

Cultivating Our Flow

“**Flow**,” a concept introduced by Positive Psychologist Mihály Csíkszentmihályi, “also known colloquially as **being in the zone**, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does, and a resulting loss in one's sense of space and time.”¹

In partnership dance, reaching a state of flow is pinnacle. As we develop relationships with the floor, music, and partner, along comes a unique bliss in cultivating flow through dance. The deeper we connect, the more alive we feel.

Flow Studios trains to explore and experience these connections through the physical language of “Flow”, using dance as our medium to understand, create, and experience.

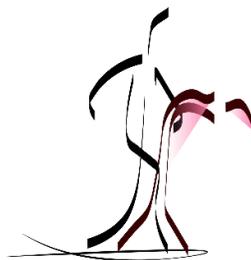
Dance Tree

Our dance tree begins with the roots of dance, our relationships: Floor, Music, and Partnership. The deeper we grow our roots, the healthier and more robust our tree, our dancing, becomes.

As our roots deepen, we make base for our dance tree to emerge. The tree trunk is our training in Flow. In training, our tree grows in strength and stability, making possible for new branches to sprout and flourish. The stronger our tree trunk, the more variety in branches we can support. Each branch represents a style of music, form of movement, kind of partner, or unique environment.

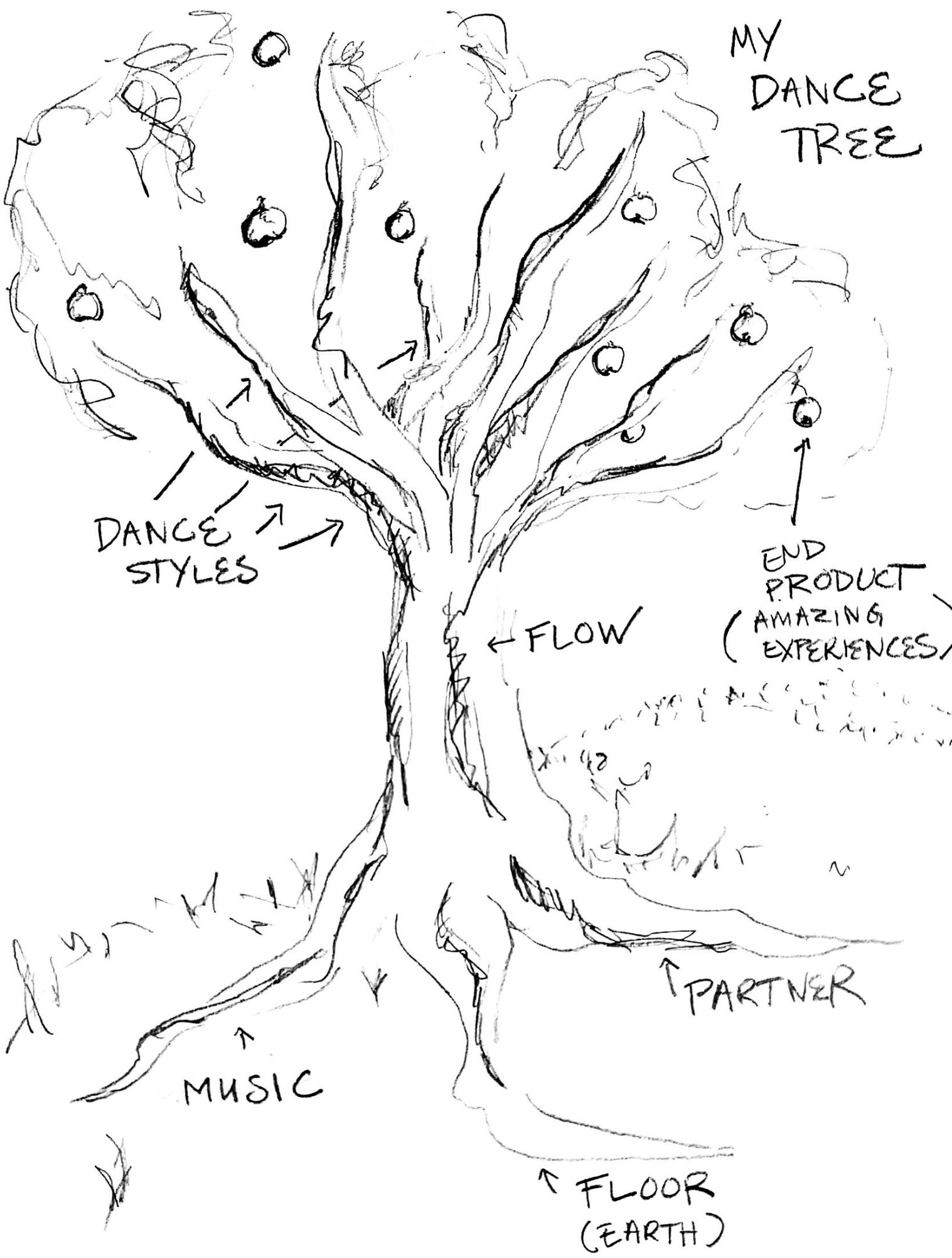
As we develop in flow’s training, our original experiences and sense of self-expression begins to bear sweet, delicious fruit. We ripen. We connect better with our surroundings, sinking us deeper into the state of flow. The fruit dropping from these branches are the euphoric “flow” experiences we start to create as we become more and more capable within our dancing.

Training and experiencing in Flow, growing our own gorgeous dance tree, empowers us to be “us” in more and more situations. We can only reach our state of flow when we have the courage to be “us.”



¹ Wikipedia

MY DANCE TREE



DANCE STYLES

END PRODUCT (AMAZING EXPERIENCES)

FLOW

PARTNER

MUSIC

FLOOR (EARTH)