

Flow Fun Circus Party Learn Dance Teach Yoga Share Show

FLOW FEST

JANUARY 19, 2025
ESPLANADE PARK | FT LAUDERDALE
 FLOW ARTS • CIRCUS • YOGA • DANCE
 WORKSHOPS • PERFORMANCE • VENDORS

	FREE!	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7
10 AM	Jam Session with Siboney Circus	Partner Hoop Juggles with Abi & Brian	Beginners Rope Dart with LightBenders Karina & Izzy	Intro to Poi Dance with Fle5h	Dragonstaff Dynamics with Rob Newmans	Spicy Rolls with Leen Illusions	evo Yoga Dance Party with Tommy Bigfinger	Bubble Manipulation & Play with The Incredible Ian
11:15 AM	Bellydance with Ember Rising	Club Passing with Don Batata Clown	Russian Fans 101 with Enchanted Flow	Hyperloops & Straight-jackets with the Mighty Bear Snake	Horizontal Dragon Staff with Cheech	Body Rocking Basics & Beyond! with Hoopalicious	AcroYoga! Lift Each Other Up! with Lion	Intro to Slackline with Free With G
12:30 PM	Intro to Juggling with The Incredible Ian	Let's Juggle Hoops with Abi & Brian	Partner Fan Choreo with SantiFlame & Burned At the Stake	Foot Poi Flow with JT	Double Staff Beginner to Advanced with Brandon Rossi	Single Hoop Choreo with Alicia Hercules	Acroyoga: A Beginner's Guide with Rob Newmans	Balance & Breath: Intro to Yoga Slacking with Andrea Sarcos
1:45 PM	Yoga with Live Music with Kelly Brookbank & Flint Blade	No Place Like Home with the Mighty Bear Snake	FANcy Choreo with Leen Illusions	Untangling the Tangle with Johny Douglas	Double Staff 9Grid & BoxTech with Gio	Hoop Dance Gateway to Embodiment with Hoopalicious	In BODYment with Lion	Traveling Street Performance with Siboney Circus
3 PM	Intro to Leviwand with JT	Tunneling with Twin Flame Flow Arts	Rope Dart Mastery with Rob Newmans	Probably Poi Tosses with Free with G	Vertical Dragon Staff with Cheech	Triple Hoop Manips with Abi Lindsey	Fusion Fire Palms with Ali Samadhi	Balance & Flow: Yoga Slacking with Andrea Sarcos
4:15 PM	Break Dance with Fle5h	Tricky Tricks with Clubs with Don Batata Clown	Throwin Fans with Leen Illusions	Positively Negative Space with Johny Douglas	Working the Stage with Staff with M00nfaze	Advanced Hula Hoop Variations with Alicia Hercules	Restorative Yoga with Ember Rising	Practice Methodology with the Mighty Bear Snake



5:30 PM

Group Photo & LED Jam with



7PM Flow Fest Instructor Showcase

OTHER	JUGGLE	FANS	POI	STAFF	HOOP	YOGA + DANCE
-------	--------	------	-----	-------	------	--------------

Sponsored by:

