



**Santhika
Retreat
Center**

6 Yoga Asanas That Help To Boost Immunity

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Performing some easy yoga asanas pre and post-infection can help to improve the immune system. Here are some easy exercises that you must do daily.

1. Child's Pose or Balasana

The simple relaxing asana releases tension from your lower back reduces stress and fatigue, elevates mood and rejuvenates your mind. It works perfectly in boosting your immunity.

How to do:

- Kneel on the ground with your toes together and knees slightly apart from each other. Place both your hands on your thighs.
- Exhale and lower your torso forward. Your belly should be resting on your thighs and your head should touch the mat between your knees.
- Stretch your hands in front of you to touch the mat.
- Pause, inhale and then come back to the starting position.



2. Dhanurasana or Bow pose

Dhanurasana improves the flow of blood in the body that helps to boost immunity. This exercise puts pressure on the digestive tract that helps to digest food easily.

How to do:

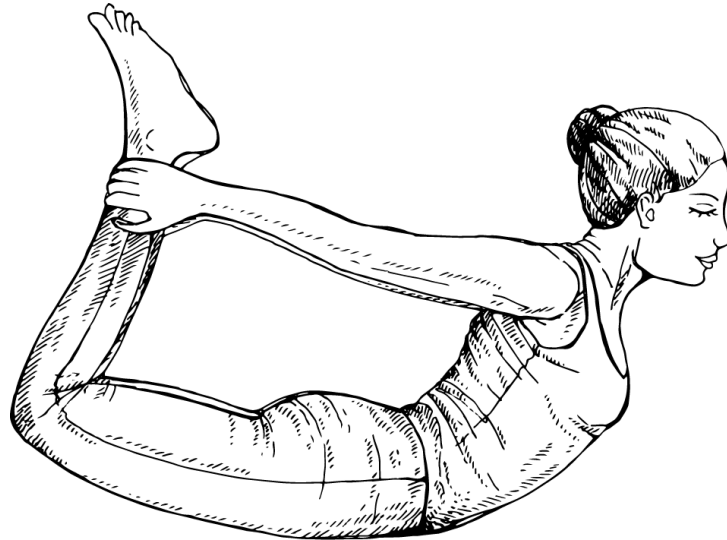
- Lie down on your stomach with your feet hip-width apart and arms by your side.
- Now bend your knees upwards and take your heel towards your butt. Hold the ankles of both legs with your hands.
- Inhale and lift your chest and legs off the ground. Keeping your face straight pull your legs as much as you can. Your body should be tight like a bow.
- Pause for 4-5 breaths and then come to the starting position.



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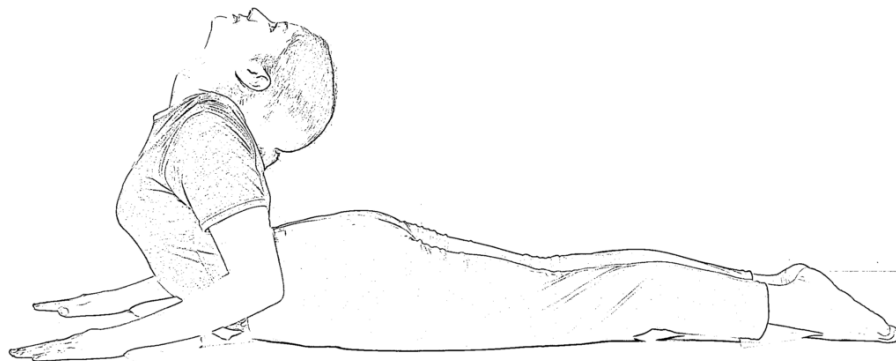


3. Bhujangasana or Cobra pose

Bhujangasana or the cobra pose opens your lungs, strengthens your spine and increases your energy. It can help to improve digestion and relieve the pressure on your liver, thereby reducing the load on your immune system.

How to do:

- Lie on your stomach with your feet close to each other and hands stretched overhead.
- Join both your legs and rest your forehead on the ground.
- Bring your hands underneath your shoulders (palms resting by the side of your chest), keeping your elbows close to the body.
- Inhale and gently lift the upper half of your body.
- Exhale and pause in this pose for 4-5 seconds before coming back to the normal pose.





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4. Seated Forward Bend or Paschimottanasana

Paschimottanasana or Seated Forward Bend improves digestion, provides relief from nasal congestion and reduces anxiety. It also helps to keep the brain calm and reduces symptoms of post-COVID mental issues.

How to do:

- Sit down on the ground with your legs stretched in front of you and your hands resting by your side.
- Take a deep breath and draw your spine up long. Stretch your hands towards the ceiling.
- Exhale, bend forward to touch your toes with your hands.
- Your belly should be resting on your thighs and your nose should touch your knees.
- Stay in this position for 4-5 seconds and then go back from where you started.



5. Corpse Pose or Savasana

Savasana is the easiest and relaxing asana. your go-to asana. This exercise helps you breathe better and calm your mind.

How to do:

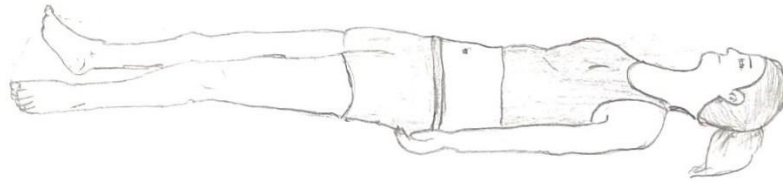
- Lie down comfortably on your back with your hands and legs stretched.
- Close your eyes and inhale slowly through your nostrils.
- Exhale and think that body is relaxed.
- Stay in this pose for 10 minutes.



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6. Virabhadrasana 2 or Warrior 2

To get into this pose, you are required to be focused and use a lot of strength, and as your body strives to achieve it, it becomes both flexible and immune. This asana opens your chest and helps you breathe better.

- Stand on the ground with your feet hip-width apart and your arms by your sides.
- Exhale and take a large step to your left (2 to 3 feet away from your right foot).
- Now turn your left toes outwards and bend your knees at a 90-degree angle.
- Turn your right feet inwards by about 15 degrees. The heel of your right foot should be aligned to the centre of the left foot.
- Lift both your arms sideways. Bring it to the level of your shoulders. Your palms should face upwards. Take a few deep breaths in this position.
- Turn your head to your left and gently push your pelvis down as much as you can.

