



## Raiza Sali: The Flow Room



Raiza Sali is a peak-performance consultant and an embodied leadership mentor training creatives, entrepreneurs, and executives in Flow Science. Explore how to deploy cognitive frameworks for peak-performance and deep embodiment that lead to a high-flow lifestyle.

**TOP EMBODIMENT TIP:** Be in flow, but don't chase it.

### Flow: Optimal State Of Consciousness For Peak Performance.

- Flow is an altered state of consciousness when we are completely absorbed in what we are doing.
- It is a high energy state.
- It requires a deep level of embodiment.
- It is universal and can happen to anyone and any time.

### Benefits of Flow: Be Your Best.

- Flow is fundamental to well-being and those who experience flow are happier and more satisfied.
- Learning time is cut in half and motivation is more present during flow states.
- We can have our neurobiology work in our favor instead of against us with a less tiresome effort.

### Embodied Leadership: The Key In In The Flow State.

- To lead from an embodied place, emotional intelligence is required.
- Ecstatic dance and free movement helps to cultivate this emotional intelligence.
- By tapping into how the body truly wants to move, we activate neural pathways and we can understand ourselves better.
- After we understand ourselves on a deeper level, we are able to extend this understanding to other people.

### Tips For Movement: Allow It To Happen Organically; Do Not Chase It.

- Ask ourselves how our body craves to move and follow our body.
- Can use music to let the music move our body and our breath.
- Through movement, we can embody external experiences and receive answers.
- Be open to letting the process unfold naturally.

### Resources

- ❖ **Website:** [RaizaSali.com](http://RaizaSali.com)
- ❖ **Social:** [Instagram @RaizaSali](https://www.instagram.com/RaizaSali)



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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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