

Breathing techniques and rehabilitation

Long COVID Breathing and Wellness Program with the Sadhguru Center BIDMC



Sadhguru Center for a Conscious Planet (SCCP), a multidisciplinary research center at BIDMC, offers a FREE Long COVID Breathing and Wellness Program. The program teaches COVID long-haulers evidence-based yogic breathing and meditative practices to support their recovery and improve their mental health.

You will learn these simple, safe and effective practices in a structured online program, where you will be guided by a trained teacher and supported by digital resources afterward. The workshops are customized to meet your needs, include modifications for physical limitations, and do not require any prior experience. The free workshops are offered at various times, five days a week, to accommodate your schedule.

Benefits:

- Improves cardio-respiratory function
- Reduces stress and anxiety
- Yogic breathing boosts your immune system
- Enhances mental health

This program is designed by Bala Subramaniam, MD and the Sadhguru Center, in collaboration with BIDMC's Critical Illness and COVID-19 Survivorship Program.

[Register here](#)

Program participant experiences

"It's been over a month now and I've noticed additional benefits from the practices. When I started them, I was taking a Flovent inhaler – two puffs of it twice a day – and I've weaned myself off of that. It feels empowering and like I'm getting my body back a bit. The chest tightness has almost completely disappeared even when I go on 30-minute walks."

"I was struggling with insomnia, anxiety, brain fog, and a lot of other symptoms. Both the breathing and meditation has helped a lot with that. I'm sleeping more. I've been sleeping 8-9 hours a night, which I'm really relieved about. It's helping me get well. And after I practice, I feel very centered and grounded."