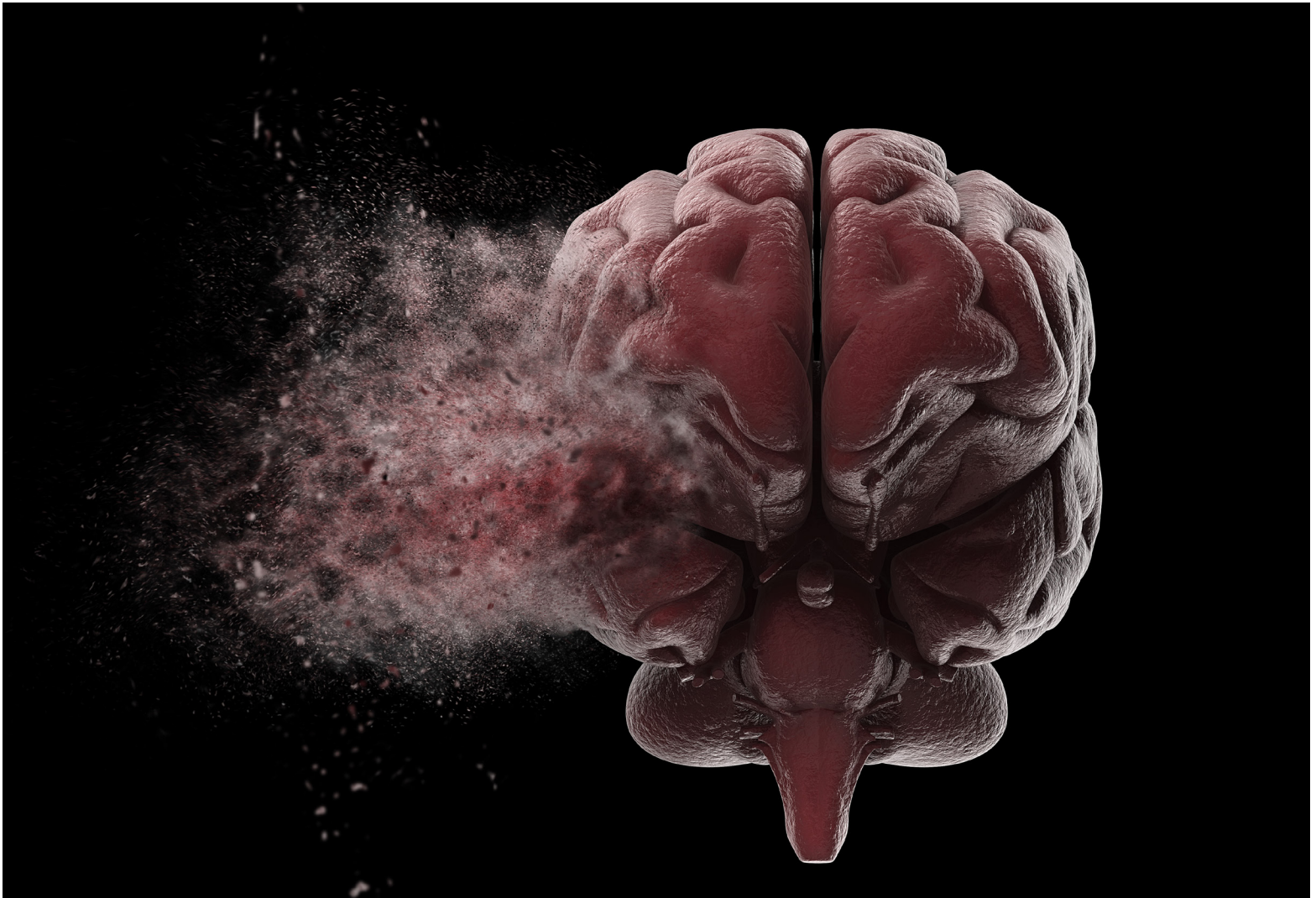

S-MEDIA PRESENTS

THE SCIENCE BEHIND HUMANS DOING SUPERHUMAN THINGS BY ACHIEVING "FLOW" STATE

FLOW



SYNOPSIS

FLOW performance has an incredibly powerful impact on the success of human endeavors, from physical and mental feats to even creativity and productivity. FLOW state, also known as being in “the zone”, is a mental state which unlocks superhuman performance potential in anyone willing to learn about it.

FLOW is an upcoming feature documentary, as well as an extended 12-part series, that explores what happens when humans enter this unique cognitive state by delving into the science behind its full immersion, energized focus and enjoyment.

Through cinematic beauty and insights from FLOW experts and athletes alike, viewers have the opportunity to experience firsthand what FLOW can do for both individual performance as well as teams. FLOW promises to be a visually stunning exploration of FLOW's remarkable power which leaves viewers in awe of its potential.

THE PUNDITS

As a constant throughout the series, our experts will provide the voice and narrative to tell the story of FLOW



STEVEN KOTLER

Steven Kotler is a New York Times bestselling author, an award-winning journalist. He is one of the world's leading experts on human performance



DR. CHRIS BERTRAM

Dr. Chris Bertram is a specialist in how human beings create more optimal learning environments by tapping into flow states that lead to the ultimate goal of stress-resistant



DR. PAMALA SERAPHINE

has formulated a remarkable synergy between the age-old joy of drumming and modern neuroscience to create a trauma therapy

FORMAT & EPISODES

- 1 x feature length documentary
- 12 x 24 / 48 minute episodes
- Cinematic feel with jaw dropping imagery around sport and performance... not a typical sport/science doc
- Expert insight and narrative woven through full length of the documentary
- Final doc ready for deliver in Q3, 2023.
- Episodes ready for rolling delivery in Q3 2023

APPLICATION OF FLOW

FLOW will examine how achieving a flow state is used in the following areas, how these professionals work with FLOW experts to achieve optimal performance, and finally how this can be applied to every day life, work life and family life.



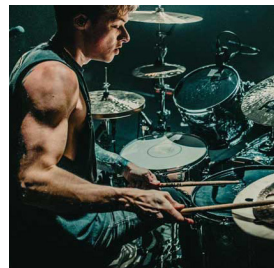
EXTREME SPORTS

How flow states pushed the limit is of human performance over the past 30 years in these sports. low triggers of passion, curiosity, challenge are found naturally in these sports.



TEAM SPORTS

The miraculous 4th quarter comeback. Teams in flow make the impossible plays seem routine. Is this why playoff sports is so much more exciting to the viewer with teams pushing their limits



MUSIC

Jazz is a nexample of experiencing musicians in Flow. EDM helps to trigger flow in listeners. Music has the ability to bring an entire community into flow together.



NAVY SEALS

Aspects of team flow to accomplish tasks, individual flow for their own performance (bullet time) and segue into research on psychedelics to treat PTSD, anxiety, OCD, depression.