

RANJANA YOGA CLASS

Yoga and Immunity

A Beginner's Guide, Evidence First

What research does and does not show,
and healthy habits that matter more

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What immunity is

The immune system defends the body against infection. It is shaped by sleep, nutrition, vaccination, stress, age, activity and health conditions.

Some small studies suggest that yoga and relaxation may be linked with changes in some immune markers. It is not clear whether this makes people healthier, and no yoga practice can protect you from an infection.

The short answer

Yoga is not a proven way to boost immunity. Regular activity, good sleep, balanced food, vaccinations and medical care matter more. Yoga can be one pleasant part of a healthy routine.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If you have a weak immune system, an autoimmune condition or a chronic illness, ask your doctor about suitable exercise. Do not rely on yoga to prevent or treat infection, and do not skip vaccines or medical care.

Stop and get medical advice if you notice:

- fever, a cough that persists, or breathlessness;
- new unexplained symptoms;
- feeling much worse after exercise.

3. What actually supports health

Habit	Why it matters
Vaccination and medical care	Proven protection against many infections.
Sleep	Poor sleep is linked with weaker defences.
Balanced food	Supports the body generally.
Regular, moderate activity	Linked with better health overall.
Stress management	Long-term stress affects health.

4. A 15-minute gentle routine

Time	Practice	Notes
3 min	Slow breathing	Easy.
4 min	Cat and cow, gentle standing poses	Comfortable.
4 min	Walking or easy sun salutation	Stay within breath.
4 min	Rest	Relax.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Gentle routine	10 min	Energy and mood?
2	Add walking	15 min	Comfortable?
3	Full routine most days	15 min	Sleep and stress?
4	Check in with your doctor	Visit	Keep vaccinations current.

6. Choosing a class or teacher

Avoid classes that promise immunity or cures. Rest when you are ill, and do not attend class with a fever or contagious infection.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

7. Practising at home

At home, rest when you are unwell. Gentle movement is fine when you feel well, but listen to your body.

8. Honest expectations

Immune "boosting" claims are mostly marketing. Evidence on yoga is limited and preliminary. Treat it as one healthy habit, not protection.

9. Common mistakes and fixes

Mistake	Fix
Believing immunity claims	Check the evidence.
Skipping vaccines	Follow medical advice.
Exercising while sick	Rest.
Neglecting sleep and food	Both matter.
Using yoga as a treatment	See a doctor.

10. Questions people ask

Does yoga boost immunity?

There is limited evidence. It cannot protect you from infection.

Can yoga prevent colds?

Not reliably.

Is exercise good for immunity?

Regular moderate exercise is linked with better health, but intense overtraining can add stress.

What should I do instead?

Sleep, eat well, stay active, vaccinate and see a doctor when ill.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Immune system	The body's defence system.
Vaccine	Protection from a specific infection.
Marker	A measurable sign in the body.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Habits tracked	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				