

Course Catalog & Multi-Acuity Programming Framework

Turn-Key Functional Mobility, Balance Conditioning & Fall Defense Architecture

Executive Mission & Lifelong Movement Bridge: The Release Ritual provides evidence-based, turn-key functional mobility, balance confidence, and active longevity programming for older adults across Independent Living, Civic Centers, and Private Coaching. We empower every aging adult with proactive movement practice while providing a seamless, dignified bridge following formal clinical care. We sustain functional strength, protect census, and empower residents with joyful, accredited instruction.

1. OPERATIONAL ARCHITECTURE MATRIX

To eliminate operational ambiguity across executive leadership, sales teams, and instructors, The Release Ritual defines three distinct structural dimensions:

Operational Dimension	Categorization	Purpose & Operational Scope	Core Structure
Facility Service Tiers	Commercial Contract Packages	Determines facility delivery frequency, executive reporting depth, and licensing tier.	Tier 1: 1x/wk (\$750/mo) Tier 2: 2x/wk Anchor (\$1,250/mo) Tier 3: 3x/wk + CDC STEADI (\$1,950/mo)
Course Tracks	Setting & Acuity Tracks	Tailors environment, musical tempo, and cognitive dual-tasking to care levels.	Track A: Dynamic Vitality (IL) Track B: Fall Defense (AL / CCRC) Track C: Rhythm & Calm (Memory Care)
Progression Levels	Individual Movement Scaling	Scales every drill simultaneously inside class to preserve 100% resident dignity.	Level 1: Fully Seated Regression Level 2: Bilateral Support Level 3: Unilateral / Free Dynamic

2. UNIVERSAL 3-TIER MULTI-ACUITY PROGRESSION SCHEMA

Level 1: Fully Seated Seated Progression Regression

Designed for wheelchair users, acute fatigue, or lower-extremity weight-bearing limitations. Exercises performed in sturdy armchairs utilizing non-latex resistance bands.

Level 2: Bilateral Support Standing with Dual Hand Contact

For residents standing with assistance, rollators, or walkers. Dual-hand contact on chair backs, wall surfaces, or barre ensures stability during anti-gravity exertion.

Level 3: Unilateral / Free Hovering Contact or Free Movement

Ambulatory residents seeking dynamic center-of-mass perturbation, multi-directional stepping, high-level reactive agility, and floor-transfer preparedness.

Dignity-First Cueing Protocol: Instructors cue Level 1, Level 2, and Level 3 options simultaneously during every drill. Regressions are never framed as "easier." Instructors use empowering language: *"Level 1 athletes, anchor tall through your sit bones; Level 2 athletes, soft hands on your chair back; Level 3 athletes, let your hands hover as we challenge our center of mass."*

3. SPECIALIZED COURSE TRACKS

Track A: Dynamic Vitality	Track B: Fall Defense (Anchor)	Track C: Rhythm & Calm
Setting: Independent Living & Active 55+	Setting: Assisted Living & CCRCs	Setting: Memory Care & Cognitive Support
Pacing: 75–80 BPM continuous transitions	Pacing: 65–72 BPM measured cadence	Pacing: 60–65 BPM soothing mid-century jazz
Primary Focus: - Multi-directional agility & speed hurdles - Stroop color-word cognitive interference - Ankle dorsiflexion & lateral hip endurance - Floor-transfer readiness	Primary Focus: - Sit-to-stand chair transfers & power - Reactive stepping & trip-defense reflexes - Postural plumb-line re-centering - Rollator/walker safe turning mechanics	Primary Focus: - Procedural motor memory rhythmic taps - Bilateral cross-body mirroring - Sundowning restlessness reduction - Somatic calming & parasympathetic reset

4. THE PROPRIETARY 4-PILLAR MOVEMENT MATRIX

Pillar	Biomechanical Target	Universal 3-Tier Multi-Acuity Cueing
Pillar 1: Postural Alignment & Mobilization	Axial elongation, thoracic spine extension, scapular retraction, ankle articulation.	Level 1: Seated tall crown reach, seated ankle alphabets. Level 2: Standing bilateral chair back hold, heel-toe rock. Level 3: Free-standing dynamic arm sweeps, single-leg ankle circles.
Pillar 2: Transfer & Sit-to-Stand Power	Triple extension (hip, knee, ankle), gluteal recruitment, quadriceps power, hip-hinge mechanics.	Level 1: Seated forward-lean hinges ("nose over toes"), seated march. Level 2: Assisted sit-to-stand with armrest push, 3-sec chair hovers. Level 3: Unassisted dynamic chair squats, unilateral step-backs.
Pillar 3: Dynamic Balance & Dual-Task Agility	Center-of-mass control, vestibular gaze stabilization (VOR), reactive recovery stepping.	Level 1: Seated cross-body reach with verbal color callouts. Level 2: Bilateral staggered stance hold, lateral weight shifts. Level 3: Tandem stance head turns, Stroop color-step agility hurdles.
Pillar 4: Somatic Down-Regulation & Breathwork	Parasympathetic autonomic nervous system activation, diaphragmatic excursion, tension release.	Level 1: Seated 4-4-4 box breathing, guided palm warmers. Level 2: Supported standing-to-seated transition, neck-shoulder rolls. Level 3: 4-7-8 deep diaphragmatic breathing, seated myofascial release.

5. SESSION ARCHITECTURE (60-MIN BLOCK)

00:00–15:00: Intake, mobility device parking, hydration buffer.
15:00–20:00: Phase 1 Seated Warm-Up & Joint Mobilization.
20:00–35:00: Phase 2 Transfer Power & Sit-to-Stand Mechanics.
35:00–50:00: Phase 3 Dynamic Balance & Dual-Task Brain Agility.
50:00–60:00: Phase 4 Somatic Calm & Diaphragmatic Breathwork.

6. SAFETY STANDARDS & CREDENTIALS

Chair Spec: Arm-supported, non-folding, 18" seat height.
Space Standard: 35–40 sq ft/resident, zero floor glare.
Credentialing: NASM Certified Personal Trainer & Senior Fitness Specialist (NASM-CPT, NASM-SFS), CPR/AED.
Insurance: Next Insurance Policy #NXTFQ9LLK3-00-GL (\$2M / \$4M Commercial General & Professional Liability).