

Monthly Movement Schedule Blueprint & 4-Pillar Model Cadence

★ Large-Print 16pt WCAG AAA Edition • 4-Pillar Functional Longevity Model ★

Partner Community Onboarding in Progress: The Release Ritual partners directly with senior living leadership and civic organizations across Northeast Ohio (Summit, Medina, Cuyahoga, and Portage counties). Below is our standardized 4-Pillar functional movement cadence. Dedicated campus resident schedules and class times are published upon community launch.

Program Delivery Track	Recommended Rhythm	Core Movement Focus & 3-Tier Variations
Independent Living & Active 55+ Dynamic Vitality & Fall Defense Agility	2x to 3x / Week 45-Min Movement + 15m Buffer	Pillars 1 & 2: Postural Alignment & Transfer Power Level 1: Seated • Level 2: Bilateral Support • Level 3: Dynamic Free
Civic Centers & Community Longevity Parks & Rec Senior Vitality Classes	1x to 2x / Week 45-Min Sessions or 6–8 Wk Series	Pillars 2 & 3: Sit-to-Stand Power & Dynamic Agility Level 1: Seated • Level 2: Bilateral Support • Level 3: Dynamic Free
1-on-1 Longevity Coaching Bespoke Private In-Home Conditioning	1x to 2x / Week 45–60 Min Tailored Sessions	Pillars 1, 2, 3 & 4: Comprehensive Balance & Somatic Calm Level 1: Seated • Level 2: Bilateral Support • Level 3: Dynamic Free
Specialized Small Group Pods Balance Intensives & Posture Clinics	1x / Week (4-Wk Blocks) Cohorts of 4–8 Active Adults	Pillars 1 & 3: Trip-Defense Reflexes & Postural Loading Level 1: Seated • Level 2: Bilateral Support • Level 3: Dynamic Free

Universal 3-Tier Dignity: Every movement simultaneously provides Level 1 (Seated), Level 2 (Bilateral Support), and Level 3 (Free/Dynamic) variations. Walkers, canes, and wheelchairs welcome!

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Non-Clinical Scope Notice: The Release Ritual provides non-clinical functional movement, balance resilience, and fall defense education empowering active longevity and balance confidence for every older adult. We do not diagnose, bill Medicare, or provide clinical medical protocols. © 2026 The Release Ritual LLC • thereleaseritual.com



Daily Seated Movement & Posture Quick Guide

★ 3 Gentle Seated Exercises for Daily Practice Between Community Sessions ★

1. Cervical Alignment Chin Tucks Pillar 1: Postural Alignment	2. Seated Gluteal & Hip Press Pillar 2: Sit-to-Stand Power	3. 4-In-6-Out Calming Breath Pillar 4: Somatic Down-Regulation
Purpose: Eases forward head slouch from reading, decompresses cervical spine, and lifts eye horizon. How to Practice: 1. Sit tall in sturdy chair, feet flat. 2. Look straight ahead at eye level. 3. Place two fingers on chin. 4. Glide chin straight back gently. 5. Hold 3–5 easy breaths. Repeat 8–10x.	Purpose: Activates hip and glute stabilizers essential for rising easily from armchairs and couches. How to Practice: 1. Sit near front half of chair. 2. Knees at 90°, hands on thighs/armrests. 3. Press heels down firmly into floor. 4. Squeeze gluteal muscles for 5 sec. 5. Release smoothly. Repeat 10x.	Purpose: Triggers natural calming response, eases fall anxiety, and relaxes tense neck and shoulders. How to Practice: 1. Rest comfortably with spine supported. 2. One hand on belly, one on chest. 3. Inhale smoothly through nose for 4. 4. Exhale gently through lips for 6. 5. Soften shoulders. Repeat 6–8 cycles.
3-Tier Variations: • Level 1 (Seated): In high-back armchair. • Level 2 (Bilateral): Palms on armrests. • Level 3 (Free): Subtle 15° gentle neck turn.	3-Tier Variations: • Level 1 (Seated): Pure isometric squeeze. • Level 2 (Bilateral): Hover hips 1" with arms. • Level 3 (Free): Full stand, arms crossed.	3-Tier Variations: • Level 1 (Seated): Supported seated. • Level 2 (Bilateral): Palms on knees + rolls. • Level 3 (Free): Standing fingertip chair touch.
Need Assistance or Have Questions? Reach out to your community's Life Enrichment Director or email Amanda Carney at director@thereleaseritual.com. We are here to support your daily movement confidence! <i>Hang this guide next to your favorite chair.</i>		