

## **Abstract**

My bachelor thesis is mainly focused on Flow Arts phenomenon and so-called flow state, which is induced by these practices. The goal is to detect not only individual experiences of flow artists, but also the processes influencing the flow state. To achieve this goal, I use the analysis of field diary and nine biographic interviews. I consider the flow state to be an altered state of consciousness and in dialogue with study of neo-shamanic practice (Horská 2017) I try to do a complex analysis of the dynamics of the flow state and the partial aspects of the flow arts practices. This analysis focuses on the key processes (learning process & automation of the body movement process) related to induction of the flow state, where consciousness plays the key role. These processes allow mastering techniques of the body (Mauss 1968) and are necessary for inducing the flow state. Therefore, the main subject of this analysis are these two key aspects of flow arts – body and physicality. Also, my analysis focuses on the structures that are formed alongside the flow arts practices. I suggest to call these structures „interest network“ or „community of interest“ as they represent a place to share any knowledge or skill, which is important for learning the body techniques.