

FLOW ON DEMAND

Your Step-by-Step Participation Guide

Keep this with you during your practice

What you are about to do is simple, straightforward, and will take about 60 minutes plus the time you practice your regular yoga. 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? Here is exactly what to do.

Step 1

Before you begin

Take the First Survey

Let's make sure this is a good fit for you to participate. Survey A begins with a few questions about who you are and checks eligibility requirements to participate. Then, the survey asks questions to understand your current experience with yoga and with flow. This gives us a starting point to measure from. The survey takes about 10 minutes to complete 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 the surveys in under 10 minutes. Just answer each question and move forward.

Step 2

The education

Watch the Educational Video

This 35-minute video tells 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 video. 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 video, do your regular yoga practice and bring what you just learned with you onto the mat. You do not need to do anything perfectly, just explore. Please do your regular kind and style of yoga, this is not the time to try new or extra challenging routines.

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 B

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 for your participation

YOUR QUICK REMINDER CARD

Step 1 — Take the first survey (10 minutes)

Step 2 — Watch the training video (35 minutes)

Step 3 — Do your yoga session within 48 hours

Step 4 — Complete the follow-up survey (takes 5 minutes) 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.

QUICK REFERENCE EDUCATION SKILLS SUMMARY

YOUR FLOW PREPARATION PLAN

Preparation -- Before Your Practice

1. Match the challenge — Is this engaging but manageable today? Modify or add variation as needed.
2. Set an intention — "Stay present." "Move steadily." "Listen to my breath."
3. Three-Breath Reset — Anchor your attention before beginning.
4. Appreciation check — What do I appreciate about practicing today?

During Your Practice

5. Breath as feedback — Ease back if your breath becomes strained or uneven.
6. Body scan — Shoulders, jaw, hands. Soften where you find unnecessary tension.
7. Appreciation pause — When something feels good, rest in it for a breath or two.
8. Return without judgment — When attention wanders, gently bring it back.

KEY IDEA

Your sense of control over flow grows with practice.

Every intentional adjustment you make — to challenge, attention, or motivation — builds your confidence and your capacity.

AVOID

**Forcing flow | Pushing into unsafe poses | Comparing to past sessions
Measuring success by whether flow occurred**

Flow is not made — it is allowed.

Prepare the conditions, engage with intention, then let go of the outcome.