

MIAMI

flow HOUSE

Find Your Flow

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This is where you would normally find a very formal introductory statement, but at Flow, connection over everything else.

So we think it best to talk like a human, not like a robot. Too many robots talking these days.

Welcome to Flow...

communities designed to
connect you with yourself,
your neighbors, and nature.



MIAMI WORLD CENTER

697 N Miami Ave | Miami, FL 33132
flow.life | @livelifeinflow

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COVER PHOTO BY MORGAN MAASSEN



MISSION:

Oneness

Oneness with ourselves
Oneness with our neighbors
Oneness with the natural world



Our Values

Our lives have a purpose. The journey, and the people we journey with, are as important as the destination. People matter. That's where you come in.

In the pages that follow, you'll learn about Flow's core values: love, give, commit, and grow. In our experience, when we practice these values we come closer to achieving flow.



LOVE

Love is the passion and joy that charge our epic human experience — the ability to forgive, be compassionate, and take care of each other. Love life, have fun, enjoy the process, love wins.



GIVE

Giving is receiving. A commitment to respect and care for all living things. Flow is cultivated when we give to our neighbors, ourselves, and the natural world.



COMMIT

Be all in. Commitment is an energy that spreads. Dedication to a vision, a vibration, a practice, or an act with intention is how we find success. Follow-through is the key to a better version of ourselves. Nothing halfway.



GROW

We strive to be better versions of ourselves every day. Growth requires openness without fear or defensiveness. Like all good things in life, this commitment takes work and can be uncomfortable, but we welcome this as we know it leads to better things.

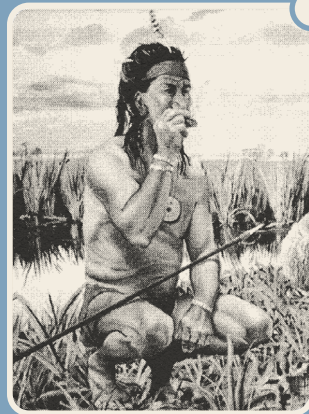
welcome to Miami

Miami is vibrant, diverse, alive, and full of energy. But those are just our words — it means something different to everyone. Come along with us through the neighborhood to explore the food, culture, and nature of South Florida.

THE HISTORY OF MIAMI

"The Magic City"

Over the years, Miami has carved its place in time as a city of culture, bright minds, environmentalism, and progress. But perhaps above all, it is separated from the rest by the ability of the humans who call it home to not only accept but embrace and harness the beauty of unlikely pairs— the old and the new, fast and slow, sparkling urban high rises and the natural world. Above all, it is a city of harmony. We'd be lying though if we didn't say the Key lime pie and the sandy beaches weren't close seconds here. One of the younger major cities in the United States, Miami is not lacking in history, culture, or significance.



500 BCE to 1800s

It all began with the Tequesta civilization — Native Americans who were among the first people to inhabit southeastern Florida, settling a thriving community along the coast of the mouth of the Miami River and Biscayne Bay. As other tribes moved throughout the country, Seminole and Miccosukee tribes began migrating to Florida, and can still be found around and within the Everglades.



1819

The Adams-Onís Treaty was signed, resulting in the United States' ownership of Florida and the end of Spanish colonialism. Florida became the 27th state just shy of three decades later in 1845.

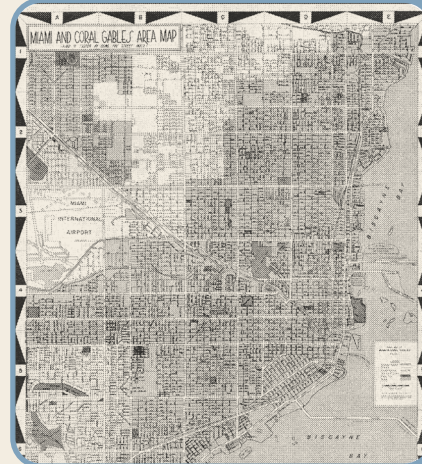
1870

On the south side of the Miami River, a fellow by the name of William Brickell implemented a trading post and post office, bringing business and communication to southern Florida.



1900–1937

The Miami Board of Trade, the Miami Woman's Club, and the Flagler Public Library were all founded, focusing on bettering the city as a whole.



1896

It's official. The City of Miami is formally established and incorporated, with a whopping population of 444 people.

In this same year, Henry Flagler, along with Julia Tuttle and William Brickell, saw Miami's potential and all put their heads and wallets together to create a railway. The Florida East Coast Railway ran through North Florida, Miami, and the Florida Keys, until it was destroyed by a hurricane in 1935.

1891

American businesswoman Julia Tuttle, aka the Mother of Miami, owned much of the land on which Miami, Florida, was built. And she was excited about it, encouraging development and more humans.



1920

A good portion of the population was Bahamian and Caribbean. With a lot of Black representation, the Universal Negro Improvement Association chapter was established, working toward racial equality on an economic level.

1945

As the Civil Rights Movement entered the scene and gained momentum, Liberty City established the National Association for the Advancement of Colored People (NAACP) branch, continuing to fight against racial discrimination. And just two years later, the Civil Rights Congress chapter was organized.

1947

Ernest F. Coe and Marjory Stoneman Douglas were two humans who helped establish the Everglades as a National Park. It was Ernest's life goal to have the river of grass be protected as a national park, and Marjory coined the name, Everglades.



1966

Americans love football. So Miami had to have a team — enter the Miami Dolphins.



1965

Reuniting refugees with their families, Cuba and the United States agreed to Freedom Flights, bringing over 200,000 Cubans to America. Also known as the largest airborne refugee operation in American history. Just over 15 years later, the Cuban American National Foundation and Facts About Cuban Exiles organization were established.

1977

Dr. Dorothy Jenkins Fields founded the Black Archives History & Research Foundation of South Florida to preserve Black culture and history.



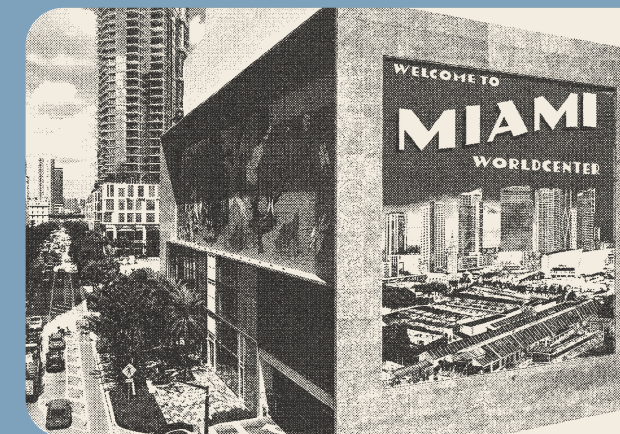
2002

Miami gets more vibrant. Art Basel hits Miami Beach for the first time, strengthening the local art scene while encouraging and connecting artists from all over the world.



2019

Miami Worldcenter opens with its first development — the apartment building now known as Flow Miami.

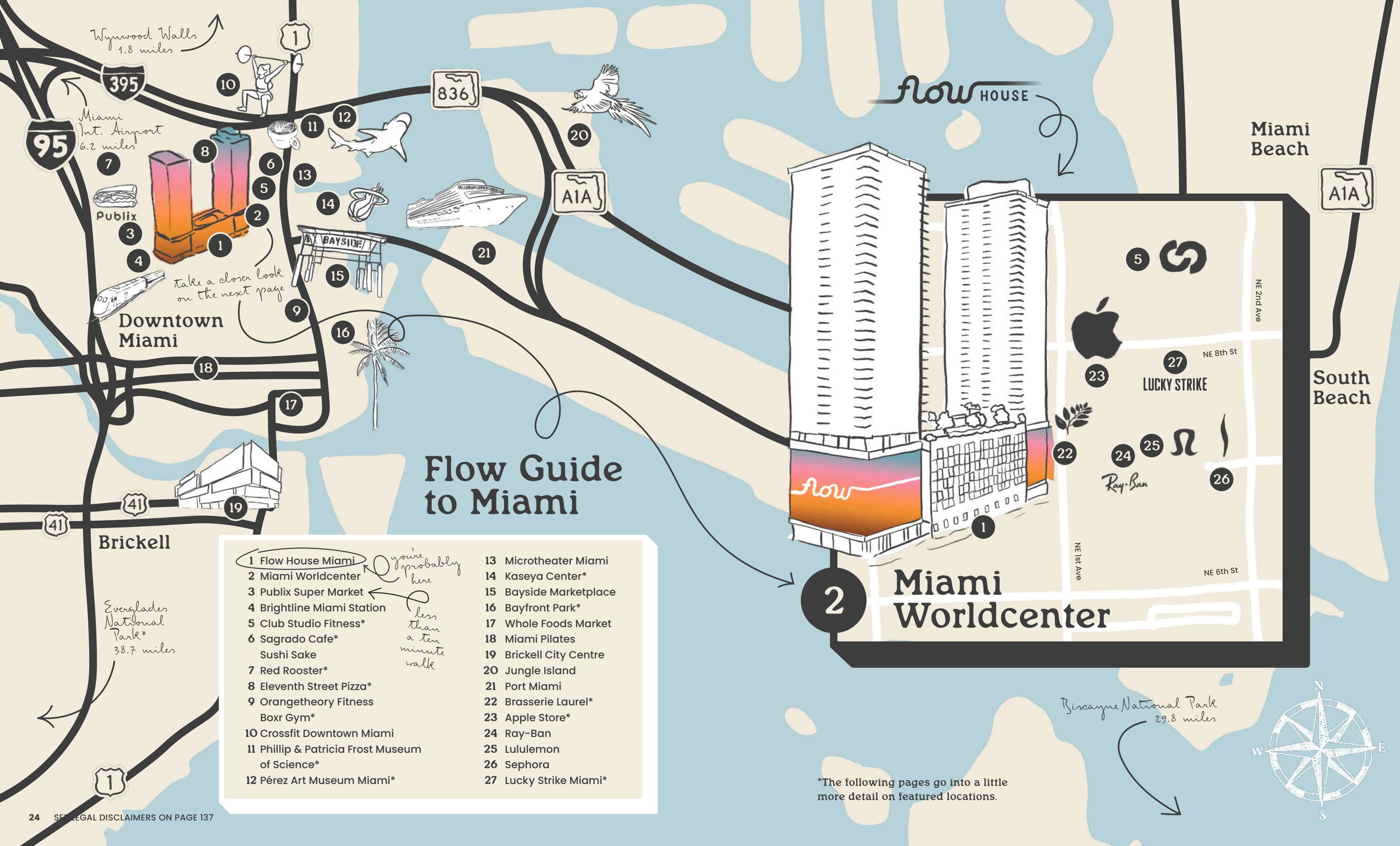


More good things
are coming soon...



Experience Downtown Miami

If Miami is the gateway to the Americas, then its downtown neighborhood is the welcome committee. The city has defined itself as an ever-evolving hub for innovation and creativity, serving as the epicenter from which the energy that ebbs and flows to its very edges originates. Zoom in a little closer and you'll find yourself within arm's reach of the best of the city at Miami Worldcenter. Within the perimeter of this 27-acre hub, business, fashion, and lifestyle intersect. From creatives to entrepreneurs, people from all walks of life can be found here collaborating, growing, and coexisting as one community. People who also happen to be neighbors, gym buddies, and coffee dates. Everything from coworking office spaces to fitness studios to your home base can be found under one roof. A concept that, in our opinion, makes finding your flow and living your life accordingly a little easier. But, hey, don't take our word for it. Or do. Either way, come on in, the water's fine.



Wynwood Walls
1.8 miles

Miami
Int. Airport
6.2 miles

Publix

Take a closer look
on the next page

Downtown
Miami

Brickell

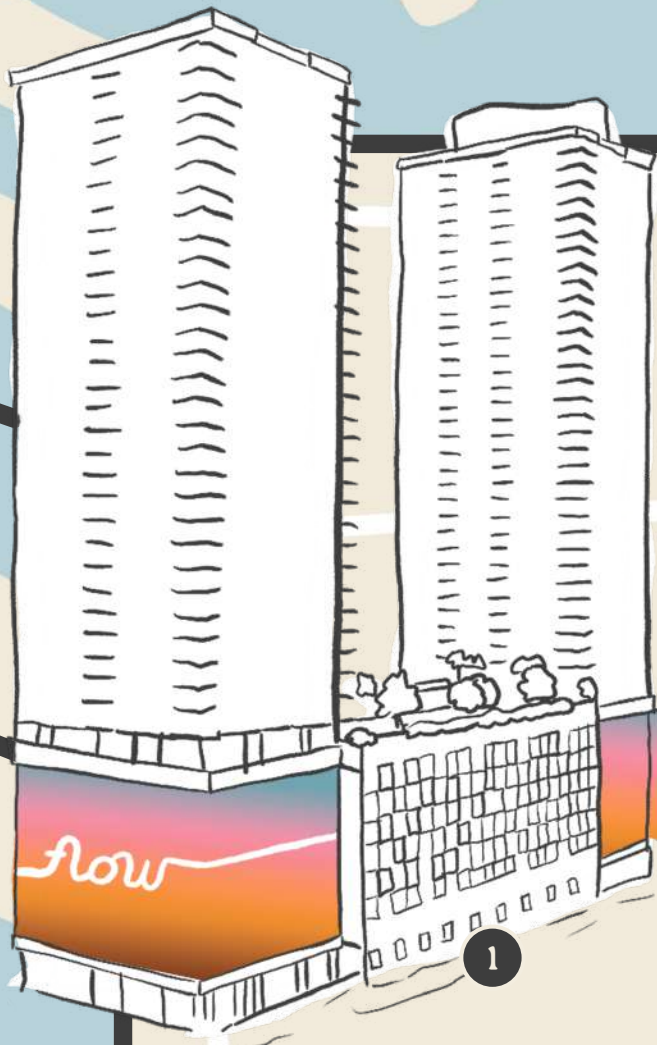
Everglades
National
Park*
38.7 miles

Flow Guide to Miami

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| 1 Flow House Miami | 13 Microtheater Miami |
| 2 Miami Worldcenter | 14 Kaseya Center* |
| 3 Publix Super Market | 15 Bayside Marketplace |
| 4 Brightline Miami Station | 16 Bayfront Park* |
| 5 Club Studio Fitness* | 17 Whole Foods Market |
| 6 Sagrado Cafe* | 18 Miami Pilates |
| 7 Red Rooster* | 19 Brickell City Centre |
| 8 Eleventh Street Pizza* | 20 Jungle Island |
| 9 Orangetheory Fitness | 21 Port Miami |
| Boxr Gym* | 22 Brasserie Laurel* |
| 10 Crossfit Downtown Miami | 23 Apple Store* |
| 11 Phillip & Patricia Frost Museum
of Science* | 24 Ray-Ban |
| 12 Pérez Art Museum Miami* | 25 Lululemon |
| | 26 Sephora |
| | 27 Lucky Strike Miami* |

*You're probably
here*

*less
than
a ten
minute
walk*



2

Miami Worldcenter



Biscayne National Park
29.8 miles



*The following pages go into a little
more detail on featured locations.



NATURE

BAYFRONT PARK

10 MIN WALK FROM FLOW HOUSE

Find comfort and clarity in the salty air and views of Biscayne Bay which lies just a short stroll from MWC. There's no shortage of sculptures to contemplate or yoga classes to flow with.

FLORIDA EVERGLADES

42 MIN DRIVE FROM FLOW HOUSE

A bit of a drive, but worth every mile. You'll find yourself surrounded by a landscape of cypress trees and herons. One unique to South Florida and its often overlooked natural wonders. Don't feed the gators.



CULTURE

PHILLIP & PATRICIA FROST MUSEUM OF SCIENCE

5 MIN DRIVE FROM FLOW HOUSE

A science museum, planetarium, and aquarium all wrapped up in one for the curious mind. Ever wondered how astronauts exercise in space or what creatures call the Everglades home? This learning haven holds the answers.

PÉREZ ART MUSEUM MIAMI

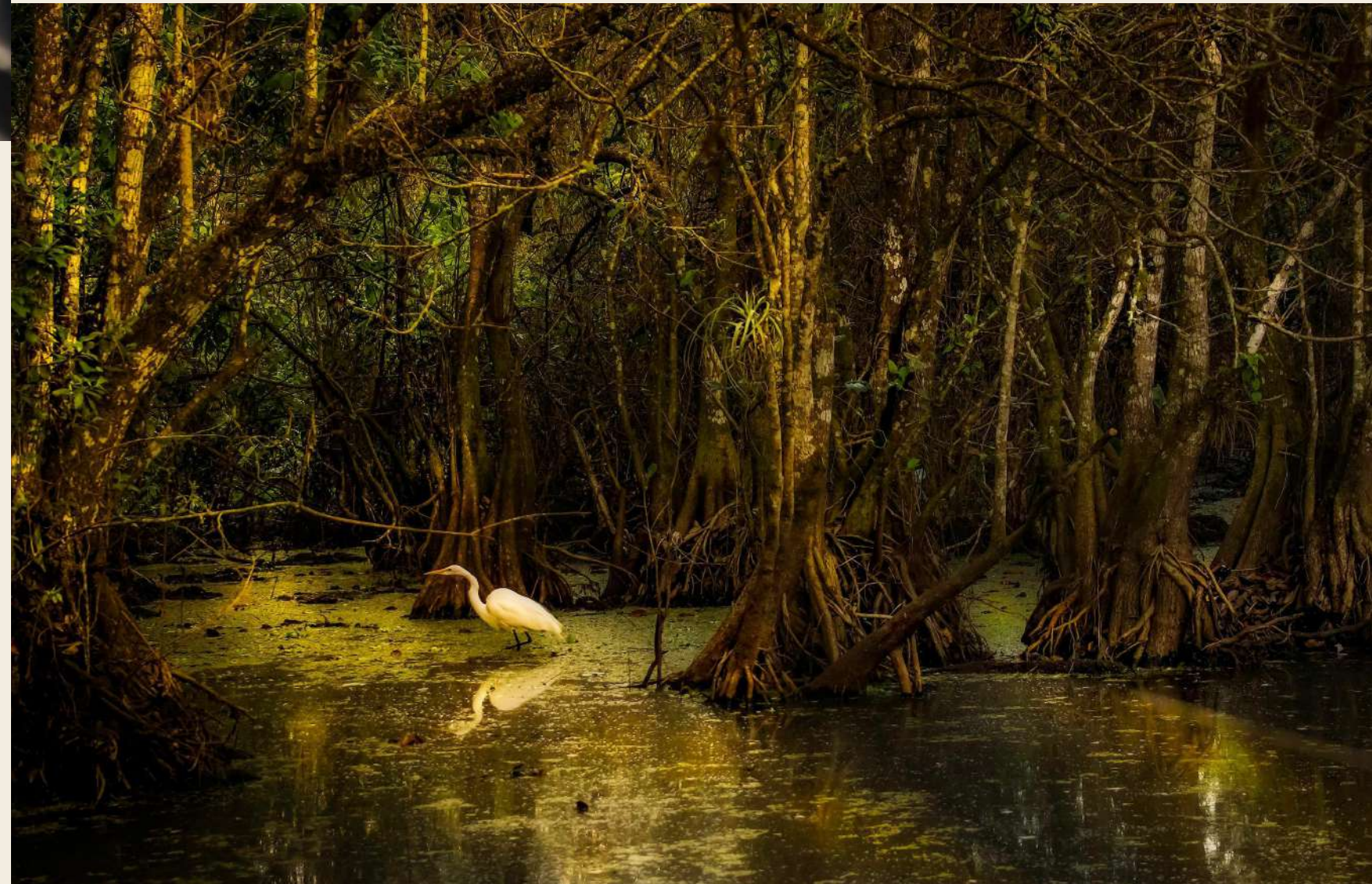
5 MIN DRIVE FROM FLOW HOUSE

Not too far from MWC lies a hidden gem filled with paintings and oeuvres that showcase the vibrant communities and heritage that have been woven into the tapestry of the city's rich blend of culture generation after generation.

KASEYA CENTER

10 MIN WALK FROM FLOW HOUSE

Lebron James' old stomping grounds, the Kaseya Center is home of the Miami Heat NBA basketball team. Close enough to MWC that you might even be able to shoot a hoop or two from your living room.





FOOD

SAGRADO CAFE

7 MIN WALK FROM FLOW HOUSE

Color and natural light work in harmony here as a nod to Brazilian culture. Atmosphere aside, the designated wellness bar will keep you coming back morning after morning.

BRASSERIE LAUREL

1 MIN WALK FROM FLOW HOUSE

French cuisine without having to travel across the pond for an upscale dinner or a buttery pastry to go. Votre choix.

RED ROOSTER

12 MIN WALK FROM FLOW HOUSE

Michelin Bib Gourmand-awarded American comfort food; also celebrates local artists and musicians. Live music and quality food.

11TH STREET PIZZA

8 MIN WALK FROM FLOW HOUSE

Bringing New York pizza to Miami — elevated and quality pies with homemade sourdough crusts, all made with organic ingredients.

STEPS AWAY

CLUB STUDIO

5 MIN WALK FROM FLOW HOUSE

Inside MWC itself you'll find one of the best places to put in the work and challenge yourself. These folks are well-versed in strengthening not just the body, but the mind and soul alongside it. More than a gym, a lifestyle.

BOXR GYM

10 MIN WALK FROM FLOW HOUSE

There's no one way you have to take care of your body, and BOXR has taken that notion and run with it. Boxing, Muay Thai, fitness, CrossFit, yoga, Jiu-jitsu, and dancing as well as group or personal training sessions should keep you busy at this jack-of-all-gyms.

APPLE STORE

1 MIN WALK FROM FLOW HOUSE

Access to quick and efficient support for the devices that help connect you to the world lies in MWC's backyard. No need to troubleshoot when the experts are a few short steps away.

LUCKY STRIKE

3 MIN WALK FROM FLOW HOUSE

Host an event with friends or simply practice getting that turkey. Public and private lanes and arcade nostalgia perfect for gathering with family or friends.



THIS IS
LIFE IN
FLOW...



A conscious living offering from Flow. Condominiums are now available to own from studio to two bedroom. Explore life in Flow — find your workflow, live compassionately, attend exclusive Flow experiences, and discover the meaning of living in a home that inspires creativity, joy, and wellbeing.

Welcome to Flow House
Miami Worldcenter



flow HOUSE

flow HOUSE



41 STORIES

filled with community spaces and humans for you to connect, collaborate, and flow with on elevator rides or the pool deck. The more you know, the more you grow.

36,900 SQ FT OF RETAIL SPACE

right by your home — with everything from shopping to dining to experiences. An easy way to spend an afternoon.

466 FULLY FURNISHED RESIDENCES

crafted and cultivated for living by Cola Blanca and Flow Furnishings. Not too shabby if we do say so ourselves. Quite the opposite, in fact.

46,100 SQ FT OF AMENITIES

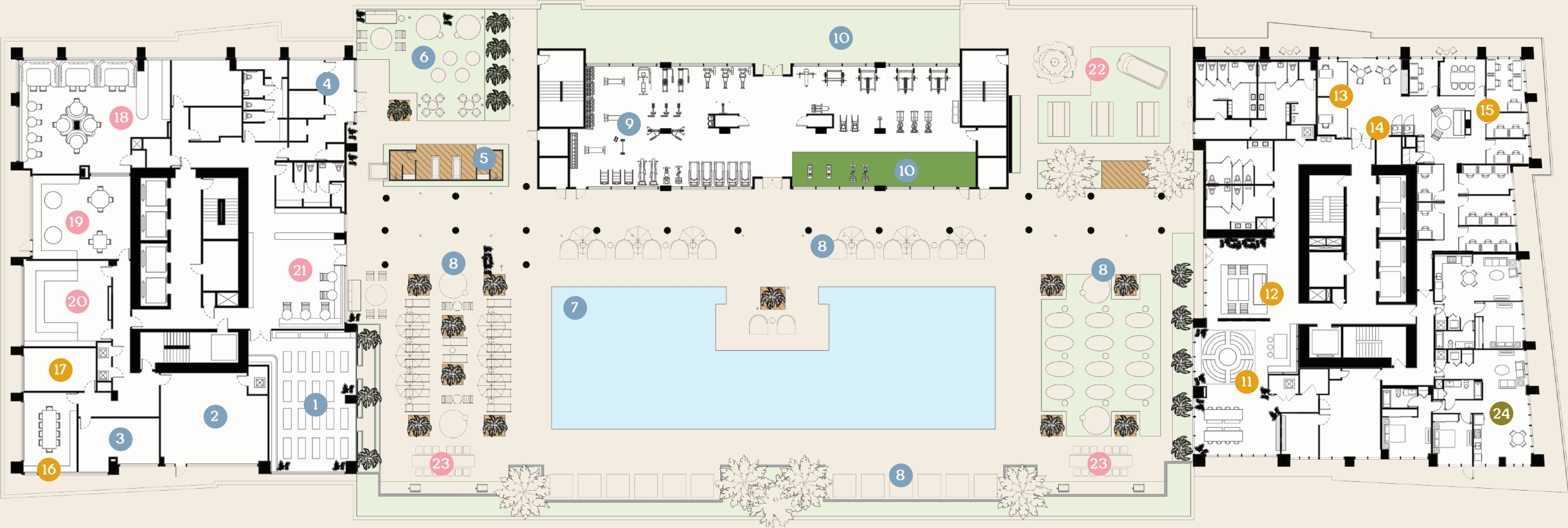
with your wellbeing in mind, there's a little something for everyone. You can take a dip in the pool, pick a weekly fitness class, or start a podcast. And plenty in between.

RESIDENTIAL MIX

STUDIO	307 to 629 sq ft 29 to 59 sq m	1 BEDROOM	567 to 1005 sq ft 53 to 93 sq m
JR. 1 BEDROOM	489 to 680 sq ft 45 to 63 sq m	2 BEDROOMS	959 to 1165 sq ft 89 to 108 sq m

Elevate to Level 10

Flow House offers a variety of spaces and ways to elevate your living experience. And for the most part, these can be found on Level 10. To provide the full Flow experience for condo owners, we put some of our best features all in one place, keeping everything you need to live life in flow at the center of your home.



Amenities

WELLBEING

- 1. Practice Room
- 2. Pilates Studio
- 3. Meditation Room
- 4. Spa, Sauna, & Steam Room
- 5. Cold Plunge
- 6. Zen Garden
- 7. 126 ft Lap Pool
- 8. Day Beds & Cabanas
- 9. Premier Fitness Technogym Center
- 10. CrossFit

WORKFLOW

- 11. Coworking Space
- 12. Resident Lounge
- 13. Private Offices
- 14. Phone Booths
- 15. Conference Rooms
- 16. Board Room
- 17. Podcast Room

EXPERIENCE

- 18. Flow Social Club
- 19. Game Room
- 20. Media Screening Room
- 21. Cafe
- 22. Flow Truck & Picnic Area
- 23. Grill Area

HOME THAT INSPIRES

- 24. Furnished, Bookable Member Units



Wellbeing



Maybe practice makes perfect, but perfect is a big ole label.

Flow likes to think of it more so as a practice and not a perfection — growing seems like a good thing to always be doing. It's all about consistently stretching yourself. Flow provides space and opportunity to keep your practice consistent from morning cold plunges to your yoga flow to post-workout sauna sessions.

Not bad...



PRACTICE ROOM

Good for yoga practice.
Good for sound baths.
The Practice Room sets
the scene with light and
bright materials with a
monochromatic tone for
a sense of calm and zen.





MEDITATION ROOM

This space is multi-purposed to elevate your wellbeing. Find your practice.



PILATES STUDIO

Start your morning with a good sweat on the Reformer in a group Pilates class.



PREMIER FITNESS TECHNOGYM CENTER

We know everyone has a gym preference, so Flow brought in new Technogym and Rogue equipment, creating a gym people would pay a premium membership for directly in the building. With multiple surrounding turf areas and studios, there is space to host a number of wellness classes from spin, to yoga, to tai chi.



COLD PLUNGE

Chill out. Up your focus, ease sore muscles, and get better sleep with a cold plunge.





LAP POOL

Arguably one of the better rooftop pools in South Florida. Open early morning to late evening to relax or swim laps.





Workflow

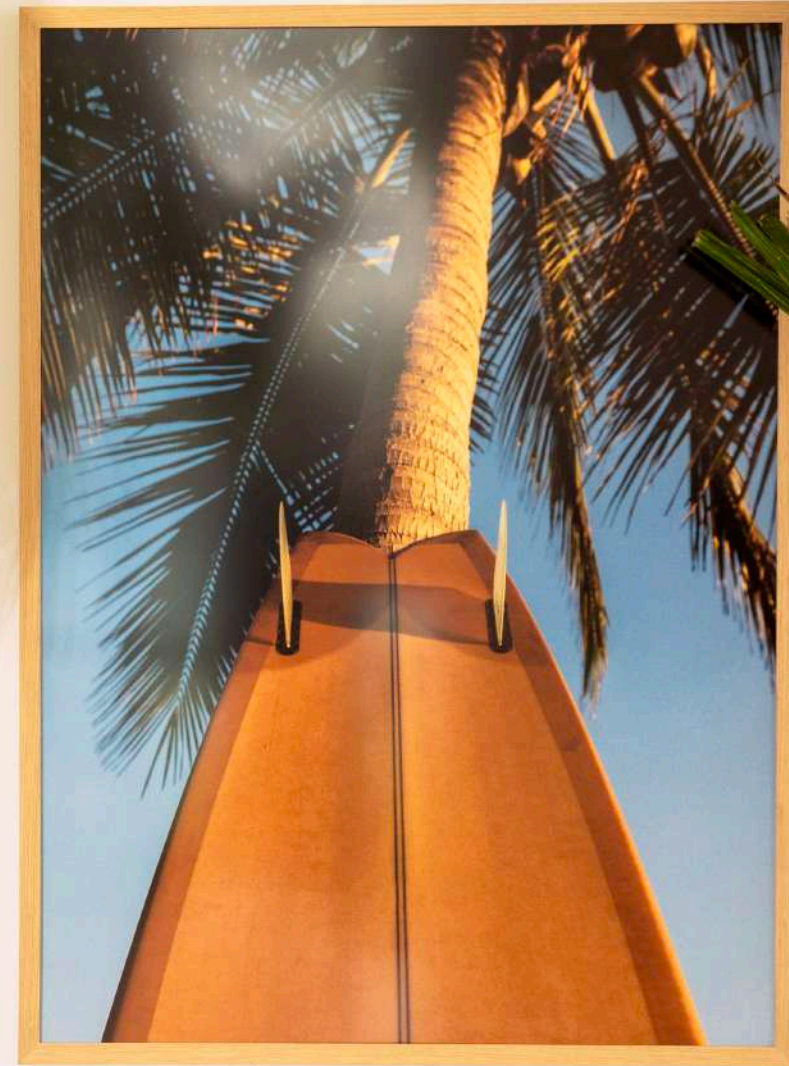


Workflow:

noun

1. meaning a positive and productive mindset.

Commonly known as being in the zone. So the space and clarity you need to get it all done is conveniently located right where you live. Warning, things that may come out of a productive workflow might include passion projects coming to life, the next start-up idea, or the presentation that finally gets you that promotion.



Providing neighbors with space, opportunities, and connections for meaningful work.

COWORKING SPACES

No commute. Even better when that cowork space is designed to cultivate your productivity, wellness, and flow.

CONFERENCE ROOMS

Whether it's virtual or in-person, bookable conference rooms and Zoom rooms are available.

PRIVATE OFFICES

A space to focus. Private offices, seating up to four people, are available to lease to neighbors and non-neighbors on a monthly basis.

COMMUNITY COMMERCE

Speaking of that passion project, Flow offers what we like to call our Community Commerce Marketplace — a platform for our neighbors to connect with other entrepreneurs and creators in the community as well as promote their work.



PODCAST ROOM

Flow extends beyond basic amenities, in touch with the generational mediums to help expand your audience.

Experience





This is Flow life.

Where you can watch a movie with neighbors or meet over a cup of coffee — your choice of experience is right down the hall. Maybe your night consists of a game of chess and dinner or a little nightcap. Our food and drink offerings keep you in mind with natural, organic, and plant-based options that are good for the world. And the world is pretty important — this is why single-use plastic isn't on the menu.



LOBBY | MAIN ENTRY

We tend to make a good first impression. No average front desk here. Your main entry point is our lobby bar area, designed with natural materials and warm tones to create that sense of rooted connection.

LOBBY CAFE & BAR

Relax in full natural light with views of outside. Like you're sitting in a piece of art, our chairs add a natural and tranquil sculptural aesthetic.



LOBBY CAFE & BAR

Flow's semi-private niches are perfect for small gatherings, deep conversations, and enjoying a beverage with neighbors.



CAFE

Fresh out of yoga or from the pool, you'll enter the cafe area. Serving food and beverages, this space is a central point for connection.





CAFE

Lining the walls of the cafe, you'll find bookshelves filled with Flow goods and books for perusing.

FLOW SOCIAL CLUB

Made just for connecting with your fellow humans. This rich and tonal environment elevates socializing.



THE GAME ROOM

Back to analog. Come together over a game of chess, poker, or any game you like. A great way for neighbors to host small events with friends.



FLOW TRUCK & PICNIC AREA

Spend some time outside. Bring your dog or meet for happy hour with beverages from the VW bus. Good things generally happen in the present.



A Home That Inspires





Living is something you do every day.

It should be something you enjoy, not get through. Things to be enjoyed include connecting with other humans who enjoy the things you enjoy, petting a dog in an elevator, living not too far from the beach, being able to try something new, getting a good sweat in, or spending your days at one of the better rooftop pools in South Florida.

Our buildings aim to create an environment that fosters the list above. A little bit more about what life looks like at Flow...



IN-HOME

The in-home experience uses neutral tones in a playful, elevated way to cultivate life in flow. Featuring oak wood and artisanal rattan.

IN-HOME VIEWS

Floor-to-ceiling windows pouring in natural light will make anyone feel more connected to the world around us.



IN-HOME KITCHEN UPGRADE

Looking to elevate your space? This kitchen level-up brings a bright and timeless feel to your home. Kitchen upgrades available for purchase.





IN-HOME LIVING ROOM

Flow has the honor of tapping into a network of artists and photographers whose talents create some of the more beautiful and epic images out there.



Flow Furnishings

SUSTAINABLE

Furniture created with love: recycled, reclaimed, and responsibly sourced materials.

ETHICAL

Supporting the wellbeing of our furniture makers by participating in practices that are respectful and commercially beneficial for all involved.

FLOW DESIGNED

Custom-crafted furniture for each furnished home meant to cultivate joy, wellness, and creativity.

NATURAL CONNECTION

Rooting homes in nature through earth-based materials and designs.

FLOW HOME FEATURES

- Floor-to-ceiling windows
- Private balconies for select residences
- Luxury bath finishes
- In-unit washer and dryer
- Custom lighting packages
- Gourmet kitchen upgrades available

**“THE MEASURE OF INTELLIGENCE IS
THE ABILITY TO CHANGE.”**

A. Einstein



ONEWORLD
PROPERTIES

This is not intended to be an offer to sell, or solicitation to buy, condominium units to residents of any jurisdiction where prohibited by law, and your eligibility for purchase will depend upon your state of residency.

This offering is made only by the prospectus for the condominium and no statement should be relied upon if not made in the prospectus.

The sketches, renderings, graphic materials, plans, specifications, terms, conditions and statements contained in this brochure are proposed only, and the Developer reserves the right to modify, revise or withdraw any or all of same in its sole discretion and without prior notice. All improvements, designs and construction are subject to first obtaining the appropriate federal, state and local permits and approvals for same.

These drawings and depictions are conceptual only and are for the convenience of reference and including artists renderings. They should not be relied upon as representations, express or implied, of the final detail of the residences or the Condominium. The developer expressly reserves the right to make modifications, revisions, and changes it deems desirable in its sole and absolute discretion.

All depictions of appliances, counters, soffits, floor coverings and other matters of detail, including, without limitation, items of finish and decoration, are conceptual only and are not necessarily included in each Unit.

The photographs contained in this brochure may be stock photography or have been taken off-site and are used to depict the spirit of the lifestyles to be achieved rather than any that may exist or that may be proposed, and are merely intended as illustrations of the activities and concepts depicted therein.

Consult your Agreement and the Prospectus for the items included with the Unit.

Dimensions and square footage are approximate and may vary with actual construction.

Flow ("Named Party") is not the project Developer. This Condominium is being developed by BLOCK G PHASE 2, LLC, a Delaware limited liability company ("Developer"). Any and all statements, disclosures and/or representations shall be deemed made by Developer and not by Named Party and any purchaser agrees to look solely to Developer (and not to Named Party and/or any of its affiliates or principals) with respect to any and all matters relating to the marketing and/or development of the Condominium and with respect to the sales of units in the Condominium.

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No real estate broker is authorized to make any representations or other statements regarding the projects, and no agreements with, deposits paid to or other arrangements made with any real estate broker are or shall be binding on the developer.

All prices are subject to change at any time and without notice, and do not include optional features or premiums for upgraded units. From time to time, price changes may have occurred that are not yet reflected on this brochure. Please check with the sales center for the most current pricing.

Certain businesses and food and beverage outlets described herein are owned by third parties and are subject to change from time to time. Additional fees may be required to obtain services from such outlets.

Flow is a
frequency...
tune in

PHOTO BY GREG RAKOZY

