

Kalvin Smith

“High Performance Living”

Flow for High Performance and Coherence
Increase fluidity, performance and minimize fatigue

Purpose

Flow for High Performance:

Flow for High Performance and Coherence is an introduction to the practice of mind and body integration. Flow and Coherence promotes the use of continuous and uninterrupted breathing (breath). Continuous breath soothes the psyche and can also be harnessed to drive fluid, efficient and relaxed movement while optimizing cognitive performance. Being in Flow is effective in reducing the effects of stress and reducing fatigue.

Flow for High Performance and Coherence is a practical hands-on workshop. Participants are actively encouraged to experiment with the exercises and principals presented during the program.

Program profile:

Program format and duration: 6 hours - segments of 1, 3 or 6 hours
Previous experience required: None
Recommended fitness level: Suitable for all fitness levels
Recommended clothing: Track pants, T-shirt
Recommended equipment: Yoga mat or beach towel (optional)

Specific learning outcomes include:

- Understanding breath with regard to movement, posture, stress and fatigue.
- Breath awareness.
- Active relaxation and relaxed awareness.
- Energizing the body through breath and continuous movement.
- Maintaining good form and posture.

Who should come to this session:

- Anyone who wants to learn how to minimize the stress and fatigue associated with manual work.
- Anyone who feels they would benefit from an enhanced range of movement and joint mobility.
- Anyone who has an interest in personal development.
- Anyone who struggles with stress management.

Benefits of the course:

- Increase your awareness of residual stress and tension in your body.
- Understand the factors that affect your physical resilience, general health and wellbeing.
- Dramatically improve your physical and emotional awareness.