

## At a glance

FLOW offers **inspiration**, insight and **positive food for thought**, and stands for conscious living with an awareness of the moment. FLOW is the magazine for **educated, creative and curious women**. It doesn't concern itself with fast-moving trends, but rather with topics that are important to the reader. FLOW impresses through its tactile feeling: costly production and paper-extras make the magazine unique.



### Print

Coverage	<b>0.43 mill.</b> (AWA 2025)
Paid Circulation	<b>75,253</b> (IVW 4/2025)
Frequency	<b>8 x a year</b>
Basic Rate 2026	<b>EUR 20,400</b>
Copypreis	<b>8.50 EUR</b>

