YOUR FREE READER'S COMPANION

The Gentle Movement Companion

A companion to Lymphatic Tai Chi Walking · by Mei-Ling Harper

Thank you for picking up the book. This is the companion you keep by the door or on the fridge: the free printable version of the 28-day tracker from the back of the book, the Full Ten-Minute Flow from Week 4 on one page, and the safety reminders from Chapter 3. Print it, pin it up, and let it carry you through the four weeks of the plan.

Ten minutes is enough. Slow is the goal, not a shortcut. Rest days are part of the plan. And if a day feels like too much, do less: the plan waits for you. Gentle movement supports how you feel; it does not cure or treat illness, so please check with your doctor before you begin. — Mei-Ling

1. Your Blank 28-Day Tracker

One honest mark a day. Each day, note the date, your minutes (usually 10), a word or two on the movements you did, and one word for how you felt. Do not aim for a perfect row of checks. Aim for an honest one.

- Date: so you can see your streak grow.
- Min: your minutes, usually 10.
- Did: a tick or two words.
- Felt: one word (lighter, calm, tired, good).

Name: _____ Start date: _____

Week 1, Foundations

Days 1 to 7: Day 4 easy, Day 7 rest

Day	Date	Min	Did	Felt
1				
2				
3				
4 easy				
5				
6				
7 rest				

Week 2, Build

Days 8 to 14: Day 11 easy, Day 14 rest

Day	Date	Min	Did	Felt
8				
9				
10				
11 easy				
12				
13				
14 rest				

Your Blank 28-Day Tracker, continued

Week 3, Flow

Days 15 to 21: Day 18 easy, Day 21 rest

Day	Date	Min	Did	Felt
15				
16				
17				
18 easy				
19				
20				
21 rest				

Week 4, Rhythm

Days 22 to 28: Day 24 easy, Day 28 celebrate

Day	Date	Min	Did	Felt
22				
23				
24 easy				
25				
26				
27				
28 celebrate				

Example row: Day 1 | 10 min | breath + ankle pumps + calf raises | good

2. The Full Ten-Minute Flow

This is the complete routine of Week 4, and the routine you keep after the 28 days. Flow softly from each move into the next. If eight moves feel like a lot, do the first five and close with the breath. If you forget how one goes, the steps and the pictures are in Part 3 of the book.

	Movement	About
1	Shoulder rolls (warm up)	1 minute
2	Lifting the Sky	1 minute
3	Ankle pumps, then calf raises	1.5 minutes
4	Arm sweeps with breath	1.5 minutes
5	Cloud Hands walking	2 minutes
6	Gentle marching	1 minute
7	Slow tai-chi walking	1.5 minutes
8	Gentle twists, then a slow closing breath	0.5 minute

Breathe. Smile. There is no finish line.

3. Safety, for everyone, always

From Chapter 3 of the book.

- Move slowly. Slow is the whole point. Slow is safe.
- Breathe. Never hold your breath.
- Stop if anything hurts. Gentle stretch is fine. Pain is a signal to stop.
- If your balance is not steady, keep one hand lightly on a wall, a counter or a sturdy chair, take smaller steps, and widen your stance a little.
- If standing for long is hard, do the breathing and the arm movements sitting tall in a chair, or alternate standing and sitting.
- If your knees or hips ache, keep your knees soft but do not bend low, and make every motion smaller.
- Wear flat, supportive shoes, clear a small even space, and keep water nearby. Sip before and after.

That is the whole companion. Pin the tracker up somewhere you will see it, keep the flow where you practice, and give yourself these four gentle weeks. I would love to hear how it is going: write to me at bookcompanion.co/contact.

Breathe easy, move gently,

Mei-Ling Harper