

# COVID-19 - The Way Forward at Pralaya Yoga Studio

*Updated: March 17th, 2020*

As many of you know, Robert was recently in the Netherlands teaching to his students there. He was following the evolution of COVID-19 and, early in his trip, he decided it was best to cancel the remainder of his classes in Holland and, where he was off to next, in France. He came home early and was able to get back before the travel ban went into effect. We are so happy to say that he is in excellent health.

While we have had to close the studio we will be offering online classes starting this week. More to come on this soon.

Robert is committed to helping his students stay healthy and resilient in this time of global concern. His classes will emphasize or focus upon immune-boosting through Pralaya asana processes, Hansavedas.org breathing practices, meditation and other techniques including qigong.

Robert suggests that you learn and practice these yogic procedures along with good dietary habits, rest, and sleep or Yoga Nidra done before midnight. Recharging practices are to be done after 3:30 am. Be sure to lie down and quietly recharge for 8 hours each night. Zinc, Vitamin C, water, lots of rest, and astragalus (a Chinese herb) can help prevent illness. Antimicrobial nasya oil (an Ayurvedic oil), applied in the eyes and nose, can help prevent transmission of infection from those who have COVID-19.

In addition, Robert recommends committing to drastically reducing or eliminating refined sugars, especially fructose, while increasing fiber and natural foods when not intermittently fasting. Watch Dr. Robert Lustig's video on [What is Metabolic Syndrome Anyway?](#) as well as the video [Intermittent Fasting & Hunger - What the Science says.](#)

The World Health Organization, [WHO](#), has really good and easy-to-follow information on [COVID-19](#) as well.

Please do not abandon your yoga practices at this time. Yoga is so helpful for reducing stress, calming the mind and strengthening the immune system.

May you and yours be well. With deep breaths, love and positive thoughts,

- The Pralaya Yoga Studio team.

*Practice positive talking and thinking, or at the least don't speak negatively. Thinking and, 10x more so, negative talking can have an ill effect on your health.*