

Flow Fest 2025

Sponsorship | Media Kit

Whimsy



# What is Flow Fest?



**Festivals of Play**  
in Urban Parks across the US!

# This is Flow Fest!



Flow, Family & Fun!  
Circus Arts, Dance & Yoga!



@flowfests





This is Flow Fest!

# This is FLOW Fest!

## Frequently Asked Questions

### Where are Flow Fests?

Flow Fests are single day events happen in urban parks across the US: Ft Lauderdale, Dallas, Denver, Seattle, Chicago & Los Angeles.

### What workshops are found at Flow Fest?

Aerial Arts, Bellydance, Yoga, Circus Arts, Juggling, Acroyoga, and more!

### How much does it cost?

FESTIVAL ENTRANCE IS FREE and we offer free beginner workshops in some disciplines. All Access Workshop passes allow experienced artists into advanced workshops: \$45-55 in advance of the event, \$70-75 on-site.



# This is FLOW Fest! Frequently Asked Questions

## What makes Flow Fest special?

We give people the chance to JOIN THE CIRCUS without RUNNING AWAY!

## How did this event get started?

Founded in South Florida in 2011 Flow Fest was created to bring the best Flow Arts teaching talent to the people who want to learn.

For more information email [flowfests@gmail.com](mailto:flowfests@gmail.com)

## Are these events designed for kids?

PLAY is a priority for well-being at all ages!

Most participants are adults ages 20-39. We have had participants AND INSTRUCTORS as young as 10 years old, and as old as 70.





**This is Flow Fest!**  
**Press & Praise since 2011**

# BROWARD PALM BEACH New Times®

## Best Of Award

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 played last 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.

Best Festival Fort Lauderdale and Palm Beach 2014 - Flow Fest



/JESSABY I

### Florida Flow Fest teaches the art of prop manipulation.

...er dreamed of being in the circus — grace, concentration or verve — sense. Kind of annual Flow Arts Festival opens in what is known in the circus manipulation" or "prop spinning, juggling and anything that wasn't a prop" event organizer says. "Overall, it's a festival if tai chi are also offered at its name from the idea of flow." will be taught from Friday 10 S. Goldbriant Park, 10 S. Goldbriant Park, \$50 per day in advance with discounts for three-day

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

Among the featured circus arts are "rope dart" and "puppy hammer," both of which are versions of poi, an ancient form of prop manipulation from the Maori traditions of New Zealand. The activities consist of swinging weighted balls on the end of a string or cord in rhythmic patterns.

"Any time you see a photo of fire-dancing or fire-spinning, it's probably a poi artist," Tannenbaum says.

She says this festival is "unparalleled in the community" because it is open to people who aren't familiar with such activities.

"They tend to be private affairs on private land available to those who are already doing it. So here you can get into the flow — without being in the know."

Friday is especially valuable to beginners, with entry-level workshops in prop manipulation from

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

Tannenbaum teaches hoop- West Palm Beach through be Phi, but she'll defer this week's mvens such as Kit Spires from Lana Breeze from Kansas City dance instructor who works once.

"She has combined Native with modern American hoop beam says. "So she has intricate designs with large hoops she can spinning traditions, that

For those who just want istructors' showcase perform fire-spinning, is set for 7:30 Spam Allstars, a nine-piece band from Miami, will per

Go to [Floridaflowfest.com](http://Floridaflowfest.com)

# PURE HONEY

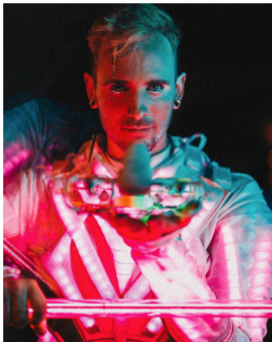
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## FLORIDA FLOW FEST

Published on December 29th, 2022



Dalton Sessums

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 produces 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."

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Press & Praise since 2011



# 2025 Flow Fests

Whimsy



# This is Flow Fest! Become a Sponsor!

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Performance Announcement	50% off 10x10 Vending Booth	Free 10x10 Vending Booth @ 1 Flow Fest	2 Free 10x10 Vending Booths @ Flow Fests	2 Free 10x10 Vending Booths @ Flow Fests + Party
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Flow Fests is a fiscally sponsored project of  
AND donations made for Flow Fests are tax deductible.



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