

Lisa recommends a gentle movement practice coordinated with rhythmic breathing to promote flow of lymphatic system throughout the body. These movements include compression and decompression around lymphatic hubs in body that include: armpit and chest area, neck, jaw, solar plexus, gut, groin, knees, inner elbows. Follow up these movements with restorative postures that open up and irrigate lymphatic hubs. Always important to incorporate some supported inversions to use gravity to drain lymph toward the heart. This helps filter-out metabolic waste and toxins from intercellular fluid.

Like most practices that build our physiological and psychic immunity, Asanas performed mindfully pacify the nervous system and promote ease, flow and a more radiant immune system. The pranayama practice promotes pulsatory flow throughout body as well as reduces stress and agitation in body and mind.

The general idea in practicing during these stressful times is to emphasize reducing the sympathetic nervous system responses that deplete and reduce immunity and, instead incorporate a yoga practice that activates the parasympathetic nervous system to support healing and resilience in mind and body.