

Clearing the Covid Cloud

Yoga, Energy Balancing and
Mindfulness Practices
for Recovery

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CLEARING THE COVID CLOUD

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SUMMARY

What is it?

Gentle yoga practices to restore health in a gentle and staged way to promote each individual's recovery physically, energetically and mentally/emotionally.

Who is it suitable for?

- People sick with Covid or any other fatigue-inducing virus
- People with long Covid / post-viral fatigue
- Teachers and therapists

Aims

- Restore gentle movement and sense of empowerment over health.
- Open up breathing muscles and bring breath deeper into airways.
- Create deeper intake of breath to restore energy in the body.
- Mobilise joints stiff from bedrest.
- Hydrate fascia and lengthen muscles tight from bedrest.
- Lengthen the front of the body, which gets particularly tight when sitting/lying all the time.
- Stimulate lungs, heart and immune system.
- Build and move prana in the body.
- Activate kidney and lung meridians.
- Build kidney and lung qi.
- Reduce fatigue and optimise energy.



Close your eyes.
Gather all the kindling
About your heart
To create one spark.
That is all you need
To nourish the flame

From 'For Courage' by John O'Donahue

THE PRACTICE

Congratulations on getting here!!!

When the prana is weak, it's hard to do anything, hard to make choices, hard to move, hard to get the motivation to take care of yourself. So, congratulate yourself anytime you are able to make the smallest move forward. Celebrate your growing empowerment, it may seem like nothing compared to what you were like before, but it is evidence that YOU are still in there, and that you are going to do things that will support your body to get better.

Congratulate yourself for choosing to take care of yourself. You had the intention, you care about your body, got yourself to the mat, if your body is too tired to move, that's ok, just this was an achievement, next time perhaps you will be able to do more, you are taking back authority of your body, you are making choices that will relax tight muscles, mobilise stiff joints and increase your energy.

How best to practice

- Practice according to energy levels, it's always ok to rest.
- Begin with the lying meditation. Use this regularly.
- If sick, or very fatigued, choose one of the practices and do slowly.
- As you feel stronger, do a little more. Breathe deeper. Do more repetitions.
- As you recover you can add the practices together, as many as you feel like.
- Practices 1-6 can be a complete session if you feel well enough.
- When recovered, or if feeling energetic, do 6 and 7 together.

OVERVIEW OF CONTENT

This program is divided into 7 short practices, which take about 5-10 minutes each, depending on how slowly they are done. In this ebook, I will give you an overview and some ideas of how to practice. For full details, please contact me for details of the full program, or individually guided yoga therapy sessions.

1. Meditation/Visualisation
2. Prone - lying on the belly
3. Supine - lying on the back
4. Breathing
5. Sitting/kneeling
6. Standing/sitting
7. Post-recovery sequence

1. Meditation/Visualisation

This can be done at any time, lying in bed or on the couch. This is the first thing to do if your energy is so weak you can't even get the motivation to get up and get to the mat.

Examples of practices you can do (guided by an audio recording or teacher)

Grounding meditation.

Mindful body scan.

Visualise healing energy coming up from the earth into your body.

2. Prone - lying on the belly

This a great place to start moving and stretching, because it is easy and takes little effort. Just lying on belly has many benefits:

- starts to open up the tight front body after lying in bed or on a couch for days
- lying face down stimulates the vagus nerve, activating the parasympathetic nervous system, reducing stress and calming the emotions
- allows the back body to spread, softens the diaphragm area and makes more space for the lungs to expand fully.

Examples of practices you can do

Deep breathing / Visualisation

Lying on the belly – rest head on hands.

Breathe in deeply through the nose, drawing the breath down into your belly

Slowly breathe out through your nose, until your lungs feel empty.

When you breathe in – feeling the air pushing into all the little airways, clearing any blockages, bringing oxygen and energy deep into the lungs

Feel your body weight, heavy, on the earth.

Drop a cord or a root down from your belly into the earth.

The earth is abundant with vital energy!

Feel or imagine drawing some of this energy up through this root into your belly.

Light – heat – tingling...

Imagine this energy spreading out all over your body.

Recovery position – knee out to side, arm behind you

Let the weight of your body sink down.

Notice any openings in the position, just lying still

Sphinx

Twisting Sphinx

Quad Stretch

3. Supine – lying on the back

When we are sick, the muscles of the front body can become tight from anxiety and fear, preventing the full flow of breath and increasing stress response in the body.

Lying on the back:

- opens the front body
- lengthens the chest muscles, abdominals and hip flexors
- tends to make us more alert than lying on the belly.

Some people might find that this makes breathing more difficult.

If any discomfort or difficulty in breathing in this position, try sitting on floor rather than lying flat, with something soft behind you eg leaning up against the couch.

Make yourself really comfortable:

- sit on a stack of blankets
- have pillows behind you
- lean back and open chest
- make sure your head supported.

Examples of practices you can do

Deep breathing

Knee to chest, foot and hip circle

Leg stretch

Hold knees and rock

Reclining twists

Moving with the breath: reach over head – cactus arms

4. Sitting

Sitting, can be on the floor or on a chair.

As you come to sitting this creates more alertness. You start to feel more self-empowered, more alive.

Examples of practices you can do

Side stretch - intercostal muscles

Seated twist

Dandasana

Bhramari/humming bee breath

Meditation/visualisation

5. Kneeling

In this position, we are starting to move more, we start to feel more energy and a sense of moving forward.

The poses encourage opening of the airways.

Moving with breath is calming to the emotions and nervous system.

Examples of practices you can do

Cat-child - moving with the breath

Thread needle - moving with the breath

Supported child

6. Standing

Standing poses can energise the body and lift your mood.

It is important to feel when body is ready for this and only do when you feel strong enough.

Examples of practices you can do

Shake, tap and smooth

Gently shaking throughout the body, jiggling, shaking the arms, holding on to a support and shaking out the legs (or if not enough energy, swaying, like a jelly fish, in sea water...)

Tapping with your fingertips all over the body, starting with the head and working your way down to your feet.

Smoothing off – stroking your body from head to toe.

Deep breathing

Qi Flow - Gentle tai chi style movements, moving with the breath, to bring in more energy, mobilise and hydrate the fascia and joints and calm the nervous system.

Hip and waist circling

Supported half forward bend - over table or benchtop, with pillows and blankets

7. Later stages in recovery

As you start to feel better, you can add the practices together, as many as you feel like eg supine and sitting.

Remember to gradually increase and be ready to rest when needed. Your energy may go up and down over time.

Examples of practices you can do

Balances

Slow and gentle vinyasa - moving with the breath

More breathing practices (with guidance from a teacher)

Remember...

Everyone has different symptoms and experiences.

Start very gentle...as people feel better do more:

- breathe deeper
- speed up a little
- join sections together

It's not so much which movements you do as the approach:

- direct attention to what is happening in the body and why
- encourage positive feeling about body's ability to heal
- working with the breath
- incorporate healing visualisation into practice
- focusing on and building life force.

Namaste

If you have any questions, comments, or you want to find out about workshops and programs, you can find out more about me or connect with me at lisafabry.com.

*May you always be
connected to the source
of your light, and may
that light lead you
towards perfect healing.*

