

MOVEMENT AND ENERCHI FOR LONG COVID

www.movementandenerchi.com



Movement & Enerchi

A Bespoke Exercise and Energy Practice for Wellness

INTUITIVE - FLOWING - MINDFUL



CONCEPT

Broad-minded's Movement and Enerchi is a concept whereby you explore and have fun using Chi (Energy) to enhance your wellbeing whilst also improving your health and fitness. Using flowing moves from various practices as well as implementing my own you will have the guidance, grounding and inspiration to find your enerchi and balance.

The mindful experience will be made as bespoke as possible so you go at your own pace, intensity and do what feels comfortable for you. The practice involves moves that are performed mindfully, intuitively and with flow. By the end of the sessions you will create your own freestyle continuous form. There will be recorded music from myself that brings energy, warmth and a certain mellowness in order to add another dimension to the sessions.

CONTENT

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- Incorporating basic Yoga style stretching for greater mobility, flexibility and muscle strength
 - Aspects of Qi Gong and Tai Chi for improved co-ordination, energy and balance, as well as improved blood circulation, pressure and immune function
 - Some inspiration from Martial Arts (non-contact) for artistry whilst improving cardiac and respiratory functions
 - Intuitive freestyle movements to improve creativity, flow and enhance mood
 - Mindful Meditative relaxation for the mind and body to reduce stress, depression, anxiety and improve sleep

MOVEMENT BENEFITS FOR LONG COVID

"Exercise is rehabilitating and helps reduce fatigue among people with long COVID." (NIHR)

Practicing Tai Chi elicits the relaxation response and balances the autonomic nervous system thus regulating respiration, heart rate, blood pressure and vitality in general. Moreover, Tai Chi has been shown to increase lung capacity, improve cognitive status and mental health, and thereby even the quality of life. Hence, we advocate Tai Chi as potent and suitable rehabilitation tool for post-COVID-19-affected individuals. (National Library of Medicine)

* "A review of 15 studies, published in the journal Physical Therapy concluded that tai chi was effective for reducing chronic pain conditions such as arthritis, fibromyalgia and joint pain"



Researchers found that exercise helped COVID-19 long-haulers improve on:

- Exercise capacity
- Respiratory symptoms
 - Fatigue
 - Cognition

A study by the National Institute for Health Research (NIHR) in Leicester

*These quotes are linked to studies other than just Long Covid though help with similar symptoms

* "Researchers have shown that Qigong can promote the rehabilitation of respiratory diseases which cause impaired respiratory function" (Sciencedirect.com)

* "Respected conventional health institutions such as the Mayo Clinic and Harvard Medical School recommend Tai Chi for its health benefits, especially as a stress-reduction tool"

* "Evidence indicates that practising Tai chi and Qi Gong has a physiologic impact on immune system functioning and inflammatory responses." (MDPI)

FEEDBACK

"I found the class to be mindful, inspirational and engaging. I felt very grounded, focused and gained a deep sense of awareness when performing the movements. The class had great variety from yoga, energy work, free style movement, cardio and relaxation at the end. Lee was enthusiastic, warm and encouraged us to be creative and have fun! I will be going to a Movement and Enerchi class again as it raised my spirit!"
Andy M

I enjoyed exploring all the different aspects of the workshop, especially Tai Chi, the gentle flow of the movements is so energizing. The workshop allowed me to be creative, the flow, mood and energy I felt was uplifting, it helped re-duce my stress levels and I felt calm and relaxed at the end. I would recommend this type of class, as it caters for all levels and with the different movements it's sure to be an enriching experience, a chance to improve your wellbeing and fitness." Gillian D

"I enjoyed the free movement and the feeling of a relaxed mind – a bit of me time, Would recommend anyone give it a go" Sandy S

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