

# Long Covid Support

## Navigating a path back to health



HARMONY IN HEALTH



# NAVIGATING A PATH BACK TO HEALTH



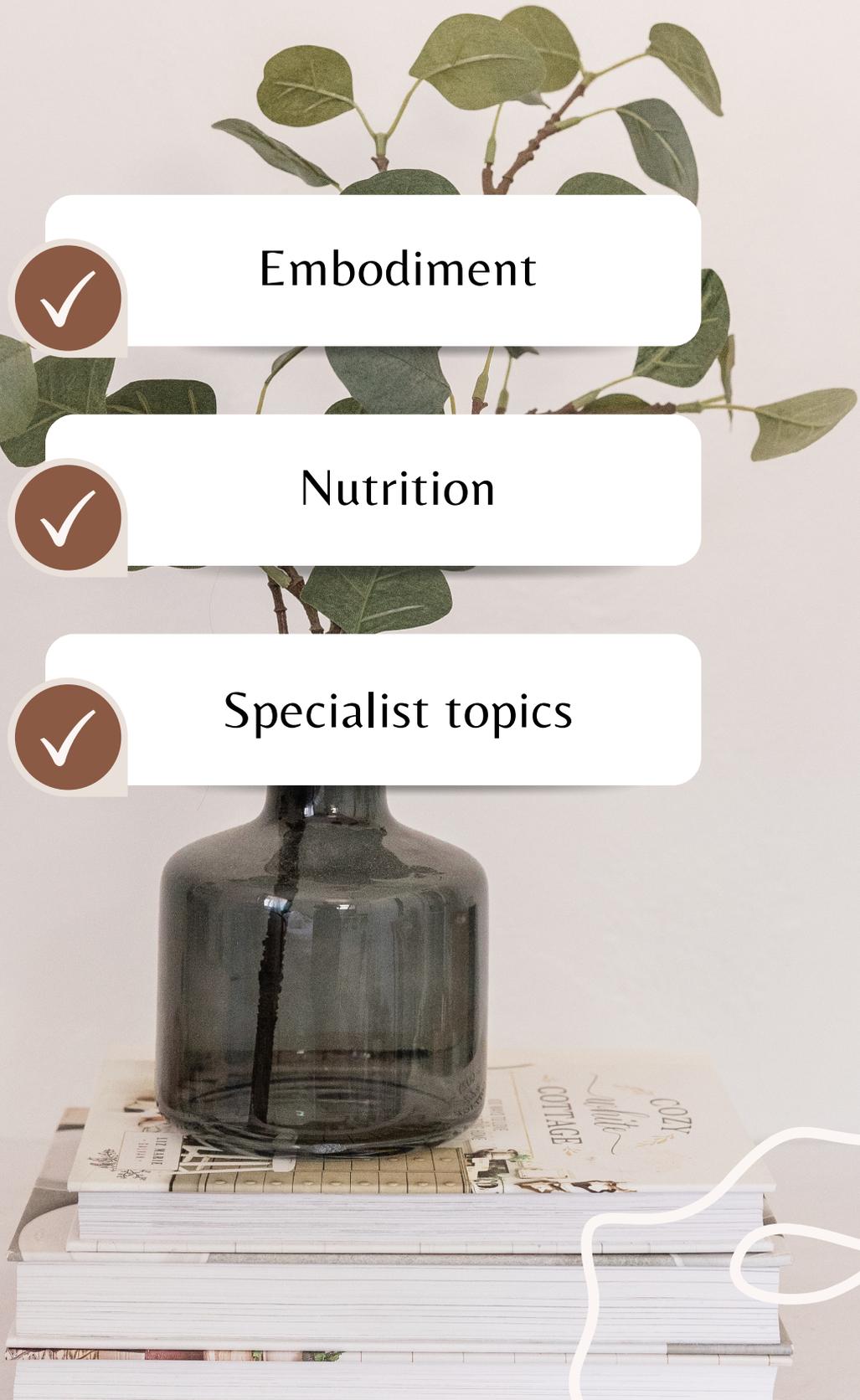
Embodiment



Nutrition



Specialist topics



# Our Approach

The Harmony in Health team wish to help at this time of crisis. We are **inspired by the ideas of Harmony** and believe that they can help people navigate their way back to health.

So what can we offer?

Firstly, what we can't offer is specific advice - as that is the role of your GP or Consultant. There are so many unknowns about this new condition and its complex and interrelated symptoms that people experience.

However, much is known about:

- how the **balance of mind, body and emotions** affects our state of health
- ways to **restore balance in the organism**, drawing on knowledge from medical traditions that had to deal with many diseases – including plagues and pestilence - without antibiotics, steroids or surgery
- mind/body disciplines from East and West that have always sought to **integrate rather than separate**

We don't know if these approaches will work but they will **do no harm** and we can learn together about what is helpful.

Early feedback, though, is very positive:

*"I've been concentrating on allowing the natural exhale after the breathing session; my breathing, my voice, everything, has improved quite significantly over this last week - just from that little snippet"*

*"The Ayurvedic input on nutrition is another really helpful element... I am cooking with more spices now...and more warming food"*

*"The whole course is very supportive and the presenters exude kindness and calm"*



# Getting Started

The videos are all available on the Harmony in Health website - simply click on one to get started!

You may wish to watch the *introductory workshop* first - this includes a team member sharing her experience of long covid as well as other team members outlining the approach of the course and offering a gentle movement practise.

From there, feel free to watch the ~1 hour long videos in turn or to use the menus listed below to pick and choose modules that interest you. Most sessions are around 15 minutes long. Accompanying resources are available to download on the website.



# Our Workshops

	<b>Embodiment</b>	<b>Nutrition</b>	<b>Specialist Input</b>
<b>1. Orienting</b>	Constructive Rest	Ayurveda - Vata	Aromatherapy
<b>2. Moving</b>	Natural Breathing(1)	Ayurveda - Kapha	Creative Movement
<b>3. Nourishing</b>	Natural Breathing(2)	Ayurveda - Pitta, Routines	Calming Herbs
<b>4. Exploring</b>	Natural Breathing(3)	Sacred Geometry	In Touch with Feet
<b>5. Resting</b>	Natural Breathing(4)	Stories	Self Figure Drawing
<b>6. Creating</b>	Sanskirt Mantras	Seasonal Recipes	Fatigue Management
<b>7. Healing</b>	Healing Dance	Poetry for the soul	Rhythm
<b>8. Grounding</b>	Subtle movement awareness	Writing to heal	Natural movement
<b>9. Connecting</b>	Gut/Brain Connection	Seasonal Drinks	Vagus nerve
<b>10. Gathering</b>	Reviews of above Bringing it all together into a daily routine		



# Embodiment



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In these sessions, we explore the connection between mind and body; what it means to be more 'in your body'. We look at natural breathing in detail and how to allow it, as well as making sound. Gentle movement with awareness is a key part.

## Session

Constructive rest -  
lying down consciously and comfortably

Natural Breathing (1)  
understanding how natural breath works

Natural Breathing (2)  
some natural breathing techniques

Natural Breathing (3)  
breath, movement, sound

Natural Breathing (4)  
exploring breath and voice

Sanskrit Mantras  
chanting for healing

Healing Dance  
soft movements for body and mind

Subtle movement  
understanding how natural breath works

Gut/Brain connection  
some theory and movement for connection

## Workshop & start time

Workshop 1, 29:28

Workshop 2, 04:57

Workshop 3, 04:22

Workshop 4, 00:06

Workshop 5, 00:06

Workshop 6, 02:32

Workshop 7, 02:08

Workshop 8, 03:31

Workshop 9, 01:58



In these sessions, we explore the connection between mind and body; what it means to be more 'in your body'. We look at natural breathing in detail and how to allow it, as well as making sound. Gentle movement with awareness is a key part.

## Session

Ayurveda: Vata  
grounding, warming diet

Ayurveda: Kapha  
light, nourishing diet

Ayurveda: Pitta; Routines  
inflammation and digestive fire

Sacred Geometry  
patterns in nature and us for healing

Nourishing Stories  
a light hearted story read as you rest

Seasonal Recipes  
ideas for eating in line with the seasons

Life Affirming Poems  
soul food to listen to for healing

Writing for healing  
tips for stream of consciousness writing

Refreshing summer drinks  
what and how to prepare drinks to nourish

## Workshop & start time

Workshop 1, 40:44

Workshop 2, 48:17

Workshop 3, 24:08

Workshop 4, 13:54

Workshop 5, 15:13

Workshop 6, 19:16

Workshop 7, 17:40

Workshop 8, 22:41

Workshop 9, 22:26

# Specialist Input



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In these sessions, we explore the connection between mind and body; what it means to be more 'in your body'. We look at natural breathing in detail and how to allow it, as well as making sound. Gentle movement with awareness is a key part.

## Session

Aromatherapy  
nature and oils, self massage

Power of Creativity  
movement, music and nature visualisations

Calming Herbs  
herbs to calm nervous system and help sleep

Keep in touch with your feet  
Finding you feet and healing touch

Self Figure Drawing  
exploring sensation and perception

Cognitive Fatigue Management Techniques  
strategies and tips for managing fatigue

When you don't know it's Rhythm  
gentle rhythm games

Natural Movement  
grounding organic movements that echo nature

The vagus nerve  
exploring things to help the nervous system

## Workshop & start time

Workshop 1, 06:10

Workshop 2, 22:01

Workshop 3, 45:14

Workshop 4, 27:27

Workshop 5, 24:37

Workshop 6, 32:15

Workshop 7, 26:30

Workshop 8, 22:41

Workshop 9, 34:04

# Daily Routines

It can be helpful to think about or write down your plan for the day. You may choose to track your activities over a week or more. The key is to be kind to yourself and add a small number of little things that are easy to do and enjoyable.

A daily routine



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	Move	Rest	Eat	Joy/Other!
<b>Morning</b>				
<b>In the day</b>				
<b>Night</b>				

An example:

A daily routine



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	Move	Rest	Eat	Joy/Other!
<b>Morning</b>	<ul style="list-style-type: none"> <li>• Get out of bed!</li> <li>• Gentle Qi Gong</li> <li>• Body brush</li> <li>• Walk/sun on the eyes</li> </ul>		<ul style="list-style-type: none"> <li>• Lots of teas according to mood!</li> </ul>	<ul style="list-style-type: none"> <li>• Nice smelling wash, creams</li> </ul>
<b>In the day</b>	<ul style="list-style-type: none"> <li>• Get outside again</li> </ul>	<ul style="list-style-type: none"> <li>• Lying down rest - yoga nidra, breath</li> <li>• Not too long at any one activity</li> </ul>	<ul style="list-style-type: none"> <li>• Nourishing food according to type</li> <li>• (Last meal 6pm)</li> </ul>	<ul style="list-style-type: none"> <li>• Takes some photos/ draw/ paint / read / cook!</li> </ul>
<b>Night</b>	<ul style="list-style-type: none"> <li>• Gentle stretches or sit</li> </ul>		<ul style="list-style-type: none"> <li>• Camomile/ date drink</li> <li>• Ayurvedic powder</li> </ul>	<ul style="list-style-type: none"> <li>• Bath / foot massage</li> <li>• Lavender oil/pillow</li> </ul>



# Weekly Routines

You may find it helpful to think about your week - things you do every day and perhaps a day that is gloriously free of routine! It can also be helpful to manage your energy levels, for example, balancing 'heavy' and 'light' days. Remember to be aware of your *monthly* cycles too!

A weekly routine



Day	Move	Rest	Eat	Joy/Other!
1				
2				
3				
4				
5				
6				
7				

An example:

A weekly routine



Day	Move	Rest	Eat	Joy/Other!
1		If don't get rest one day try to build into the next day		Connect with others even if for a short time
2	Try one or two things you like and repeat each day			
3				
4			Sense what you feel like each day!	Try some kind of 'soul food'
5				
6				
7	Don't do anything! or Do something new			



# Any Questions?

There is lots of material in this course and many avenues to follow up if you are interested.

Please get in touch and we can pass your questions to any of our presenters, (nb. they will not offer advice on specific symptoms).

Please feel free to send us any feedback by emailing [contact@harmonyinhealth.org](mailto:contact@harmonyinhealth.org).



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