MIAMI

flow HOUSE

Find Your Flow

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This is where you would normally find a very formal introductory statement, but at Flow, connection over everything else.

So we think it best to talk like a human, not like a robot. Too many robots talking these days.

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Welcome to Flow...

2024 FLOW PHOTO CONTEST ENTRY
PHOTO BY RAJA ILIYA

communities designed to connect you with yourself, your neighbors, and nature.

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flow HOUSE

MIAMI WORLDCENTER

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COVER PHOTO BY MORGAN MAASSEN

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PHOTO BY CONNOR TRIMBLE

MISSION:

Oneness

Oneness with ourselves
Oneness with our neighbors
Oneness with the natural world

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PHOTO BY CALLUM MORSE

Our Values

Our lives have a purpose. The journey, and the people we journey with, are as important as the destination. People matter. That's where you come in.

In the pages that follow, you'll learn about Flow's core values: love, give, commit, and grow. In our experience, when we practice these values we come closer to achieving flow.

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LOVE

Love is the passion and joy that charge our epic human experience — the ability to forgive, be compassionate, and take care of each other. Love life, have fun, enjoy the process, love wins.

GIVE

Giving is receiving. A commitment to respect and care for all living things. Flow is cultivated when we give to our neighbors, ourselves, and the natural world.

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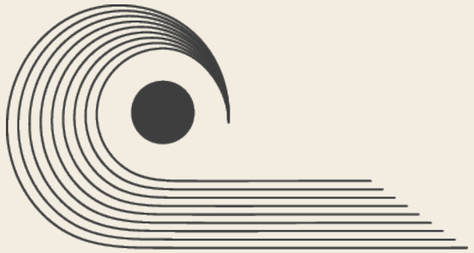

COMMIT

Be all in. Commitment is an energy that spreads. Dedication to a vision, a vibration, a practice, or an act with intention is how we find success. Follow-through is the key to a better version of ourselves. Nothing halfway.

GROW

We strive to be better versions of ourselves every day. Growth requires openness without fear or defensiveness. Like all good things in life, this commitment takes work and can be uncomfortable, but we welcome this as we know it leads to better things.

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PHOTO BY CARLOS BASTIAS | UNSPLASH

welcome to Miami

Miami is vibrant, diverse, alive, and full of energy. But those are just our words — it means something different to everyone. Come along with us through the neighborhood to explore the food, culture, and nature of South Florida.

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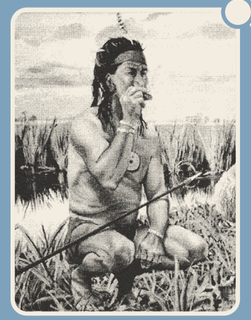
THE HISTORY OF MIAMI

"The Magic City"

Over the years, Miami has carved its place in time as a city of culture, bright minds, environmentalism, and progress. But perhaps above all, it is separated from the rest by the ability of the humans who call it home to not only accept but embrace and harness the beauty of unlikely pairs— the old and the new, fast and slow, sparkling urban high rises and the natural world. Above all, it is a city of harmony. We'd be lying though if we didn't say the Key lime pie and the sandy beaches weren't close seconds here. One of the younger major cities in the United States, Miami is not lacking in history, culture, or significance.



500 BCE to 1800s

It all began with the Tequesta civilization — Native Americans who were among the first people to inhabit southeastern Florida, settling a thriving community along the coast of the mouth of the Miami River and Biscayne Bay. As other tribes moved throughout the country, Seminole and Miccosukee tribes began migrating to Florida, and can still be found around and within the Everglades.

1819

The Adams-Onís Treaty was signed, resulting in the United States' ownership of Florida and the end of Spanish colonialism. Florida became the 27th state just shy of three decades later in 1845.

1870

On the south side of the Miami River, a fellow by the name of William Brickell implemented a trading post and post office, bringing business and communication to southern Florida.

1891

American businesswoman Julia Tuttle, aka the Mother of Miami, owned much of the land on which Miami, Florida, was built. And she was excited about it, encouraging development and more humans.

1896

It's official. The City of Miami is formally established and incorporated, with a whopping population of 444 people.

In this same year, Henry Flagler, along with Julia Tuttle and William Brickell, saw Miami's potential and all put their heads and wallets together to create a railway. The Florida East Coast Railway ran through North Florida, Miami, and the Florida Keys, until it was destroyed by a hurricane in 1935.

1900–1937

The Miami Board of Trade, the Miami Woman's Club, and the Flagler Public Library were all founded, focusing on bettering the city as a whole.

1920

A good portion of the population was Bahamian and Caribbean. With a lot of Black representation, the Universal Negro Improvement Association chapter was established, working toward racial equality on an economic level.

1945

As the Civil Rights Movement entered the scene and gained momentum, Liberty City established the National Association for the Advancement of Colored People (NAACP) branch, continuing to fight against racial discrimination. And just two years later, the Civil Rights Congress chapter was organized.

1947

Ernest F. Coe and Marjory Stoneman Douglas were two humans who helped establish the Everglades as a National Park. It was Ernest's life goal to have the river of grass be protected as a national park, and Marjory coined the name, Everglades.

1965

Reuniting refugees with their families, Cuba and the United States agreed to Freedom Flights, bringing over 200,000 Cubans to America. Also known as the largest airborne refugee operation in American history. Just over 15 years later, the Cuban American National Foundation and Facts About Cuban Exiles organization were established.

1966

Americans love football. So Miami had to have a team — enter the Miami Dolphins.

1977

Dr. Dorothy Jenkins Fields founded the Black Archives History & Research Foundation of South Florida to preserve Black culture and history.

2002

Miami gets more vibrant. Art Basel hits Miami Beach for the first time, strengthening the local art scene while encouraging and connecting artists from all over the world.

2019

Miami Worldcenter opens with its first development — the apartment building now known as Flow Miami.

More good things are coming soon...

Experience Downtown Miami

If Miami is the gateway to the Americas, then its downtown neighborhood is the welcome committee. The city has defined itself as an ever-evolving hub for innovation and creativity, serving as the epicenter from which the energy that ebbs and flows to its very edges originates. Zoom in a little closer and you'll find yourself within arm's reach of the best of the city at Miami Worldcenter. Within the perimeter of this 27-acre hub, business, fashion, and lifestyle intersect. From creatives to entrepreneurs, people from all walks of life can be found here collaborating, growing, and coexisting as one community. People who also happen to be neighbors, gym buddies, and coffee dates. Everything from coworking office spaces to fitness studios to your home base can be found under one roof. A concept that, in our opinion, makes finding your flow and living your life accordingly a little easier. But, hey, don't take our word for it. Or do. Either way, come on in, the water's fine.

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Flow Guide to Miami

1 Flow House Miami (you're probably here)
2 Miami Worldcenter
3 Publix Super Market
4 Brightline Miami Station
5 Club Studio Fitness*
6 Sagrado Cafe*
Sushi Sake
7 Red Rooster*
8 Eleventh Street Pizza*
9 Orangetheory Fitness
Boxr Gym*
10 Crossfit Downtown Miami
11 Phillip & Patricia Frost Museum of Science*
12 Pérez Art Museum Miami*
13 Microtheater Miami
14 Kaseya Center*
15 Bayside Marketplace
16 Bayfront Park*
17 Whole Foods Market
18 Miami Pilates
19 Brickell City Centre
20 Jungle Island
21 Port Miami
22 Brasserie Laurel*
23 Apple Store*
24 Ray-Ban
25 Lululemon
26 Sephora
27 Lucky Strike Miami*

*The following pages go into a little more detail on featured locations.

take a closer look on the next page

CULTURE

PHILLIP & PATRICIA FROST MUSEUM OF SCIENCE
5 MIN DRIVE FROM FLOW HOUSE

A science museum, planetarium, and aquarium all wrapped up in one for the curious mind. Ever wondered how astronauts exercise in space or what creatures call the Everglades home? This learning haven holds the answers.

PÉREZ ART MUSEUM MIAMI
5 MIN DRIVE FROM FLOW HOUSE

Not too far from MWC lies a hidden gem filled with paintings and oeuvres that showcase the vibrant communities and heritage that have been woven into the tapestry of the city's rich blend of culture generation after generation.

KASEYA CENTER
10 MIN WALK FROM FLOW HOUSE

Lebron James' old stomping grounds, the Kaseya Center is home of the Miami Heat NBA basketball team. Close enough to MWC that you might even be able to shoot a hoop or two from your living room.

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NATURE

BAYFRONT PARK
10 MIN WALK FROM FLOW HOUSE

Find comfort and clarity in the salty air and views of Biscayne Bay which lies just a short stroll from MWC. There's no shortage of sculptures to contemplate or yoga classes to flow with.

FLORIDA EVERGLADES
42 MIN DRIVE FROM FLOW HOUSE

A bit of a drive, but worth every mile. You'll find yourself surrounded by a landscape of cypress trees and herons. One unique to South Florida and its often overlooked natural wonders. Don't feed the gators.

FOOD

SAGRADO CAFE
7 MIN WALK FROM FLOW HOUSE

Color and natural light work in harmony here as a nod to Brazilian culture. Atmosphere aside, the designated wellness bar will keep you coming back morning after morning.

BRASSERIE LAUREL
1 MIN WALK FROM FLOW HOUSE

French cuisine without having to travel across the pond for an upscale dinner or a buttery pastry to go. Votre choix.

RED ROOSTER
12 MIN WALK FROM FLOW HOUSE

Michelin Bib Gourmand-awarded American comfort food; also celebrates local artists and musicians. Live music and quality food.

11TH STREET PIZZA
8 MIN WALK FROM FLOW HOUSE

Bringing New York pizza to Miami — elevated and quality pies with homemade sourdough crusts, all made with organic ingredients.

STEPS AWAY

CLUB STUDIO
5 MIN WALK FROM FLOW HOUSE

Inside MWC itself you'll find one of the best places to put in the work and challenge yourself. These folks are well-versed in strengthening not just the body, but the mind and soul alongside it. More than a gym, a lifestyle.

BOXR GYM
10 MIN WALK FROM FLOW HOUSE

There's no one way you have to take care of your body, and BOXR has taken that notion and run with it. Boxing, Muay Thai, fitness, CrossFit, yoga, Jiu-jitsu, and dancing as well as group or personal training sessions should keep you busy at this jack-of-all-gyms.

APPLE STORE
1 MIN WALK FROM FLOW HOUSE

Access to quick and efficient support for the devices that help connect you to the world lies in MWC's backyard. No need to troubleshoot when the experts are a few short steps away.

LUCKY STRIKE
3 MIN WALK FROM FLOW HOUSE

Host an event with friends or simply practice getting that turkey. Public and private lanes and arcade nostalgia perfect for gathering with family or friends.

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THIS IS LIFE IN FLOW...

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PHOTO BY GUIDO PEZZ | STILLS

flow HOUSE

A conscious living offering from Flow. Condominiums are now available to own from studio to two bedroom. Explore life in Flow — find your workflow, live compassionately, attend exclusive Flow experiences, and discover the meaning of living in a home that inspires creativity, joy, and wellbeing.

Welcome to Flow House Miami Worldcenter

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flow HOUSE

41
STORIES
filled with community spaces and humans for you to connect, collaborate, and flow with on elevator rides or the pool deck. The more you know, the more you grow.

466
FULLY FURNISHED RESIDENCES
crafted and cultivated for living by Cola Blanca and Flow Furnishings. Not too shabby if we do say so ourselves. Quite the opposite, in fact.

36,900
SQ FT OF RETAIL SPACE
right by your home — with everything from shopping to dining to experiences. An easy way to spend an afternoon.

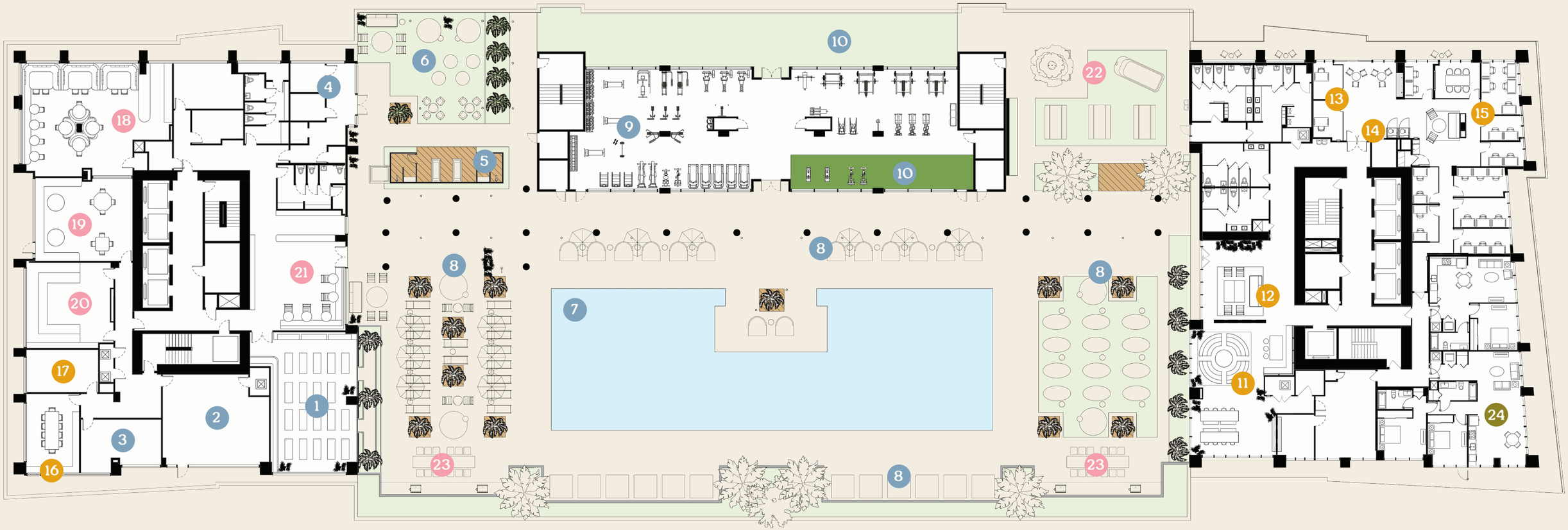
46,100
SQ FT OF AMENITIES
with your wellbeing in mind, there's a little something for everyone. You can take a dip in the pool, pick a weekly fitness class, or start a podcast. And plenty in between.

RESIDENTIAL MIX

STUDIO	307 to 629 sq ft | 29 to 59 sq m	**1 BEDROOM**	567 to 1005 sq ft | 53 to 93 sq m
JR. 1 BEDROOM	489 to 680 sq ft | 45 to 63 sq m	**2 BEDROOMS**	959 to 1165 sq ft | 89 to 108 sq m

Elevate to Level 10

Flow House offers a variety of spaces and ways to elevate your living experience. And for the most part, these can be found on Level 10. To provide the full Flow experience for condo owners, we put some of our best features all in one place, keeping everything you need to live life in flow at the center of your home.



Amenities

WELLBEING

1. Practice Room
2. Pilates Studio
3. Meditation Room
4. Spa, Sauna, & Steam Room
5. Cold Plunge
6. Zen Garden
7. 126 ft Lap Pool
8. Day Beds & Cabanas
9. Premier Fitness Technogym Center
10. CrossFit

WORKFLOW

11. Coworking Space
12. Resident Lounge
13. Private Offices
14. Phone Booths
15. Conference Rooms
16. Board Room
17. Podcast Room

EXPERIENCE

18. Flow Social Club
19. Game Room
20. Media Screening Room
21. Cafe
22. Flow Truck & Picnic Area
23. Grill Area

HOME THAT INSPIRES

24. Furnished, Bookable Member Units

N

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Wellbeing

 SEE LEGAL DISCLAIMERS ON PAGE 137

Maybe practice makes perfect, but perfect is a big ole label.

Flow likes to think of it more so as a practice and not a perfection — growing seems like a good thing to always be doing. It's all about consistently stretching yourself. Flow provides space and opportunity to keep your practice consistent from morning cold plunges to your yoga flow to post-workout sauna sessions.

Not bad...

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PRACTICE ROOM

Good for yoga practice. Good for sound baths. The Practice Room sets the scene with light and bright materials with a monochromatic tone for a sense of calm and zen.

 SEE LEGAL DISCLAIMERS ON PAGE 137

MEDITATION ROOM
This space is multi-purposed to elevate your wellbeing. Find your practice.

PILATES STUDIO
Start your morning with a good sweat on the Reformer in a group Pilates class.

PREMIER FITNESS TECHNOGYM CENTER

We know everyone has a gym preference, so Flow brought in new Technogym and Rogue equipment, creating a gym people would pay a premium membership for directly in the building. With multiple surrounding turf areas and studios, there is space to host a number of wellness classes from spin, to yoga, to tai chi.

COLD PLUNGE

Chill out. Up your focus, ease sore muscles, and get better sleep with a cold plunge.

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LAP POOL

Arguably one of the better rooftop pools in South Florida. Open early morning to late evening to relax or swim laps.

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Workflow

 SEE LEGAL DISCLAIMERS ON PAGE 137

Workflow:

noun

1. meaning a positive and productive mindset.

Commonly known as being in the zone. So the space and clarity you need to get it all done is conveniently located right where you live. Warning, things that may come out of a productive workflow might include passion projects coming to life, the next start-up idea, or the presentation that finally gets you that promotion.

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PHOTO BY ISABELLA GREEN

Providing neighbors with space, opportunities, and connections for meaningful work.

COWORKING SPACES

No commute. Even better when that cowork space is designed to cultivate your productivity, wellness, and flow.

CONFERENCE ROOMS

Whether it's virtual or in-person, bookable conference rooms and Zoom rooms are available.

PRIVATE OFFICES

A space to focus. Private offices, seating up to four people, are available to lease to neighbors and non-neighbors on a monthly basis.

COMMUNITY COMMERCE

Speaking of that passion project, Flow offers what we like to call our Community Commerce Marketplace — a platform for our neighbors to connect with other entrepreneurs and creators in the community as well as promote their work.

 SEE LEGAL DISCLAIMERS ON PAGE 137

PODCAST ROOM

Flow extends beoyond basic amenities, in touch with the generational mediums to help expand your audience.

 SEE LEGAL DISCLAIMERS ON PAGE 137

Experience

 SEE LEGAL DISCLAIMERS ON PAGE 137

This is Flow life.

Where you can watch a movie with neighbors or meet over a cup of coffee — your choice of experience is right down the hall. Maybe your night consists of a game of chess and dinner or a little nightcap. Our food and drink offerings keep you in mind with natural, organic, and plant-based options that are good for the world. And the world is pretty important — this is why single-use plastic isn't on the menu.

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LOBBY | MAIN ENTRY

We tend to make a good first impression. No average front desk here. Your main entry point is our lobby bar area, designed with natural materials and warm tones to create that sense of rooted connection.

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LOBBY CAFE & BAR

Relax in full natural light with views of outside. Like you're sitting in a piece of art, our chairs add a natural and tranquil sculptural aesthetic.

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LOBBY CAFE & BAR

Flow's semi-private niches are perfect for small gatherings, deep conversations, and enjoying a beverage with neighbors.

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CAFE

Fresh out of yoga or from the pool, you'll enter the cafe area. Serving food and beverages, this space is a central point for connection.

 SEE LEGAL DISCLAIMERS ON PAGE 137

CAFE
Lining the walls of the cafe, you'll find bookshelves filled with Flow goods and books for perusing.

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FLOW SOCIAL CLUB

Made just for connecting with your fellow humans. This rich and tonal environment elevates socializing.

 SEE LEGAL DISCLAIMERS ON PAGE 137

THE GAME ROOM

Back to analog. Come together over a game of chess, poker, or any game you like. A great way for neighbors to host small events with friends.

 SEE LEGAL DISCLAIMERS ON PAGE 137

FLOW TRUCK & PICNIC AREA

Spend some time outside. Bring your dog or meet for happy hour with beverages from the VW bus. Good things generally happen in the present.

be here now

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A Home That Inspires

 SEE LEGAL DISCLAIMERS ON PAGE 137

Living is something you do every day.

It should be something you enjoy, not get through. Things to be enjoyed include connecting with other humans who enjoy the things you enjoy, petting a dog in an elevator, living not too far from the beach, being able to try something new, getting a good sweat in, or spending your days at one of the better rooftop pools in South Florida.

Our buildings aim to create an environment that fosters the list above. A little bit more about what life looks like at Flow...

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IN-HOME

The in-home experience uses neutral tones in a playful, elevated way to cultivate life in flow. Featuring oak wood and artisanal rattan.

 SEE LEGAL DISCLAIMERS ON PAGE 137

IN-HOME VIEWS

Floor-to-ceiling windows pouring in natural light will make anyone feel more connected to the world around us.

IN-HOME KITCHEN UPGRADE

Looking to elevate your space? This kitchen level-up brings a bright and timeless feel to your home. Kitchen upgrades available for purchase.

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IN-HOME LIVING ROOM
Flow has the honor of tapping into a network of artists and photographers whose talents create some of the more beautiful and epic images out there.

 SEE LEGAL DISCLAIMERS ON PAGE 137

Flow Furnishings

SUSTAINABLE

Furniture created with love: recycled, reclaimed, and responsibly sourced materials.

ETHICAL

Supporting the wellbeing of our furniture makers by participating in practices that are respectful and commercially beneficial for all involved.

FLOW DESIGNED

Custom-crafted furniture for each furnished home meant to cultivate joy, wellness, and creativity.

NATURAL CONNECTION

Rooting homes in nature through earth-based materials and designs.

FLOW HOME FEATURES

- Floor-to-ceiling windows
- Private balconies for select residences
- Luxury bath finishes
- In-unit washer and dryer
- Custom lighting packages
- Gourmet kitchen upgrades available

"THE MEASURE OF INTELLIGENCE IS THE ABILITY TO CHANGE."

Compassionate Living

2024 FLOW PHOTO CONTEST ENTRY
PHOTO BY MERCHE LLOBERA

A portion of all rent is donated to Re:wild to support the organization and its efforts.

The planet is a big important place.

Flow presents an opportunity for residents to live in a building that does the charitable and giveback work for them and with them. Our main partner for 2024 is Re:wild, which works to restore nature, protect land, and aid wildlife.

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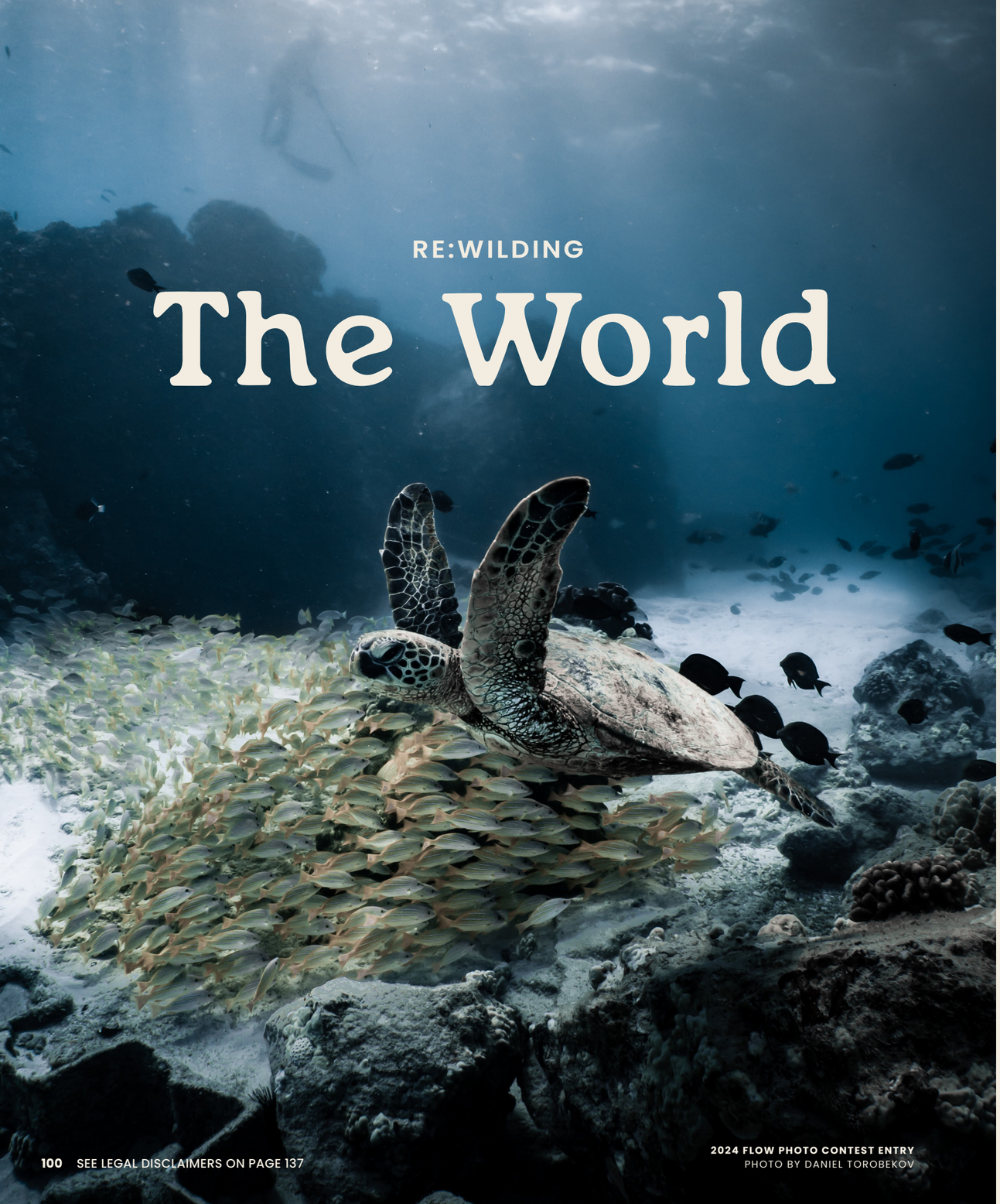
RE:WILDING

The World



2024 FLOW PHOTO CONTEST ENTRY
PHOTO BY DANIEL TOROBEKOV

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Flow's mission is to inspire connection with ourselves, our neighbors, and the natural world — which is why we are proud to support Re:wild.

Nature is key to everything, from climate to biodiversity to human wellbeing. By working together, we can protect and restore our planet. Is there a better place to start than in our own lives?

Re:wild works in nearly 90 countries with 500+ partners, many of whom are Indigenous people and local communities, to protect and rewild at the scale and speed we need.

Wild Events: ART OF NATURE

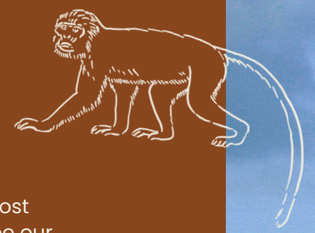
While their efforts span the globe, Re:wild is no stranger to South Florida or Miami itself. Last year, they teamed up with aligned partners during Miami Art Week to raise awareness for their trailblazing work in preserving Earth's biodiversity. The immersive art exhibit was popular with guests, as were special performances by Cat Stevens and Jane's Addiction frontman (and Lollapalooza founder) Perry Farrell and his wife Etty Farrell. Here's to seeing these folks around the area in the future as Flow partners.

Wild Places: GALÁPAGOS

Working with the Ecuadorian government and local communities, Re:wild is spearheading restoration efforts on the island of Floreana in this biodiversity hotspot. Ensuring the health, sustainability, and function of the marine and land ecosystems across these islands is no small feat. One undertaking that the team here is working on is reintroducing and protecting animals previously wiped out by invasive predators, including the Floreana tortoise and Floreana mockingbird.

Wildlife: TURTLES AND TORTOISES

With partners like the Turtle Conservancy, Re:wild is dedicated to the conservation of endangered turtle and tortoise habitats and species. From monitoring programs to on-the-ground work, they're on a mission to ensure the survival of endangered species throughout the 16 turtle hotspots of the world. Fun fact: South Florida falls within the North American Coastal Plain hotspot.



Lost Species:

MISS WALDRON'S RED COLOBUS

We'd be remiss to not mention the Search for Lost Species initiative over at Re:wild, which might be our favorite given the sleuthing it requires. In their own words, they've embarked upon a "Guinness World Record-setting quest to find and protect species lost to science." Not too far from Miami, Florida Atlantic University is doing its part to capture photographic evidence of Miss Waldron's red colobus — an elusive primate native to West Africa.

Wild Places:

AMAZONIA

A huge carbon reservoir, there's no question that conservation work in the Amazon is critical to ensuring the preservation of biodiversity of the amazing flora and fauna that thrive here. Re:wild's lending more than a helping hand with over 120 partners in the area to support 99.8 million acres of protected areas and Indigenous Community Conserved Areas — no biggie. While it may seem far, another area of high biodiversity happens to be right in Miami's backyard: the Everglades.

Wild Places:

MADAGASCAR

Doubling down on their efforts, Re:wild's team is approaching the habitat loss in this region from two angles. While their primary goal is to preserve the remaining forests that protect the wildlife that call them home, they seek to connect the fragments of what remains by actively engaging in reforestation. It can't be done alone, which is why they've partnered with eight different organizations to help bring this habitat back to life while providing jobs and opportunities for the surrounding Indigenous communities that call it home.

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humankind.

THE HUMANS

Behind Flow

People like people. As important as elevated amenities and meaningful connections amongst neighbors are the humans behind Flow who make sure the ship runs smoothly, values are upheld, and the standard of service is all-star. Because we are a human-first brand, we thought you should meet a few of them.

OPERATIONS MANAGER

Ria Spizzirri

Ria spends her days leveraging her creativity to create meaningful connections with her team and across departments. Not to mention she's always looking to elevate her work and make collaboration second nature. Seamless — that would describe her perfectly.

What does it mean to you to create or help facilitate meaningful connections among neighbors? And how do you create those connections between yourself and those neighbors?

To me, creating or facilitating meaningful connections among neighbors starts with being genuine and curious. I enjoy learning about my neighbors by understanding their interests, aspirations, and listening to their stories. By connecting on a personal level and identifying common ground — whether through shared ideas or introducing them to other neighbors — I believe my enthusiasm helps foster a vibrant sense of community and engagement.

How does the Flow mentality stand apart from other residential experiences?

The Flow mentality distinguishes itself by not only encouraging neighbors to connect with their higher selves but also by actively supporting this goal through numerous community initiatives. These efforts foster a genuine sense of community, care, and connection among our neighbors.

How do you get into your flow?

I get into my flow with some good music, creating space in my surroundings to focus on my intention, and simply diving into my task.

What does "Give" mean to you?

To me, giving starts with receiving and accepting. When I show myself love, care, and compassion, and am open to receiving these things from others — I am then able to genuinely offer the same to those around me.

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WELLNESS DIRECTOR

Stu Lopoten

Stu definitely cares about your wellbeing. As the Wellness Director across properties he is building a community based around taking care of yourself and encouraging those around you to do the same. The gyms have the highest-performance equipment, the classes are varied and daily. Stu is committed to helping residents enjoy an elevated quality of life.

What does it mean to you to create or help facilitate meaningful connections among neighbors?

Watching neighbors connect on a daily basis in our amazing gyms or seeing 50 people motivating or forging friendships at our wellness classes is the most rewarding experience of my career. With a Flow mission of solving the problem of loneliness in today's world, I am grateful every day to play a small role in watching strangers become friends and new neighbors immediately welcomed into a Flow family.

And how do you create those connections between yourself and those neighbors?

As a resident of Flow Fort Lauderdale, I take pride in being the resident cheerleader of the building, always interacting with neighbors in the gym, restaurant, pool, and elevators — and listening to their input on how to improve their overall wellness experience. After getting to know our Flow Miami neighbors every day for weeks during the gym renovation, I now make weekly trips to stay connected and supervise all of our special weekend pop-up events in Miami. The Flow Olympics event I created, which brought the Flow Fort Lauderdale and Miami communities together for a day of friendly competition, was so special in allowing me to connect with both communities together.

How does the Flow mentality stand apart from other residential experiences?

We believe that together we are infinitely stronger; 1+1 = 11. Community is the bedrock of the residential living experience. I have lived in many luxury residential buildings with nice amenities and while ours are incredible, what sets us apart is a community of neighbors really knowing and helping other neighbors. Culture is everything and our team seeks to make our properties a home of family members, not a building of strangers that pay rent.

How do you get into your flow?

Surprise, surprise, as the Wellness Director, a great workout is crucial to being the best version of myself, physically and mentally. I also try to start each day with gratitude for the blessings I have... family, friends, and a rewarding career where I help others get into their flow.

What does "Commit" mean to you?

Commit is being "all in" in anything you do. Be it your career, your relationships, or your health — commitment with intention is the key to being the best version of yourself. Motivation can come and go every day, but discipline and commitment are the keys to success. There are no shortcuts, nothing halfway.

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HEAD OF CAPITAL PROJECTS

Ayda Melo-Taveras

If you happen to see Ayda around the building you'll know for certain she's there to help improve your home and experience — even from a more top-level vantage point. Her contribution is most obviously the amount of love and care she puts into elevating the building.

What does it mean to you to create or help facilitate meaningful connections among neighbors? And how do you create those connections between yourself and those neighbors?

To be of service in a genuine way creates meaningful connections among neighbors. Although myself and my team are focused on the physical experience of our buildings, when me and my team are in the buildings, we make it a point to stop and say hello to our neighbors, ask about their experience in our buildings, and learn about what we are doing well or what we can do better.

How does the Flow mentality stand apart from other residential experiences?

Flow is thoughtful about how we serve our neighbors. We go above and beyond to create meaningful experiences, in wellness programs, accessibility to management, and curated spaces to foster connections with each other.

How do you get into your flow?

I stop and recenter myself, whether it's listening to music or going to a quiet place.

What does "Love" mean to you?

Love is giving unconditionally to yourself and to others.

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OPERATIONS + RESIDENT EXPERIENCE

Eyad Zahra

The experience-maker himself, Eyad continues to grow the community by coordinating and supporting enriching experiences for the community to engage and attend. Everyone's biggest fan, he is a huge supporter of encouraging neighbors to pursue their passions by helping them host their own events and experiences.

What does "Grow" mean to you?

Grow means taking on little challenges every day. Growth typically does not happen in a leap, but rather through small steps. Every opportunity that I have each day is an opportunity to grow in a small way, and this can compound across the year. Can I take a moment to enhance an experience for my neighbors? Can I take a moment to better learn about someone? Can I take a moment for feedback on something that we've done in order to make it better next time? By taking those extra steps, the compounded growth is immense. It's about being patient and willing to accept what may be challenging up front but ultimately rewarding down the line.

What does it mean to you to create or help facilitate meaningful connections among neighbors? And how do you create those connections between yourself and those neighbors?

Creating meaningful connections for others is incredibly important to me. It's magical to see how making a new friend or having a thought-provoking experience can change someone's life. By facilitating in-person engaging opportunities, I help residents connect with themselves, their neighbors, and the community beyond our walls in a deeper way. This leads to endless new paths and stronger bonds among neighbors. An important approach to fostering these connections is that we purposely host a myriad of smaller events instead of a few large ones, so neighbors don't get lost in a big crowd and always have a moment to feel seen and heard when they attend something we host.

How does the Flow mentality stand apart from other residential experiences?

Our mission is unique: We strive to help our neighbors become the best versions of themselves. We actively pursue this within our communities through a variety of engaging activities. For instance, every month at Flow Fort Lauderdale, we host a Resident Discussion Series where a resident shares their journey of personal change and overcoming challenges. This inspires other residents facing similar situations and fosters meaningful conversations. Cultivating these kinds of discussions embodies the spirit of growth and self-improvement. Another aspect unique to Flow is that many of our experiences are neighbor-led. Our residents ideate and host gatherings for others, creating a strong sense of community and ownership.

How do you get into your flow?

The easiest way for me to get into my flow is to be in a mode of creation. If I'm creating something that solves a challenge or opens a new path, it's an exciting experience. The more I tap into my imagination, the more enjoyable it becomes. Being in a position of creation often sparks my flow.

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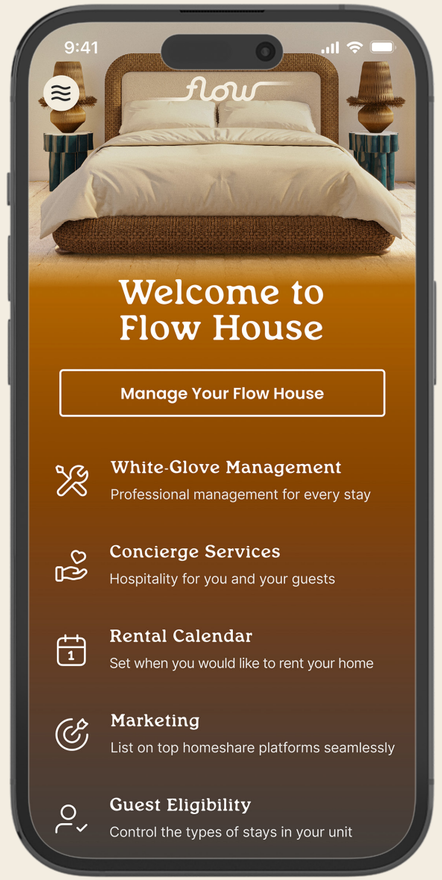
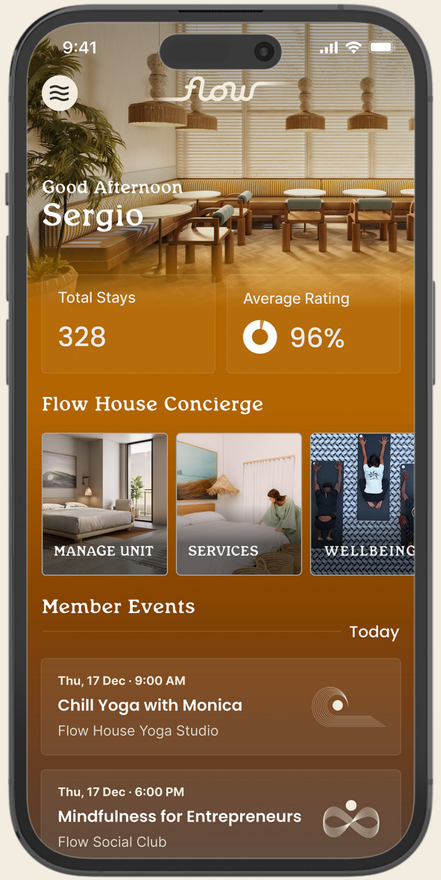
Own Seamlessly in Flow

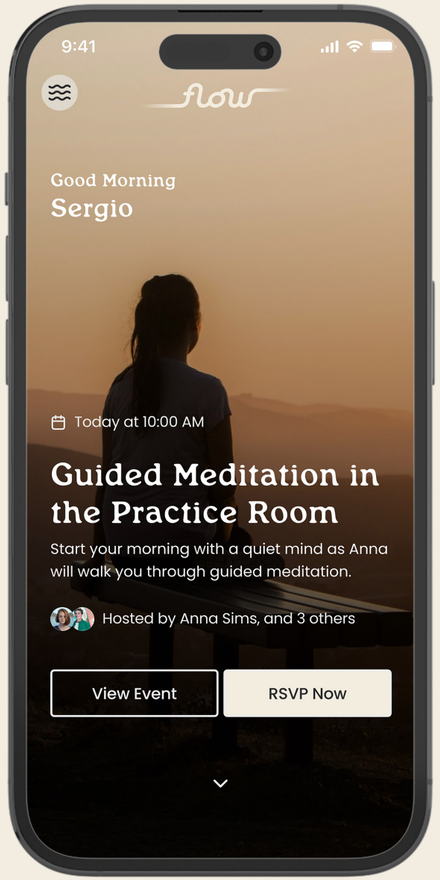
Book concierge services, manage your unit, create an availability calendar, set guest eligibility guidelines





Live Seamlessly in Flow

Reserve exclusive amenities, browse a calendar of connective events, attend wellbeing events



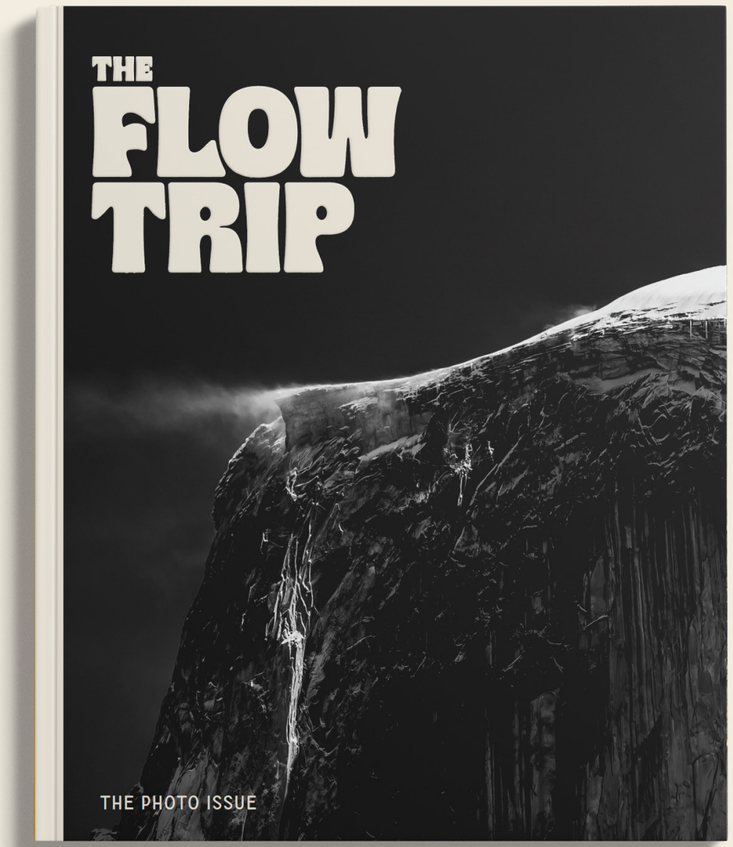
SHOP ↘

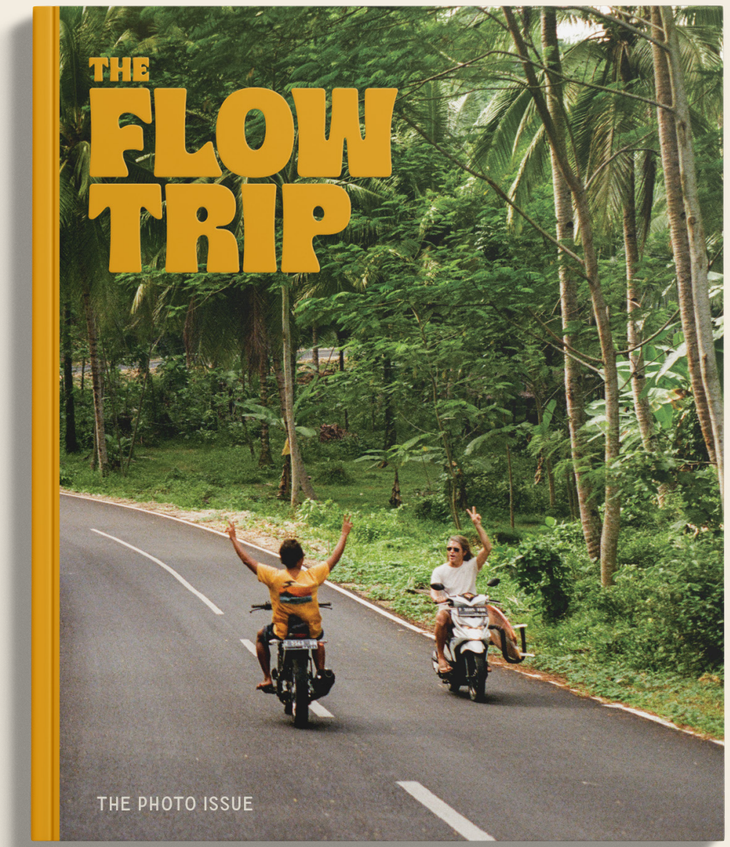
The Flow Goods

Flow is a frequency that extends beyond just buildings. The brand is represented through our custom, Earth-oriented, microplastic-free merchandise such as hats, T-shirts, sweatshirts, stickers, and more.

 SEE LEGAL DISCLAIMERS ON PAGE 137

A print publication for our fellow humans





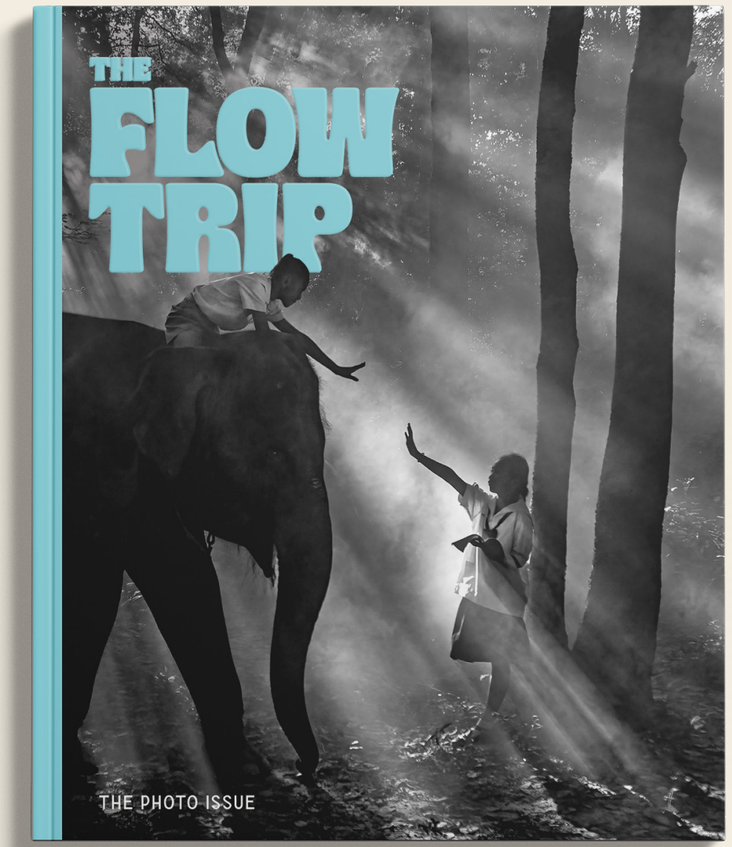


PHOTO BY ISABELLA GREEN

THE FLOW TRIP

The publication acts as the creative extension of Flow, representing its values and mission to a wider audience.

It's worth noting that The Flow Trip is a celebration of light, solutions, and being in the moment. Maybe just a magazine, maybe more than a magazine — maybe it's just the idea that we can all help ourselves and others be more present. What a trip. Regardless, not the worst way to spend our days. We're rooting for the world and good people like you.

And now an excerpt from The Happy Issue of The Flow Trip

WRITE YOUR HEART OUT

PRESENTED BY ALLSWELL™

Chances are you had a busy day. We get it. So Laura L. Rubin, creative coach and founder of AllSwell, designed these journaling prompts to get you grounded and feeling good.

PROMPTS TO GET TO HAPPY

Gratitude is a superpower but writing down a daily list can get stale quickly. Here's a riff.

Drop into your senses and raid the cookie jar of your memory bank. What are some of the sights, scents, tastes, textures, and sounds for which you are grateful, that bring you joy?

You can shift your mood (and your brain chemistry) by going to a positive memory and spending time with it on the page. Serotonin on tap.

Pick a sunrise or sunset that has meaning for you and write about it. Why did you choose it? Delve into the details. Who were you with? Where were you? Were you hot, cold, calm, energized?

COMMON SENSE REMINDERS

- There is no external reader. No judgments, no "likes." This is just for you.
- Grammar, spelling, and handwriting are irrelevant here. It's about the act of writing. You have officially been granted permission to relax and enjoy the experience.
- Write for a few minutes at a time if that's all you've got. Do it where you can, when you can. No need to be precious about journaling.
- You do not have to be an English major to get the goods here. Quality of writing doesn't get you a gold star. But you can reap the mental, emotional, and even physiological benefits of the exercise just by showing up and giving it a go.
- Concerned that someone with sneaky eyes might end up seeing your answers? Then rip up these pages and toss them or burn them. Set them free.

PHOTOS BY CHRISTA FUNK

A ROOTED RELATIONSHIP

THE IMPORTANCE OF IMMERSING YOURSELF IN NATURE WITH SPEARFISHERWOMAN AND FREEDIVER KIMI WERNER

Immersing myself in the underwater world gives me a sense of self that has been my most guiding light throughout life. It teaches me lessons that I take with me and apply on land — it teaches me to slow down, especially when I feel the urge to speed up and rush. It teaches me to stay calm in the face of fear and it constantly reminds me that panic never gets me anywhere good. Ever.

At first, diving into this world was scary and filled with anxiety, and honestly it still can feel that way at times, but being completely immersed is exactly what makes me fully present. And being fully present is what teaches me to have grace under pressure and navigate challenges rather than run from them.

Underwater, I'm living in the exact moment, taking in the sights and feeling all of the sensations — whether it's fear of the unknown, or butterflies of giddiness from the surrounding beauty, or just the peace and awe that comes with a calm, clean ocean day — I'm there for it all. It's invigorating to be so engulfed that these sensations are felt whole, not drowned out by the other noise that gets stuck in my head on land. I'm not thinking about all the things I need to do, nor replaying conversations or old thoughts. I'm also not distracted by devices. I'm here, 100 percent, all in.

Becoming a part of a natural ecosystem also gives me a strong connection to this planet we call home. The more time I spend in my underwater field, the more I become a part of it. I leave words behind for they're no use to me down below and every movement I make is based on observation and instinct.

 SEE LEGAL DISCLAIMERS ON PAGE 137

“THE MORE TIME
I SPEND IN MY
UNDERWATER FIELD,
THE MORE I BECOME
A PART OF IT.”

 SEE LEGAL DISCLAIMERS ON PAGE 137

When I depart from the ocean, I take that energy with me. My whole being feels cleansed from the pure act of being absolutely present for hours. It's like giving my brain and entire energy system a deep clean or reset. My happiness is thriving with the afterglow of taking a trip to another world and bringing home memories that will dance in my mind forever. And more than anything, I'm left with a sense of belonging. A bond to the natural world. A feeling that makes me feel loved and whole and like I'll never really be alone as long as I have nature.

Spearfishing for my own food and sourcing the majority of my meals straight from the source feels like self-love. It's literally taking nature and putting it into my body. It keeps me connected to the ecosystem by allowing me to be a part of it. It also feels more caring toward the natural world itself, as there's an accountability and a responsibility that comes with every choice I make — from the selectiveness of the harvest to the promise of not letting a morsel of it go to waste. Harvesting, cooking, and eating this way takes a lot more time and effort than the more common practice of modern convenience, but I continuously choose this path because it adds such value and meaning to my everyday life.

"A BOND TO THE NATURAL WORLD. A FEELING THAT MAKES ME FEEL LOVED AND WHOLE."

The more work I put into valuing these gifts from nature — all of it, the food, the activity, the beauty and the mental therapy — the more it pays off for the long term. My efforts not to waste add up and accumulate into a bounty of abundance, giving me more than enough to share with my loved ones and community. The activity keeps me healthy, the beauty keeps me inspired, and the ocean therapy helps me grow and evolve in happiness within this ever-changing world. And I think that's how nature works. Everything and everyone has a role, a purpose. And together by pursuing our purposes, we become a part of something bigger. Nature thrives in diversity, so it's wonderful that no one has the exact same path or purpose to happiness. For me, it's spearfishing, cooking, and getting to know the plants and animals around me. What once started as an individual pursuit of joy and satisfaction ended up becoming the vehicle to becoming a contributing member of a community with the ability to share such gifts with others.

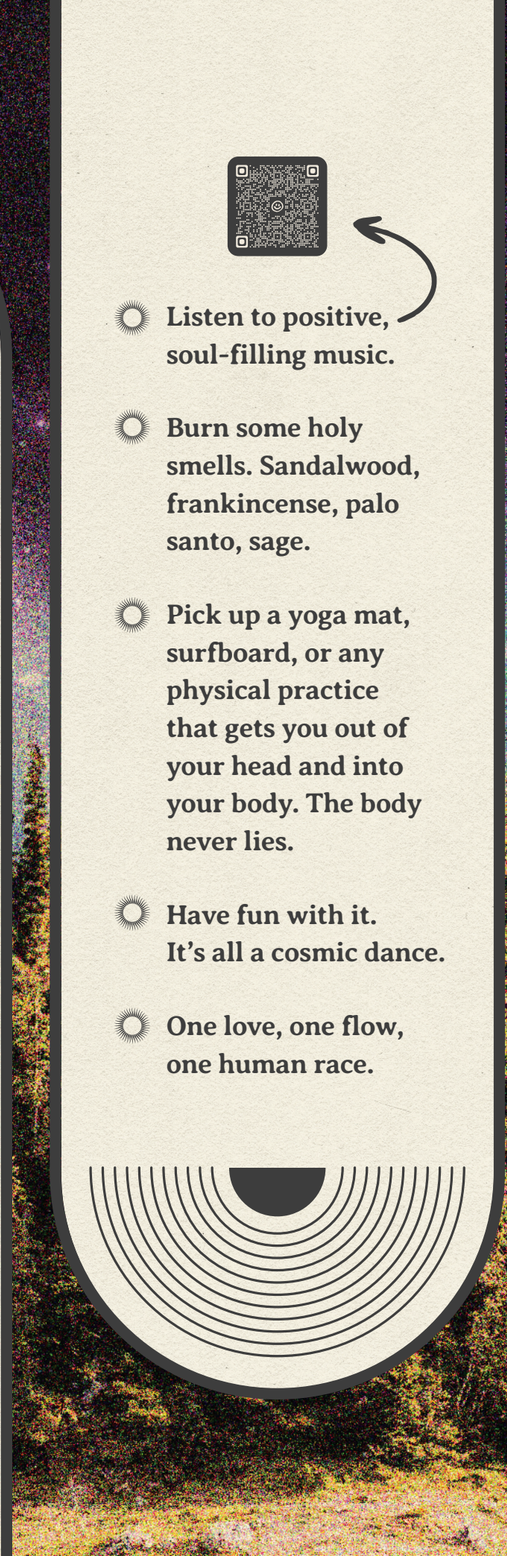
THE FLOW TRIPPER'S GUIDE TO THE UNIVERSE

The Mental, Physical, and Spiritual How-to For Unlocking Your Life

Flowtripping happens when we experience the oneness of being. We are all connected — related. All living things are tripping on the same cosmic energy. Plants, people, animals. Perceived separation creates loneliness. How do we get into flow? We give more, we love more, and we humble ourselves more. The smaller we become, the more we experience the epicness of the universe. It's a lifelong practice for all of us, but a few simple (barefoot) steps to begin...

A GOOD START

- Get barefoot and into nature. Feel the power of the Earth through your feet.
- Breathe deeply (ideally with breath retentions).
- Put your attention on intention. What are you manifesting with your mind?
- Come off screens.
- Take care of an animal, a forest, an ocean. Visit our friends at rewild.org.
- Eat clean (unprocessed) Earth food.
- Listen to positive, soul-filling music.
- Burn some holy smells. Sandalwood, frankincense, palo santo, sage.
- Pick up a yoga mat, surfboard, or any physical practice that gets you out of your head and into your body. The body never lies.
- Have fun with it. It's all a cosmic dance.
- One love, one flow, one human race.



LIFE IN FLOW

A Connected-Living Experience

CLEAR MIND
A space that cultivates wellness and creativity

MUSIC
Tunes that feed the soul

A HOME THAT GIVES
Flow is honored to partner with Re:Wild to help save the planet

CUSTOM GOOD SMELLS
Calming the mind and setting the vibe

FURNITURE
Sustainable custom-created designs that cultivate flow

ART
Hand-selected artists represented in every space capture the epic human experience

 SEE LEGAL DISCLAIMERS ON PAGE 137

2024 FLOW PHOTO CONTEST ENTRY
PHOTO BY BY SUMMER MURDOCK

EQUAL HOUSING OPPORTUNITY

ONEWORLD PROPERTIES

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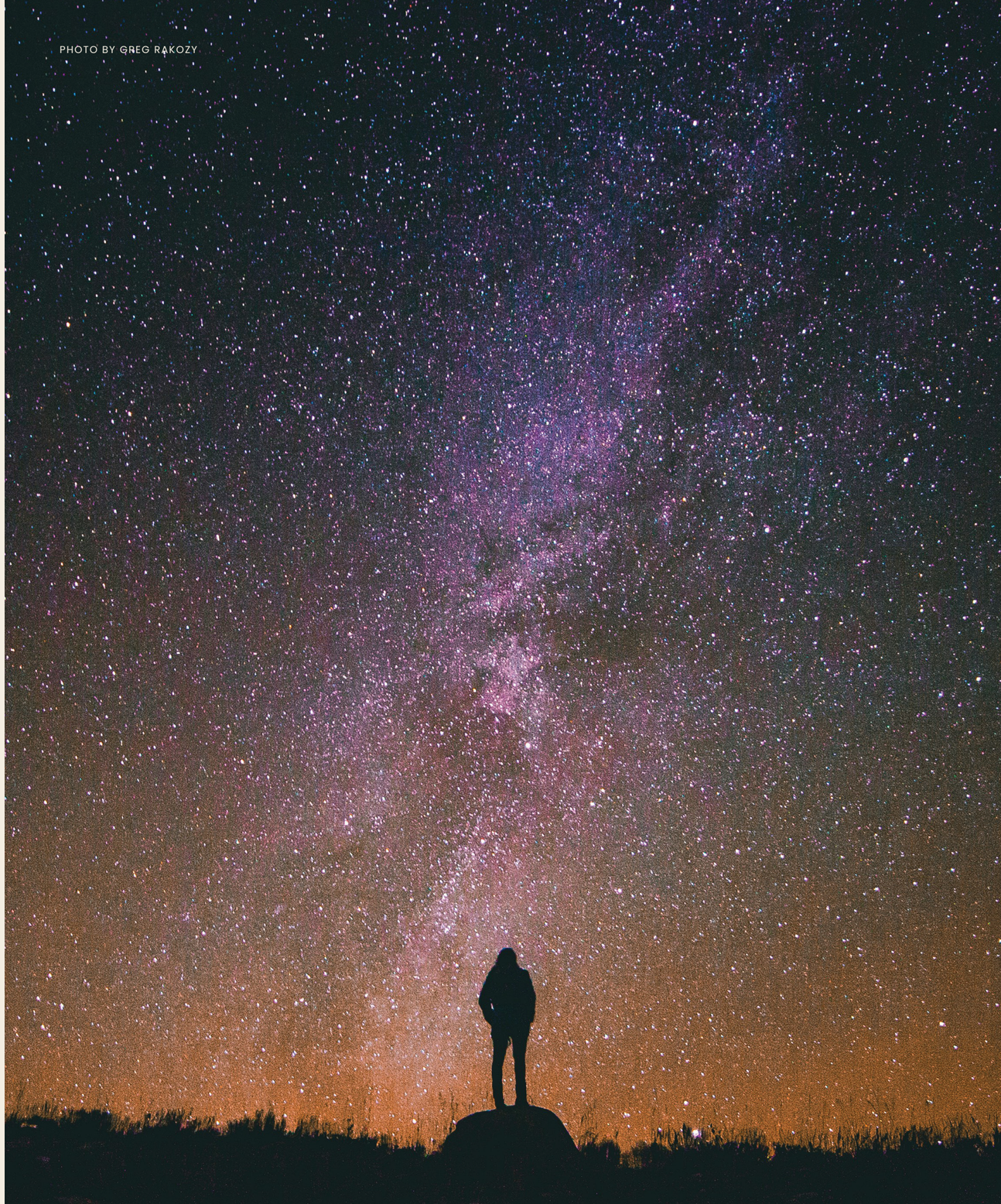
Certain businesses and food and beverage outlets described herein are owned by third parties and are subject to change from time to time. Additional fees may be required to obtain services from such outlets.

Flow is a frequency... tune in



Oneness

one · ness ['wən-nəs]

noun

1. the fact or state of being unified or whole, though comprised of two or more parts.