Body of Chi

CLIENT GUIDE

Neuro-Postural Repatterning Programme

Your three-phase progression

Progress follows control, comfort and recovery, not a fixed timetable.

Your practitioner selects **three focus systems** and the side or direction for your practice. Use your assigned activities; you do not need to complete every exercise in the manuals.

1 Reconnect & Awaken

Purpose: Notice your body, movement and sensations.
Your practice: Simple, familiar daily activities using your selected systems and side or direction. Keep practice brief, calm and manageable.

> **BEFORE PHASE 2 | REVIEW TOGETHER**
>
> Review how you move, feel and recover. Confirm your three focus systems and current side or direction, then choose suitable targeted exercises.

2 Strengthen & Refine

Purpose: Practise accuracy, consistency and control.
What changes: Move from everyday awareness to selected exercises targeting the weaker-performing side or assessed direction. Vary suitable activities while keeping good form.

> **BEFORE PHASE 3 | RETEST WITH YOUR PRACTITIONER**
>
> Compare with your starting assessment. Recheck control, unwanted extra movements, balance, timing and recovery. Confirm the current priority side or function. Continue, modify or advance according to the findings.

3 Integrate & Challenge

Purpose: Bring skills together in everyday movement.
What changes: Practise both sides with control. Add **one compatible challenge** to a familiar exercise, targeting the side or function that still needs attention. This is neuroloading: an added demand such as touch, gaze or rhythm.

Keep reviewing: Compare movement with and without the added layer. Simplify if quality drops. Arrange reassessment if progress stalls, goals change, or difficulties worsen.

MAIN SAFETY BOUNDARY | CHALLENGE WITHIN YOUR CAPACITY

Do not push through increasing pain, dizziness, nausea, loss of control or lasting fatigue. Pause, remove the added layer or return to an easier version. Use reliable support for balance. If symptoms worsen or do not settle with rest, stop and contact your practitioner. **New or severe neurological symptoms need prompt medical assessment.**

Based on the current manuals updated 19 October 2026. Read alongside your personal plan.

Phase 1: pp. 5-7, 14-15 Phase 2: pp. 2, 11-12 Phase 3: pp. 2-3, 14

Movement education. Assessment findings guide practice; they are not a diagnosis.