



The Driifloat Experience

Our world – our experience ...on a beach or a field, in a city, above the clouds, across the mountains, floating on a thought inside the mind ...

Lie back and float completely supported by the Driifloat solution. Relax in seconds, let go and find a rare experience of peaceful sound and quiet. In minutes you can find yourself deep below sleep, enjoying a stillness that rarely happens during the days or nights of our lives.

What happens to our mind

As we drop deep into the experience, we let go of all our urgency, and the stress we were feeling vaporises like an early morning mist giving way to the warmth of the sun.

Our float time is not like sleep.

When we sleep our mind becomes super-busy shuffling the files around, opening-up storage draws and compiling flash-drive copies of every poignant detail of our life.

When we float we stop – **simply stop** – our mind moves to the side of the road, watches the last cars slide by until we turn away and breathe in the forest air. We feel the trees slowly swaying side to side, the quiet sound of the undergrowth, and our mind gently dissolves into the void.

What happens to our body

As you become aware of waking, but not fully awake, you can notice something unusual. With your mind check around your body and see how nothing is moving! It's as though your legs, arms and torso are paralyzed but you can feel that they are not – they simply don't feel the need to move until you want them to move.

Start with your feet and see how they feel stretching sideways. They are connected but your legs feel separately still and completely at ease. Here, at this time in your float, you can experience the 'sweet spot'. Those moments as you slowly become aware again, those are the jewels of your float time that bring new perspective on yourself, your life, relationships, your potential. It's a deeply nourishing experience of stillness that you take back with you into your life.

Who are we

That time of stillness and the experience of peace is so positive. Over time, with each float session, we slowly reduce the deep reservoir of exhaustion we have built up in our bodies over years. Our life energy increases, stress loses its paralyzing power, and we feel alive again to who we are, who we can be and what our life can achieve.

