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nonprofit

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ATLAS

@FLOWFESTS

Media & Sponsorship

flowfests@gmail.com

561.704.0054

TAMPA BAY, FL
OCTOBER 20



DALLAS, TX
SEPTEMBER 22



CHICAGO, IL
SEPTEMBER 7



SEATTLE, WA
JULY 6



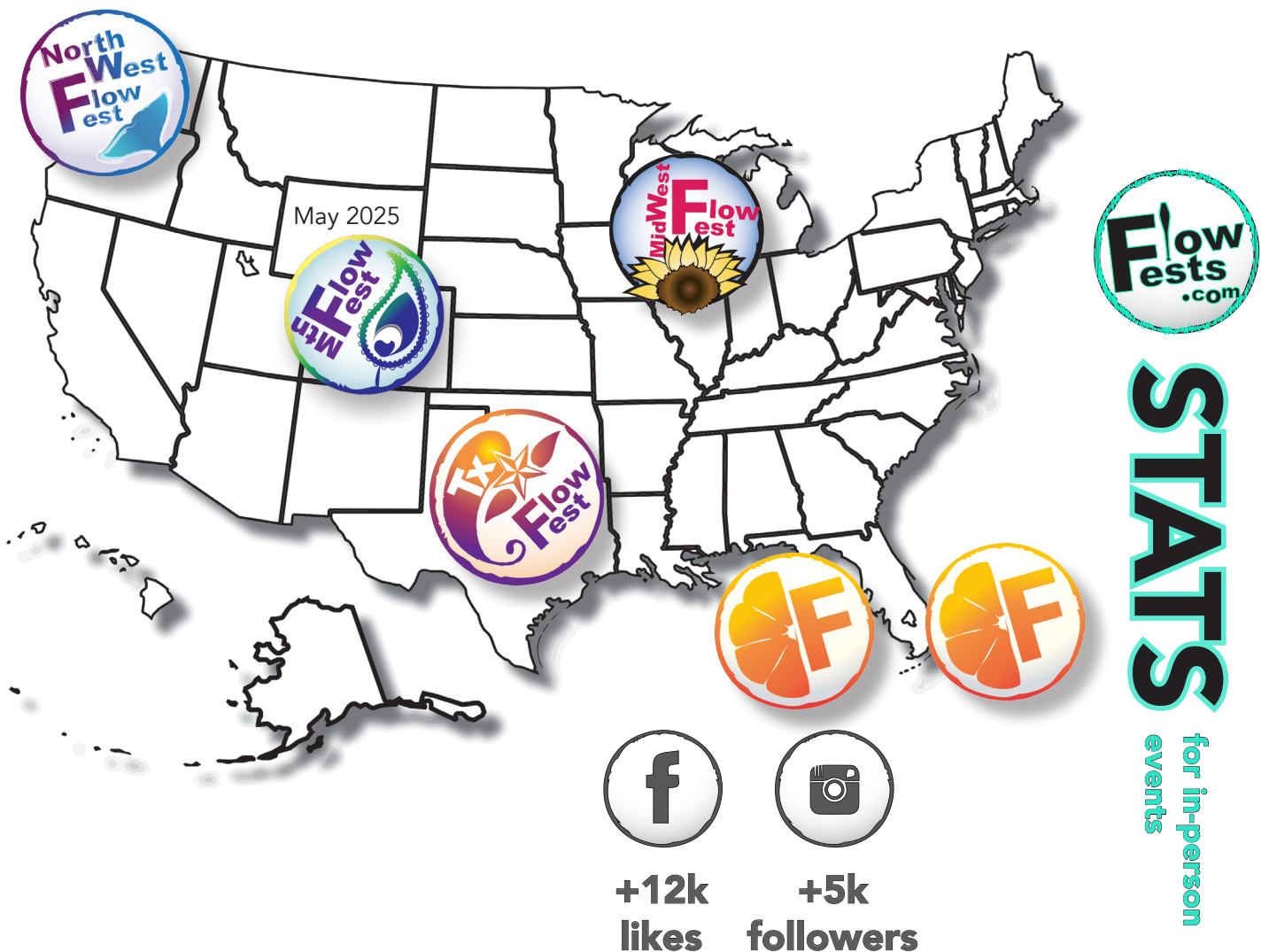
FT LAUDERDALE, FL
JANUARY 14





Flow Fests events are...
Flow, Family & Fun!
We bring art to life with
community & connection!

Sprouting up in new cities starting 2024! Flow Fests in-person events revived in 2022 - as free public events offering participants the opportunity to study movement arts with instructors from across the globe. These workshop festivals bring the fun and learning of circus arts, yoga and dance into urban parks. Flow Fests invite people of all ages to create and celebrate performance art, health and wellness in community.





Become a Sponsor

Flow Promoter	Flow Ground	Flow Spark	Flow Guru	Flow Partner
\$150	\$250	\$500	\$1000	\$2500
2/year	4/year	8/year	12/year	20/year
	50% off Vending Booth	1 10 x 10 Vending Booth space @ 1 event	10x10 space ALL Fests or 2 10 x 10 spaces @ 1 event	2 free 10x10 spaces, @ ALL EVENTS +party space
performance announcement	text link, performance announcement	logo link, performance announcement	logo link, banner, performance announcement	logo link, banner, Specialty Merch, performance announcement



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ATLAS

Flow Fests is a fiscally sponsored project of
AND donations made for Flow Fests are tax deductible.

flowfests.com/donate

FAQs



When and where does the festival take place?

Flow Fests happen in public spaces in major cities across the US, and as virtual events at crowdcast.io/flowfests or our YouTube channel. In 2024, Flow Fests are scheduled for January 14 in Ft Lauderdale, FL; July 6 in Seattle, WA; September 7 in Chicago, IL; September 22 in Dallas, TX, and October 20 in Tampa Bay, FL.

How long does the festival run?

This year Flow Fests events will be held on Saturdays or Sundays from 9am-8pm.

What workshops are being offered at the festival?

Flow Fests have offered workshops in aerial fabric, flying trapeze, pole dance, lyra, bellydance, yoga, acroyoga, slackline yoga, slackline acroyoga hoop dancing, poi spinning, contact staff, juggling, buugeng, fan dancing, double staff, dragon staff, leviwand, whip manipulation, figure drawing, improv, clowning, dance conditioning, African dance, samba dance, partner dance, soca dance, capoeira, gliding, jookin', liquid dance, ecstatic dance and contact juggling.

How can one be sign up to participate in the workshops? How much does it cost?

Workshop passes are available online via each Flow Fests event website and FaceBook event. Early bird workshop passes are \$45, advance passes are \$55 and passes are available on event day @ \$70-75 for unlimited access to all workshops. Each day, up to 6 workshops are offered to the public free of charge. FESTIVAL ENTRANCE IS FREE.

What exactly are "FLOW ARTS"?

Flow arts are forms of movement and dance that utilize props to enter a state of flow, described by psychologist Mihaly Csikszentmihalyi as an exhilarating transcendent way of being in which effortless control and peak skill seem to erase a sense of time. Flow arts props include poi, staff and hoops; dancers manipulate props to add to the expressive qualities of their dance. The result is an awe-inspiring visual spectacle of improvised movement that inspires an audience to reconsider kinetic possibilities.

What makes this event special? Why should people be excited to attend it?

Flow Fests are uniquely public spectacles of art in motion- people are learning in community and sharing the joy of movement art with each other minute to minute! It is as if you just walked backstage at the cirque show, and you are invited to join in the fun!

How did this event get started?

Founded in 2010, Florida Flow Fest has blazed a path for Flow Arts to be recognized as a Performing Arts discipline in it's own right, and to enrich communities of artists and dancers by bringing the best teaching talent to the people who want to learn. For more information on the Flow Fests movement, email flowfests@gmail.com

Are these events designed for kids? Who participates in the workshops?

PLAY is a priority for well-being at all ages! Most of our workshops are specifically designed for teens and adults, and our greatest participation, based on survey data, is among adults ages 20-39. Often we will gift free workshop passes to area high school interest groups and young adult flow arts dance club members. We have had participants AND INSTRUCTORS as young as 10 years old.

For More Information, visit flowfests.com or email flowfests@gmail.com

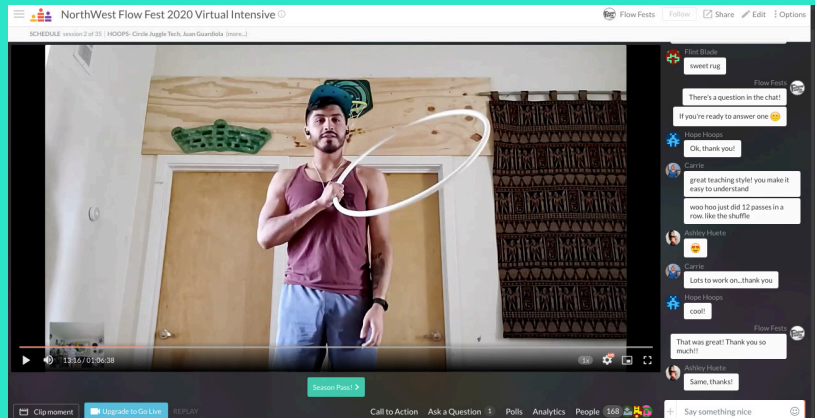
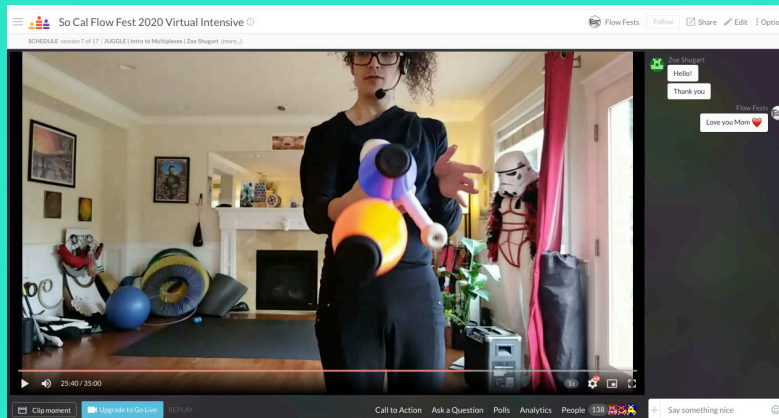
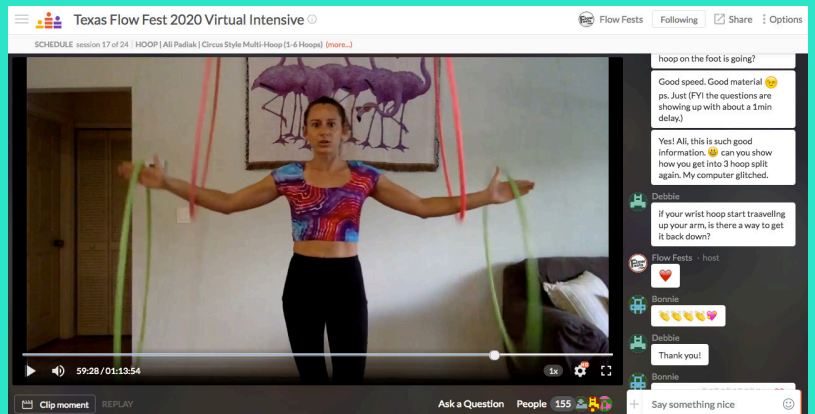
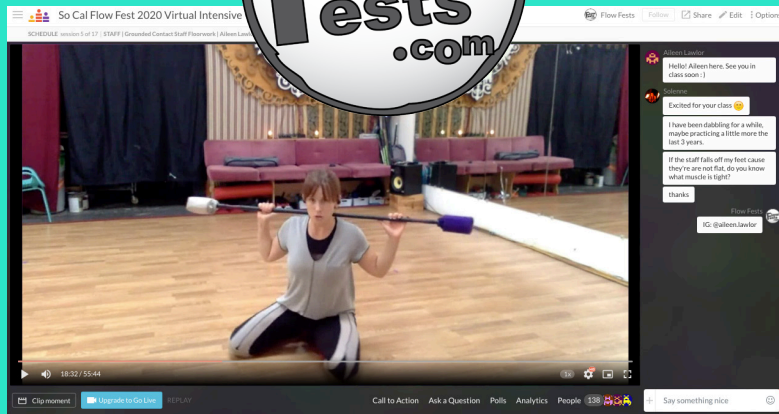


Photos from 2023 Flow Fests Events in Chicago, Seattle, Ft Lauderdale & Tampa Bay 🌊





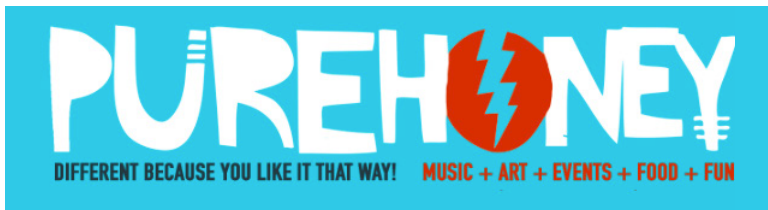
crowdcast



crowdcast Flow Fests 2020 events are STILL LIVE, each has 2 links: a Virtual Intensive with 2 days of workshops and a FREE Event which included a free workshops, a virtual vendor showcase, an instructor showcase performance streamed LIVE & a screening of the Flow Fests Documentary filmed at 2016 Texas Flow Fest held at Austin's beautiful Casa de Luz. Creating Flow Fests Virtual Events were a blessing in disguise, in so many ways- we were able to amplify our reach to present workshops for flow artists who had never before attended a Flow Fests event, due to accessibility issues or simply because of distance! Each event featured attendees joining us from all over the world: Germany, Spain, New Zealand!!!

And even now, you can still attend ANY workshop from Flow Fests' 4 VISUALIZE Virtual Events: NorthWest Flow Fest, Texas Flow Fest, MidWest Flow Fest & SoCal Flow Fest are still available for playback- visit crowdcast.io/flowfests to attend ANY Flow Fests VIRTUAL EVENT FOR FREE!!

Flow Fests Press & Praise



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ART ARTS & CRAFTS BANDS BITS FESTIVAL

FLORIDA FLOW FEST

Published on December 29th, 2022



Dalton Sessumes

Fire and juggling and lights, oh my! Imagine "The Wizard of Oz" inspired by Cirque du Soleil and the result could be Florida Flow Fest 2023: Illuminated, a daylong demonstration and celebration of movement arts happening Sunday, January 15 at Esplanade Park in Fort Lauderdale.

Presented by Monkey Dust Productions, a Florida based design and production company that produce these events across the US, Flow Fests are a nonprofit project, fiscally sponsored by Fractured Atlas, a New York based national nonprofit.

The Florida event invites participants to watch and to try their own hand at circus, yoga, dance, drumming and more. Artist-instructors from around the world perform and lead workshops for disciplines in which peak performance and a higher state converge in the phenomenon called "flow."



BROWARD PALM BEACH
NewTimes
Best Festival

Fort Lauderdale and Palm Beach 2014 - Flow Fest

Like 28 Tweet 1

Third time was a charm for Cas Tannenbaum's annual movement arts extravaganza and open-air carnival. Grounded in a philosophy that seeks the state of "flow" — defined as "an exhilarating transcendent way of being in which effortless control and peak skill seem to erase a sense of time" — this year's Flow Fest drew the greatest number yet of acrobatic adepts offering the widest variety of performances: hoops, juggling, fire dance, belly dance, yoga, break dancing, capoeira. It stretched over three days of workshops, and play lasted well into the evening, the better to take in the blazing, twisting, turning array. Darkening skies along the Intracoastal Waterway became an Arabian Nights fantasy, full of fit and youthful forms, in clothes variously medieval, thrift-shop, or psychedelic homespun, capering across the lawn with grace and precision, a temporary village of the body electric. Listen hard enough and you can still hear the temple bells.

Flow Fest Three
Lake Ave. and S. Golfview Rd.
Lake Worth, FL 33460
561-586-1644
[Map & Details>>](#)



/STARRY P

arrigan, of West Palm Beach-based Elemental Expressions, is among the instructors this weekend at the Flow Arts Festival in

Florida Flow Fest teaches the art of prop manipulation.

SORTAL

ver dreamed of being in the circus —
grace, coordination or verve —
ance. Kind of
annual

"But any one individual workshop would cost at least \$60," Tanenbaum says.

Among the featured circus arts are "rope dart" and "puppy hammer," both of which are versions of poi, an ancient form of

kids to explore on their own in while adults take classes.

Tanenbaum teaches hoop- West Palm Beach through her

BIG THANKS to our SPONSORS!

