



The Driifloat Vision

Life throws everything at us, at a pace and intensity that impacts the human body and brain like a sledgehammer breaking through a brick wall.

The demands of work life and the need to perform in a connected world of instant decision, this is the world of unstoppable stimulation that produces more stress than we've ever had to deal with before.

Why does this happen?

Our automatic response to excessive demand, judgement, challenge, fear of failure - fight or flight triggers our body into a state of tension and alarm, we rush adrenalin into our system, our heart rate and blood pressure increase, we stop digestion, we lose clarity of thought, our breath is out of control. And the longer this experience continues the more chronic the fall-out becomes.

This is the world in which we become burnt-out and mentally exhausted. This is the environment in which we develop chronic inflammation which can lead to cancer, heart conditions, stroke, depression, dementia, and other life-threatening diseases. This is the flipside of progress from which our bodies are increasingly unable to recover.

Prevention is life

Driifloat turns the problem on its head! Breaking down the effects of stress by applying regular intense sessions of recovery. When the body and mind slow down at a deep level, the chemistry of the body switches into recovery and rebuild.

Moving sideways

Switch the game, shift the balance. Take control of how your body responds to you, to your life, to your expectations. Move your mind to another sphere and focus on your potential. The challenge of the 'technical singularity' points at our need to up our game, improve our skills, our health, and our perspective in context with the greater life to come.

