



## Summer Huntington: Flow States and Steel Mace



Summer Huntington is the founder of Flow Shala, Flow State Summit and Steel Mace Vinyasa. Passionate about the art and science of optimizing Flow, she specializes in adult behavioral change and helping busy people cultivate a meaningful movement practice. Join Summer on a journey to access flow states and tap into this source of creativity, power and manifestation.

**TOP EMBODIMENT TIP:** Whether we seek flow state or connection, our daily practices help us to embody what it is that we want to embody.

### Incorporating Weaponry and Yoga::

- The Mace is an ancient weapon resurrected for modern strength, martial arts and flow training.
- Loaded asana (a cross-training practice combining weighted mace and yoga) employs post activation potentiation (where muscles store contractile history under load) allowing **the practitioner to work with more torque, activation and stability.**
- Embodiment practices - yoga, meditation, journaling, emotional and mental check-in help to bring greater meaning to movement practices.

### Training for Flow State:

- In a state of flow you are hyper focused; action and awareness merge, and you are able to execute complex tasks quickly, with precision and without hesitation.
- By understanding what elicits flow states it is possible to design workouts to access flow more quickly and stay in flow longer. **Being able to optimise the nervous system is the key to embodying flow.**
- Four Day Wave training - cycling no, low, moderate and high intensity sessions - helps the nervous system to adapt and retain information about complex movement practices. Complicity engages more of the brain.

### Why Flow is important::

- Triggers neuro-immuno-endocrine response that boosts ability to handle complex motor patterns, ramps up white blood cell production and improves ability to handle stress.
- Dials down the inner critic and taps into higher functioning networks in the brain.
- Activates creativity and improves neuroplasticity.

### Resources :

- ❖ **Website:** <https://www.flowshala.com/team>
- ❖ **Social: Instagram:** @flowshala @summerhuntington, youtube - summerhuntington
- ❖ **References:** Rafe Kelly, Dr Scott Sonnon, Ryan Hurst - Gold Medal Bodies recommendations etc.



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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