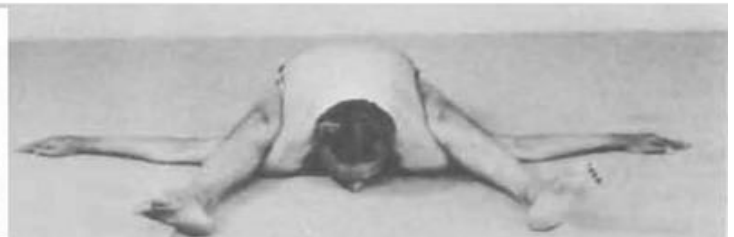
Sarvangasana



Uttanasana



Paschimottanasana



Kurmasana



Savasana & Pranayama

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