



PROJECT AUFGLUSS

LET IT FLOW

Life is in constant motion. Breath flows through the body, water flows through rivers, and energy flows through every moment of our lives. Yet we often resist this natural movement, holding onto tension, expectations, or the need for control. Let It Flow is an invitation to release that resistance and reconnect with the effortless rhythm of the present moment.

Through heat, steam, music, and breath, this ritual guides you from awareness to expansion and finally into deep relaxation. Each round builds upon the last, allowing the breath to become a bridge between body and mind. As tension softens and awareness deepens, a natural sense of flow begins to emerge.

First Steam – Bergamot • Mint

The journey begins with awareness. Bright citrus notes and cooling mint awaken the senses and draw attention to the breath. Like the first ripple on calm water, this round creates space, freshness, and presence, inviting you to arrive fully in the moment.

Second Steam – Eucalyptus • Rosemary

As the body warms, the breath begins to deepen. Eucalyptus opens the airways while rosemary brings clarity and vitality. This invigorating round encourages fuller, more conscious breathing, helping you release physical tension and create a sense of openness throughout the body. With each breath, energy flows more freely.

Third Steam – Orange • Sandalwood

The final round shifts from expansion to relaxation. Warm orange brings comfort and ease, while sandalwood grounds and quiets the mind. Using the breath as an anchor, you are invited to slow down, soften, and settle into stillness. The exhalation becomes longer, the body heavier, and the mind calmer, allowing deep relaxation to emerge naturally.

As the final steam fades, what remains is a feeling of spaciousness, calm, and connection. The breath is steady, the mind is quiet, and the body feels at ease.

Let It Flow is a journey through the breath—awakening awareness, creating space, and ultimately discovering the peace that comes from letting go and moving with life's natural rhythm.