

Flow! Game Rules

Flow! is a collaborative 2 player game with the intention of helping people with chronic pain, especially women with periods ease their pain and achieve a good night's sleep.

Game Materials:

- One wheel
- 35 customizable stretches
 - 15 novice stretches (blue)
 - 10 intermediate stretches (orange)
 - 10 advanced stretches (red)
- One ball

Gameplay and Objective:

As champions of your own body, proceed with the rules as you see fit. This game is made for you and customizable for your needs. No rules are hard and fast.

Step one of gameplay is to customize the wheel based on your personal preference. Next, give the wheel a spin. Whichever stretch the wheel lands on, you and a partner will get into that position and then balance a ball between you two without using your hands. Together, you and your partner will maintain the stretch and keep the ball balanced between the two of you while moving from one side of the room to the other side of the room.

Spin the wheel as many times as you desire and repeat the stretch indicated with your partner.

