

Symptom	Exercise	Indication	Prevention/ Coping with the pandemic
Dyspnoea	LM	Regulation of respiration and overall metabolism.	
	Verneinung und Bejahung	against shortness of breath.	also
	Hoffnung-U	warming the respiratory system.	also
	12-fold rod exercise	For stretching the thorax.	
	SCH with the rhythm v–v/–v–	Vitalising the solar-plexus.	
	Q	against tension in the chest area.	
	LAOUM	for asthmatic symptoms.	also
	O	as a movement in the room against asthma and to strengthen the diaphragm.	
Fatigue	Love-E	"Beneficially warming the circulation".	
	A-Adoration	Stimulating resilience.	
	Sympathy/Antipathy	activates the I in metabolism and thus stimulates the overall circulation.	
	LMO	especially for liver problems, overall regulation of the metabolism.	
	Anapest	Stimulation of the metabolism.	
	Pentagram	Strengthening	also
Depression	E	against despondency, because one learns to "hold oneself up" in the face of the world.	
	LMNR: sitting slowly with the shoulders	Against depression	
	I	for assertiveness	
	Three-fold walking with a long carrying phase	Keeping the balance	
Insomnia	A	Facilitates falling asleep	
	Hallelujah	"Internal Purification".	also
	A-Adoration	to let go of the day	also
Anxiety	A	for kidney affliction and for well-being	
	IAO	Inner order/structure	also
	AEIOU with the feet	Work with the feet incarnates the ego and astral body in the metabolic limb system so that the head becomes free.	
	Hexameter	Regulation of the rhythmic system	
	Pentagram	to support the heart	also
	Ich denke dir Rede	Strengthening living thinking	also
Coughing	Lemniskaten mit der Kupferkugel	Relaxation	
Headache	Lemniskaten mit der Kupferkugel	Relaxation	
	IAO	Against Headche	
Myalgia	LMS		