

FLOW ON DEMAND

Your Step-by-Step Participation Guide

A Doctoral Research Study | Keep this with you during your practice

What you are about to do is simple, straightforward, and will take less than two hours of your time spread over a couple of days. You are part of a real doctoral research study exploring one fascinating question — can everyday people learn to access a deeply positive mental state called flow, whenever they want it? Here is exactly what to do.

STEP

1 Before you begin

Take the First Survey

Before anything else, we want to understand your current experience with yoga and with flow. This gives us a starting point to measure from. The survey takes about 5 minutes and your answers are completely confidential.

TIPS FOR THIS STEP

Be honest.

There are no right or wrong answers. Answer based on how things actually are for you right now, not how you think they should be.

It is quick.

Most people finish in under 5 minutes. Just answer each question and move forward.

STEP

2 The education

Watch the Training Video

This 40-minute video teaches you exactly what flow is, why it feels so good, and the specific skills you can use to help yourself get there during your yoga practice. Watch it all the way through — the most practical content is in the second half.

TIPS FOR THIS STEP

Watch without distractions.

Find a quiet spot where you can give it your full attention. Treat it like a class.

You do not need to take notes.

Everything you need is in this guide. Just watch and let the ideas sink in.

Do the exercises in the video.

When the video asks you to breathe or pause, actually do it. Those moments matter.

STEP

3 Your practice

Do Your Yoga Session

Within 48 hours of watching the training, do your regular yoga session and bring what you just learned with you onto the mat. You do not need to do anything perfectly. Just show up, practice with intention, and see what happens.

TIPS FOR THIS STEP

Use the Three-Breath Reset.

Before you begin, take three slow breaths to anchor your attention. This takes 30 seconds and sets the tone.

Set a simple intention.

Choose one thing to focus on — 'stay present,' 'move steadily,' or 'listen to my breath.' Just one.

Use your breath as your guide.

If your breath becomes strained, ease back. If it is steady and full, you are in your zone.

Notice what feels good.

When something feels satisfying or grounding, pause for a breath or two and let it register.

Let go of comparison.

Do not measure this session against a past one. Meet yourself exactly where you are today.

STEP

4 The final step

Complete the Follow-Up Survey

Within 10 minutes of finishing your yoga session, complete the short follow-up survey. It takes about 5 minutes. Your responses are the most important part of this research — they capture what actually happened during your experience on the mat.

TIPS FOR THIS STEP

Do it right away.

The 10-minute window is important. Your experience is freshest immediately after practice.

Answer honestly.

Again, no right or wrong answers. What you actually experienced is exactly what we need.

Enter the raffle.

Once you submit, you will have the chance to enter for a \$50 e-gift card as a thank you.

YOUR QUICK REMINDER CARD

Step 1 — Take the first survey (5 minutes)

Step 2 — Watch the training video (40 minutes)

Step 3 — Do your yoga session within 48 hours

Step 4 — Complete the follow-up survey within 10 minutes of finishing yoga

Before practice: Three-Breath Reset | Set one intention | Appreciate why you showed up

During practice: Breath as feedback | Soften unnecessary tension | Notice what feels good

Remember: Flow is not forced. It is invited. Prepare the conditions, then let go.

Thank you for participating. Your time and honest responses contribute to something genuinely meaningful.