NERUVAI PRESENTS

THE 7-MINUTE MONK

MOBILITY METHOD

A calm 21-day movement practice for more comfortable ordinary days.

21 DAYS	7 MINUTES	YOUR PACE
one small practice at a time	simple, repeatable, no gym	seated and supported options

Move with patience. Keep your day yours.

A premium digital wellness guide for adults who want to practice comfortable movement, flexibility, balance, and confidence at home - with no gym and no complicated equipment.

A gentle way to begin

Your body does not need a performance.

It needs a clear invitation.

The 7-Minute Monk Mobility Method is a 21-day practice for adults who want movement to feel more comfortable in ordinary life. Each day is short on purpose: enough structure to begin, enough space to adapt, and enough repetition to notice what helps.

THE PROMISE

Practice the version that lets you return tomorrow.

You are not trying to win against your body. You are learning its language: what feels supported, what needs more time, and what small movement helps you meet the day with a little more confidence.

How to use this guide

ONE DAY AT A TIME

Read the focus, follow the sequence, and answer one prompt. You do not need to complete every movement perfectly for the day to count.

YOUR VERSION COUNTS

Seated, supported, slower, and shorter versions are not lesser versions. They are how a practice becomes respectful and repeatable.

Keep this sentence nearby

The goal is not to force your body into a promise. The goal is to give it a respectful invitation to move.

Before you move

Make comfort the measure.

Choose a clear, well-lit space. Keep a sturdy chair, counter, or wall within reach. Wear shoes that feel secure, or practice seated if that is the better choice today.

START EASY

Use a small range of motion. Breathe normally. The practice should feel manageable, not like a test.

STAY PRESENT

Move slowly enough to notice your feet, your breath, and the moment you need to pause.

STOP AND CHECK

Stop for sharp or increasing pain, dizziness, chest pain, unusual shortness of breath, new swelling, or a feeling that something is wrong. If you have a recent injury, surgery, a balance concern, or a health condition affecting movement, ask a qualified clinician what is appropriate for you.

The seven-minute map

01	ARRIVE	Breath, posture, and a clear place to begin.
02	MOVE	One or two small movements at your pace.
03	CARRY	A short walk, march, or change of position.
04	NOTICE	One sentence about what felt useful today.

A note for families and caregivers

Help create a clear path, good lighting, and support within reach. Encourage choice and patience rather than pushing through symptoms. The reader is the expert on how the movement feels today.

A small vocabulary for movement

Let the words lower the pressure.

This method uses ordinary language so you can make decisions in the moment. There is no special identity you need to adopt and no perfect form you need to achieve.

COMFORTABLE RANGE	A range that feels easy enough to repeat without bracing, forcing, or holding your breath.
SUPPORTED	A chair, counter, wall, or seated position that lets you focus on the movement rather than fear of losing balance.
STEADY	A pace and size you can control. Steady is often smaller and slower than your first impulse.
ADAPT	Change the position, range, time, or support. Adapting is a skill that keeps the practice available.

ONE KIND RULE

If a movement makes you feel more guarded, make it smaller, slower, or supported — or choose a different movement today.

DAY 01 / 21-DAY MOBILITY METHOD

Arrive in your body

Start by making movement feel safe, familiar, and unhurried.

TODAY'S INTENTION

Start by making movement feel safe, familiar, and unhurried.

WHY THIS HELPS

The first practice is not about doing more. It is about noticing that you can begin without asking your body to prove anything.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Seated arrival**	Let both feet meet the floor; breathe out a little longer than you breathe in.
1 min	**Shoulder rolls**	Circle slowly, then let the arms rest rather than holding the shoulders up.
1 min	**Ankle pumps**	Move through a comfortable range and keep the knees relaxed.
3 min	**Easy walk or march**	Use a hallway, a counter, or a seated march; keep conversation pace.
1 min	**Quiet standing pause**	Feel the floor under you. Finish before fatigue changes your balance.

MAKE IT YOURS

If standing is not right today, use a seated march and imagine the same steady rhythm through your feet.

A moment to notice

Where did your body already feel capable today?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 02 / 21-DAY MOBILITY METHOD

Wake the feet and ankles

Give the base of your body a little attention before the day gathers speed.

TODAY'S INTENTION

Give the base of your body a little attention before the day gathers speed.

WHY THIS HELPS

Feet and ankles help you respond to the floor, a step, and a change of direction. Small, repeated movements can make those transitions feel less abrupt.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Toe lifts**	Keep the heels down and lift the toes gently; release without gripping.
1 min	**Ankle circles**	Draw small circles, then reverse; let the knee stay quiet.
1 min	**Heel raises**	Hold a chair or counter and rise only as high as feels steady.
3 min	**Slow hallway walk**	Notice each foot landing; turn with several small steps.
1 min	**Foot check**	Relax the toes and notice warmth, pressure, and support.

MAKE IT YOURS

Do the entire sequence seated with one foot at a time. A smaller circle is still a complete practice.

A moment to notice

What helps you feel steady when you change direction?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 03 / 21-DAY MOBILITY METHOD

Open the shoulders

Create room across the chest without forcing a stretch.

TODAY'S INTENTION

Create room across the chest without forcing a stretch.

WHY THIS HELPS

Many ordinary hours happen in front of us: reading, cooking, driving, and using a phone. A gentle reset can remind the upper body that it has more than one position.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Posture reset**	Let the crown of the head rise while the ribs and jaw stay easy.
1 min	**Blade squeezes**	Draw the shoulder blades slightly back and down; release fully.
1 min	**Wall slides**	Slide the forearms up a wall only as far as the shoulders stay calm.
3 min	**Walk with arm swing**	Let the arms move naturally; do not make the swing bigger than the stride.
1 min	**Long exhale**	Let the shoulders drop on each exhale and keep the neck soft.

MAKE IT YOURS

Keep the arms below shoulder height or practice the blade squeeze with your hands resting in your lap.

A moment to notice

Where could you allow 10 percent less effort today?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 04 / 21-DAY MOBILITY METHOD

Practice the sit-to-stand

Rehearse one everyday transition with patience and control.

TODAY'S INTENTION

Rehearse one everyday transition with patience and control.

WHY THIS HELPS

Standing from a chair is a useful daily pattern. Practicing a supported version can help you pay attention to foot placement, breath, and the moment you choose to rise.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Set the chair**	Use a stable chair against a wall; place feet under the knees.
2 min	**Supported rise**	Lean forward from the hips, press through the feet, and stand tall; sit slowly.
1 min	**Knee extensions**	From the chair, straighten one knee at a time without locking it.
2 min	**Easy walk**	Walk to one familiar landmark and return with a clear gaze.
1 min	**Rest and notice**	Sit back down with control and let your breathing settle.

MAKE IT YOURS

Use a higher seat or keep your hands on the chair. You can practice the forward lean without fully standing.

A moment to notice

What makes this transition feel more supported?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 05 / 21-DAY MOBILITY METHOD

Find a steady walking rhythm

Let a short walk become an anchor instead of another task.

TODAY'S INTENTION

Let a short walk become an anchor instead of another task.

WHY THIS HELPS

A comfortable walking pace gives the mind a simple rhythm to follow. Today is about finding a pace you can repeat, not a distance you need to achieve.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Posture check**	Look ahead, soften the jaw, and let the arms hang naturally.
1 min	**Foot awareness**	Notice the heel, whole foot, and toes without changing them.
4 min	**Comfortable walk**	Use an indoor route or a safe outdoor path; keep breathing easy.
1 min	**Ankle release**	Finish with gentle ankle pumps while seated or supported.

MAKE IT YOURS

Walk for one minute, then pause. Repeat as your energy allows, or use a seated march with the same tempo.

A moment to notice

What pace lets you stay present rather than push?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 06 / 21-DAY MOBILITY METHOD

Move the hands and wrists

Include the smaller joints that help you cook, write, hold, and reach.

TODAY'S INTENTION

Include the smaller joints that help you cook, write, hold, and reach.

WHY THIS HELPS

A mobility practice is more useful when it includes the hands. Gentle movement can be a reset between tasks that ask for gripping or typing.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Open and close**	Spread the fingers softly, then make a relaxed fist; avoid squeezing.
1 min	**Wrist circles**	Circle both directions with the forearms supported if helpful.
1 min	**Thumb taps**	Touch the thumb to each fingertip with a light, deliberate contact.
3 min	**Easy full-body walk**	Let the arms swing and allow the hands to remain open.
1 min	**Shake out**	Rest the hands in your lap and notice temperature and ease.

MAKE IT YOURS

Keep the range tiny and stop if you notice sharp pain, new tingling, or increasing symptoms.

A moment to notice

Which everyday task would feel kinder with less gripping?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 07 / 21-DAY MOBILITY METHOD

Your first weekly reset

Repeat what helped and release the pressure to do everything.

TODAY'S INTENTION

Repeat what helped and release the pressure to do everything.

WHY THIS HELPS

A method becomes yours through selection. Today is a chance to notice which movements felt natural enough to keep.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Three breaths**	Name your energy honestly before choosing the sequence.
2 min	**Two favorites**	Pick any two movements from the first six days and repeat them slowly.
3 min	**Walk or march**	Carry the rhythm into a short walk or a seated march.
1 min	**Weekly note**	Write one movement you would gladly return to next week.

MAKE IT YOURS

Choose all seated movements if the week has been tiring. Consistency grows from a version that respects today.

A moment to notice

Which practice felt most worth repeating, and why?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 08 / 21-DAY MOBILITY METHOD

Soften the morning

Use a slower beginning to make the first transition easier.

TODAY'S INTENTION

Use a slower beginning to make the first transition easier.

WHY THIS HELPS

The first minutes of the day can set a pace. A small sequence gives you a choice before messages, errands, and other needs arrive.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Seated breathing**	Feel the back of the chair and allow the exhale to lengthen.
1 min	**Small neck turns**	Turn only within an easy range; keep the chin level.
1 min	**Shoulder rolls**	Move slowly enough to notice where the circle changes.
3 min	**Easy walk**	Walk around your room or march beside a support.
1 min	**Close the loop**	Take one breath before reaching for the next task.

MAKE IT YOURS

Keep the neck still and use shoulder blade squeezes if turning feels uncomfortable.

A moment to notice

What would a less hurried first ten minutes look like?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 09 / 21-DAY MOBILITY METHOD

Support the hips

Explore comfortable movement for standing, stepping, and changing position.

TODAY'S INTENTION

Explore comfortable movement for standing, stepping, and changing position.

WHY THIS HELPS

The hips help connect the trunk and legs. Gentle weight shifts can make everyday turns and steps feel more intentional.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Supported weight shift**	Hold a counter and move weight from one foot to the other.
1 min	**Seated knee lifts**	Lift one knee a few inches, then set it down quietly.
2 min	**Supported hip reach**	Move one leg back with a long spine; keep the motion small.
2 min	**Easy walk**	Take short steps and turn with care.
1 min	**Settle**	Sit or stand supported and notice the difference between effort and strain.

MAKE IT YOURS

Stay seated for the knee lifts and practice shifting weight through the soles without standing.

A moment to notice

Which direction of movement feels most available today?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 10 / 21-DAY MOBILITY METHOD

Unwind the back

Practice changing positions instead of staying fixed for too long.

TODAY'S INTENTION

Practice changing positions instead of staying fixed for too long.

WHY THIS HELPS

The back often asks for variety rather than a dramatic stretch. Gentle reach and regular position changes can make the day feel less held in one shape.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Seated scan**	Notice the feet, seat, ribs, and head without correcting everything.
1 min	**Seated reach**	Reach one hand toward the opposite side with the ribs quiet.
1 min	**Supported standing reach**	Reach up or forward only as far as balance stays easy.
3 min	**Walk and turn**	Change direction slowly and keep the gaze wide.
1 min	**Breathe**	Let the abdomen move without bracing or holding.

MAKE IT YOURS

Use a smaller reach or rest the hand on the thigh. The goal is variety, not a maximum range.

A moment to notice

What position would you like to leave more often during the day?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 11 / 21-DAY MOBILITY METHOD

Balance with support

Give balance a calm, practical place in your routine.

TODAY'S INTENTION

Give balance a calm, practical place in your routine.

WHY THIS HELPS

Balance improves through attention and repetition. A supported practice helps you explore steadiness without treating a wobble as failure.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Feet together**	Stand beside a counter with one hand near support; soften the knees.
1 min	**Wide stance shifts**	Move weight gently left and right while keeping the breath steady.
2 min	**Heel-to-toe steps**	Walk beside the counter, using small steps and a clear gaze.
2 min	**Sit-to-stand**	Repeat a supported rise at a pace you can control.
1 min	**Rest**	Sit before fatigue changes your balance and note what helped.

MAKE IT YOURS

Do the weight shifts seated, or keep both hands on support. Do not practice when rushed or dizzy.

A moment to notice

What kind of support helps you feel confident rather than dependent?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 12 / 21-DAY MOBILITY METHOD

Make stairs and curbs feel familiar

Practice the attention that makes a step feel more deliberate.

TODAY'S INTENTION

Practice the attention that makes a step feel more deliberate.

WHY THIS HELPS

A step asks for foot lift, timing, and a clear place to look. Rehearsing a floor-level version can help you notice the pattern without needing a high step.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Foot lift**	Hold support and lift one foot a little, then set it down quietly.
2 min	**Floor step taps**	Tap one foot forward and back, then change sides.
3 min	**Clear-gaze walk**	Walk a familiar route and slow before each turn.
1 min	**Ankle reset**	Finish with pumps or circles while seated.

MAKE IT YOURS

Use a line on the floor instead of a step. Keep both hands close to support if needed.

A moment to notice

Where would one extra second of attention make a transition safer?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 13 / 21-DAY MOBILITY METHOD

Release the grip

Notice where effort is hiding in the hands, shoulders, and face.

TODAY'S INTENTION

Notice where effort is hiding in the hands, shoulders, and face.

WHY THIS HELPS

When a task feels uncertain, the body may brace before you notice. Today is a practice in doing a little less while staying connected.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Hand release**	Open the fingers and let the palms rest; do not make a fist.
1 min	**Shoulder drop**	Exhale and let the shoulders fall away from the ears.
1 min	**Gentle arm reach**	Reach forward with the hand relaxed, then return.
3 min	**Easy walk**	Let the arms move without directing every part of the stride.
1 min	**Face softening**	Unclench the jaw and let the eyes rest on a wider view.

MAKE IT YOURS

Keep the hands supported on your thighs and simply practice the exhale and shoulder drop.

A moment to notice

Where can you use ten percent less effort without losing care?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 14 / 21-DAY MOBILITY METHOD

Practice the pause

Use mobility in the spaces between tasks.

TODAY'S INTENTION

Use mobility in the spaces between tasks.

WHY THIS HELPS

A short change of position can interrupt a long stretch of stillness. The pause does not need to become a production to be useful.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Three calm breaths**	Before moving, ask what your energy can honestly support.
1 min	**Ankle pumps**	Move both feet while seated, especially after reading or working.
1 min	**Supported reach**	Stand and reach toward the ceiling, keeping the ribs comfortable.
3 min	**Landmark walk**	Walk to one familiar place and return at an easy pace.
1 min	**Notice your feet**	Feel the floor, then choose whether to continue your task.

MAKE IT YOURS

Change position, roll the shoulders, and breathe if walking is not right today.

A moment to notice

Which recurring task could include a two-minute pause?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 15 / 21-DAY MOBILITY METHOD

Strengthen the everyday pattern

Use gentle strength while staying in control.

TODAY'S INTENTION

Use gentle strength while staying in control.

WHY THIS HELPS

Strength can be quiet. The point is to practice a few useful patterns without turning a seven-minute routine into a test of endurance.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
2 min	**Sit-to-stand**	Choose five slow repetitions with support close by.
1 min	**Wall push**	Place hands on a wall and bend the elbows a little, then press away.
1 min	**Heel raise**	Hold support and rise through both feet without locking the knees.
2 min	**Easy walk**	Let the muscles recover while you keep moving gently.
1 min	**Breathe**	Finish before form becomes shaky or the breath becomes strained.

MAKE IT YOURS

Use a seated leg press into the floor instead of standing strength work.

A moment to notice

What does controlled effort feel like in your body?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 16 / 21-DAY MOBILITY METHOD

Refresh the spine and ribs

Create a little room for reaching and breathing.

TODAY'S INTENTION

Create a little room for reaching and breathing.

WHY THIS HELPS

The upper body can feel more available when it is allowed to rotate and reach gently. Keep the movement small enough to stay relaxed.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Seated side reach**	Slide one hand down the thigh while the opposite side lengthens.
1 min	**Arm sweep**	Open one arm to the side and return without twisting hard.
1 min	**Blade squeeze**	Draw the shoulders back gently, then release completely.
3 min	**Walk with easy arms**	Keep the chest open without pulling it forward.
1 min	**Rest**	Notice whether breathing feels more spacious or simply different.

MAKE IT YOURS

Keep the hand on the thigh and make the reach a tiny shift rather than a deep bend.

A moment to notice

What kind of reach feels useful in your ordinary day?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 17 / 21-DAY MOBILITY METHOD

Create your personal sequence

Choose the pieces that fit your body and your day.

TODAY'S INTENTION

Choose the pieces that fit your body and your day.

WHY THIS HELPS

Personalization is part of the method. A short sequence chosen with care is more valuable than a longer one you avoid.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Breathing**	Start with the version of breathing that feels most natural.
2 min	**Lower-body favorite**	Choose an ankle, hip, or sit-to-stand movement.
2 min	**Upper-body favorite**	Choose a shoulder, hand, reach, or posture practice.
1 min	**Walk or march**	Let the two movements meet in a simple rhythm.
1 min	**Write it down**	Record the order that makes sense for your home.

MAKE IT YOURS

Choose three seated movements and call that your personal sequence. It still counts.

A moment to notice

What order would make your routine easiest to remember?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 18 / 21-DAY MOBILITY METHOD

Move through a transition

Use mobility to make one ordinary task more comfortable.

TODAY'S INTENTION

Use mobility to make one ordinary task more comfortable.

WHY THIS HELPS

Movement has meaning when it helps you live. Today you will connect the practice to dressing, cooking, a doorway, or another real transition.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Choose the task**	Name the movement the task asks for: reach, step, turn, or rise.
2 min	**Rehearse slowly**	Practice the smallest safe version with the environment arranged first.
2 min	**Walk and reset**	Change position and let the body return to an easy stance.
2 min	**Repeat once**	Try the transition again with one less unnecessary effort.

MAKE IT YOURS

Use a pretend version in a chair if the real task is not safe to rehearse.

A moment to notice

Which practical task would benefit from a little more time and space?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 19 / 21-DAY MOBILITY METHOD

A kinder relationship with limits

Adaptation is a skill, not a failure.

TODAY'S INTENTION

Adaptation is a skill, not a failure.

WHY THIS HELPS

Every day brings different energy, sleep, and symptoms. A lasting practice makes room for change instead of demanding the same performance every time.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Energy check**	Name your energy, comfort, and balance from low to high.
2 min	**Choose seated options**	Pick two movements that feel steady today.
2 min	**One gentle strength**	Use a supported rise, wall push, or foot press if appropriate.
1 min	**Easy breath**	Let the exhale signal that you have done enough.
1 min	**Make a plan**	Choose the smallest version you can return to tomorrow.

MAKE IT YOURS

On a low-energy day, breathing and one comfortable change of position are enough.

A moment to notice

What would respecting your limit make possible?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 20 / 21-DAY MOBILITY METHOD

Your seven-minute morning

Assemble a routine you can use on ordinary days.

TODAY'S INTENTION

Assemble a routine you can use on ordinary days.

WHY THIS HELPS

A repeatable sequence removes the need to decide from scratch. Keep it clear enough to start before motivation arrives.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Breathing**	Let the body arrive before asking it to move.
1 min	**Shoulders and hands**	Choose one upper-body reset from the method.
1 min	**Hips and ankles**	Choose one lower-body reset from the method.
2 min	**Supported strength**	Use a familiar, controlled pattern.
2 min	**Walk or march**	Carry the rhythm into a short change of position.

MAKE IT YOURS

Write a seated version beside the standing version so you can choose without starting over.

A moment to notice

Where will you keep the card that reminds you to begin?

ENERGY Low 1 2 3 4 5 High **COMFORT** Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

DAY 21 / 21-DAY MOBILITY METHOD

Carry it forward

Let the method become a small, flexible part of life.

TODAY'S INTENTION	WHY THIS HELPS
Let the method become a small, flexible part of life.	The finish is not a test you pass. It is a moment to choose what you want to keep because it supports the life you are actually living.

Your seven-minute sequence

MIN	PRACTICE	A QUIET CUE
1 min	**Choose seated movement**	Pick the practice you can do almost anywhere.
2 min	**Choose supported movement**	Pick the standing practice that feels most trustworthy.
3 min	**Walk or change position**	Carry the rhythm into one ordinary route.
1 min	**Closing promise**	Write when you will practice next and what version you will use.

MAKE IT YOURS

Keep the promise small: one minute, one chair, one return. A lighter practice is still a practice.

A moment to notice

What do you want your body to remember from these 21 days?

ENERGY Low 1 2 3 4 5 High COMFORT Less 1 2 3 4 5 More

Finish with one easy breath. You can stop here and still have completed the practice.

After the 21 days

Keep what makes life feel more available.

A practice lasts when it can live beside your real schedule. Use the pages below to build a gentle rhythm instead of another rule to obey.

Your three-piece routine

01	**A seated movement**	Something you can do almost anywhere.
02	**A supported movement**	Something that helps you feel steady on your feet.
03	**A carry-forward habit**	A walk, position change, or pause you can attach to a daily cue.

Your next seven days

DAY	I will practice when...	One word for how I want to feel
1		
2		
3		
4		
5		
6		
7		

A RETURN, NOT A RESET

You do not begin again from zero. You return with information: what supported you, what you adapted, and what you are ready to practice next.

A closing note

Let ordinary movement be enough.

Your body has carried you through rooms, seasons, responsibilities, and changes. This method is not a demand for a different body. It is a way to meet the body you have today with attention and respect.

Small practice, steady return.

SAFETY CONTEXT

This guide is educational wellness content. It is not medical advice, physical therapy, or treatment for joint pain or any condition. Stop for sharp or worsening pain, dizziness, chest pain, unusual shortness of breath, new swelling, or a feeling that something is wrong. Seek qualified clinical guidance when needed.

Public context: CDC guidance on older-adult activity, strength, balance, and flexibility; NHS guidance on gentle movement and seeking advice for severe or worsening joint symptoms.

Keep your next practice simple.

Choose a chair. Make a little room. Take seven minutes that belong to you.

The 7-Minute Monk Mobility Method / Neruvai Digital Wellness Edition
Created for personal reflection and educational use. Keep your pace your own.