

COVID-19 PROTECTION



YOGA AND PRANAYAMA – EVERY MORNING – BREATHING EXERCISES – KILLS COVID-19 VIRUS – CLEARANCE OF NOSTRILS AND AIRWAYS AND CO₂ – DEATH OF THE VIRUS .

STRAIGHTENS THE IMMUNES SYSTEM INCREASING THE LYMPHOCYTE HEALTH – VIRUS STABILIZE – AND LYMPHOCYTES FROWN IN THE VIRUS

BRHAMARI PRAYANAMA - ENHANCES THE EXPRESSION OF NITRIC OXIDE AND INCREASED CARBON DIOXIDE BY EXTENDED EXHALATION AND ALKALINE PH PREVENTS COAGULOPATHIES AND MORBIDITY DUE TO COVID-19.

REFERENCE LINKS ↓

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[Link 2](#)

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[Link 4](#)

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