

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	Circus Style Multi Hoops with Ali Hoop Mama	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 Johnny 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 Johnny 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



Group Photo & LED Jam with



Flow Fest Instructor Showcase

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

Sponsored by:



FREE EXPERIENCES



**ALL DAY- The Flow of Tea
with Steeping Sensei**

10am- Music Jam with Siboney Circus

11:15am- Bellydance with Ember Rising

**12:30pm- Intro to Juggling
with the Incredible Ian**

1:30pm- Kama Flight Demonstration

**1:45pm- Yoga with Kelly Brookbank &
Live Music by Flint Blade**

+ SoFlowmies Meetup!!!

3pm- Intro to Leviwand with JT

4:15- Breakdance with Fle5h

5:30- LED Jam with Future Joy

8pm- Instructor Showcase Performance



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

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

SPECIAL ADDITIONS

11am (ish?) Double Staff Contact with Johny Douglas

3pm (ish?) Buugeng with Jake

4:15pm Playing Card Manipulation with April Jennifer Choi

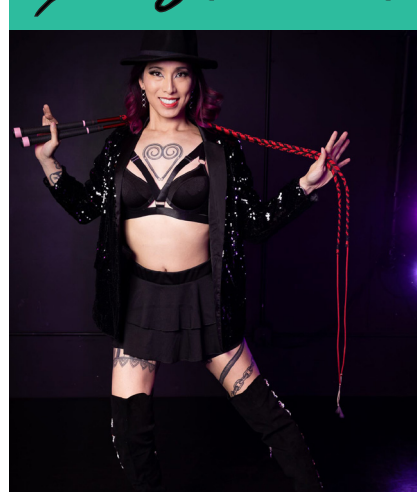
DOUBLE STAFF CONTACT



BUUGENG with JAKE



PLAYING CARD MANIPS



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

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

10am

Free Space - Jam Session with Siboney Circus

Jamming session- Bring your instrument and jam with your circus toys.

Zone 1- Partner Hoop Juggles with Abi & Brian

Grab a partner and bring your great attitude to this workshop! We will be going over some fun drills and tricks you can do with a partner ranging from 3 - 6 hoops. This workshop will have many regressions for beginners and challenges for all. But most of all this workshop is going to be fun!

Zone 2- Beginners Rope Dart with LightBenders Karina & Izzy

Zone 3- Intro to Poi Dance with Fle5h

This is a combination workshop for both poi technique and dance.

Zone 4- Dragonstaff Dynamics with Robe Newmans

This is a comprehensive class designed for flow arts enthusiasts looking to deepen their understanding and skills in Dragonstaff manipulation. This course is structured to cater to all skill levels, from beginners to advanced practitioners. Participants will start with an in-depth exploration of the fundamental techniques of Dragonstaff manipulation, including grips, spins, and transitions. Throughout the class, there is an emphasis on enhancing physical coordination, strength, and flexibility. Through dedicated practice, participants will notice improvements in their physical abilities, contributing to smoother and more controlled movements with the Dragonstaff.

Zone 5- Spicy Rolls with Leen Illusions

In this workshop students will learn different ways you can roll the hoop on your body then add variations of jawbreakers and transitions to spice it up!

Zone 6- eco Yoga Dance Party with Tommy Bigfinger

The evo Yoga Dance Party is a Human Design-infused, 75-min full spectrum blend of super yummy, stretchy Flow Vinyasa Yoga set to profound, gorgeous music, culminating in a free form booty-shakin' breakbeat dance party, capped off with deep pranayama breath work and a soothing Savasana.

Zone 7- Bubble Manipulation & Play with The Incredible Ian

Looking to add more whimsy in your flow or performance? WE HAVE THE SOLUTION! Learn the tricks of the bubbly trade and experiment with styles of bubble magic and mastery.

Sponsored by:



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

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
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

11:15 am

Free Space - Bellydance with Ember Rising

Whoooo, it's time to shimmy and shake, wiggle and make the earth quake. Let's move those hips, shake those shoulders and roll those bellies! We will play with many common belly dance moves, playing with transitions between movements to help you find your own flow. This class is open to beginners and advanced students alike!

Zone 1- Club Passing with Don Batata Clown

This workshop is designed to guide jugglers from the basics of club passing to intermediate-level tricks and patterns. Beginners will learn the foundations of passing, while intermediate jugglers can explore tricks like different timings, siteswap patterns, tips for passing 7 and 8 clubs, back-to-back passing, and multi-person patterns.

Zone 2- Russian Fans 101 with Enchanted Flow

Ready to unlock the magic of Russian fans? This beginner-friendly workshop will introduce you to the fundamentals of Russian fan tech, covering basic grips, weaves, and body tracers. You'll learn how to create mesmerizing patterns and smooth transitions while mastering the essential techniques that give Russian fans their signature sharp, controlled style. Perfect for those new to fans or looking to build a solid foundation, this workshop will get you flowing with confidence in no time!

Zone 3- Hyperloops & Straightjackets with the Mighty Bear Snake

This is an advanced level poi class divided equally into a hyperloop section and a straightjacket section. This lesson is organized to highlight the fact that hyperloops and straightjackets share the same degree of tangle and begins by teaching students how to perform each skill individually, ending with exploration of the transitions possible between the two concepts. Both concepts are broken down and explained thoroughly along with troubleshooting tips.

Zone 4- Horizontal Dragon Staff with Cheech

Lets dive into horizontal tech such as bridges & minimal steve that will help you gain greater control over your dragon and increase the fluidity of your flow!

Zone 5 Body Rocking Basics & Beyond with Hoopalicious

Have you been feeling the urge to let go more in your on body hooping? To maximize your ability to DANCE with full abandon? Or maybe you just want to keep time with the music? Welcome to the world of Body Rocking. In this workshop we will play with both foundational and advanced techniques for Body Rocking magic!

Sponsored by:



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

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
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

11:15 am

Zone 6- AcroYoga! Lift Each Other Up! with Lion

This beginner AcroYoga class will explore a few different ways to lift each other up, physically and energetically! From slow and controlled trust falls, to squatting your friends we will explore AYFit (AcroYoga fitness) what it means to be a bass and flyer, and how to lift some one up whether they are on your feet, your back or possible your shoulders!! All Levels!! Geared toward beginners but will have more advanced progressions for skilled practitioners. No partner required! Bring a yoga mat!!

Zone 7- Intro to Slackline with Free with G

In this workshop, students will learn slackline safety, how to rig a line, the different types of lines, how to stand up, walk, and a few beginner tricks on the line.

	FREE!	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7
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	Circus Style Multi Hoops with Ali Hoop Mama	Acroyoga: A Beginner's Guide with Rob Newmans	Balance & Breath: Intro to Yoga Slacking with Andrea Sarcos

12:30 pm

Free Space- Intro to Juggling with The Incredible Ian

Intro to juggling 3 and 4 with balls or clubs. Don't know how to juggle? Learn in an hour! Know how to juggle 3 but not 4? Learn in an hour! We will cover all the basic steps to building a strong foundation of 3 and 4 object juggling. We will begin with 3 and move onto 4. We will have some to share but bring your balls and clubs if you have them! All skill levels welcome.

Zone 1- Let's Juggle Hoops with Abi Lindsey & Brian Thompson

Have you been watching hoop jugglers and you want to try it out? Are you already juggling and want to advance your skills? Are you a pro and want some harder tricks to work on? Look no further. This one stop workshop is broken down into two groups! Complete beginners, and advanced jugglers. We will go over juggling technique as well as new tricks for you to try. Don't be discouraged, we will help you in your journey and everyone who attends will leave with a better understanding of juggling!

Sponsored by:



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

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
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	Circus Style Multi Hoops with Ali Hoop Mama	Acroyoga: A Beginner's Guide with Rob Newmans	Balance & Breath: Intro to Yoga Slacking with Andrea Sarcos

12:30 pm

Zone 2- Partner Fan Choreo with SantiFlame & Burned At the Stake

Dive into learning a choreographed fan routine with Santi & Ryan where you will be guided each way on how to improve your skills merging your flow with a partner using fire fans! This flow workshop will teach you many ways on how to partner your skills with another individual to create & lock in new partner moves to either practice at flow jams or to take it a level up at your next fire gig! Bring your own fans or some practice fans will be available to purchase at flowfest! & we look forward to teaching you new combos to elevate your flow!

Zone 3- Foot Poi Flow with JT

Learn to use your feet in your poi flow.

Zone 4- Double Staff Beginner to Advanced with Brandon Rossi

A framework of grid theory for beginners to learn and follow that leads into advanced qtr time and 3d movements.

Zone 5- Circus Style Multi Hoops with Ali Hoop Mama

Multi-Hoop Combos, Drills for Multi-Hooping on body and off, & some of Ali's favorite Hoop "Locks" Combos & Transitions!

Zone 6- Acroyoga: A Beginner's Guide with Rob Newmans

We aim to cater to acrobats, partner acrobatics enthusiasts, yoga practitioners, beginners, and fitness enthusiasts. This class is designed to provide a comprehensive foundation in acroyoga, covering basic techniques and safety tips to ensure a playful yet secure experience. Participants can expect a supportive and encouraging environment, ensuring a high-quality learning experience. By the end of the course, participants will have gained a solid understanding of the basics of acroyoga, empowering them to continue their practice with confidence and joy. Join us and elevate your acroyoga skills while building a strong foundation for future growth!

Fundamental Postures: Learn essential poses and forms that form the basis of acroyoga practice. Partner Communication: Understand the importance of clear and effective communication between partners to ensure safety and synchronization. Base and Flyer Dynamics: Discover the roles and responsibilities of the base and flyer, and how to effectively work together. Safety Tips: Master the techniques to ensure a safe practice environment for all participants.

Zone 7- Balance & Breath: Intro to YogaSlacking with Andrea Sarcos

Andrea will teach the foundational concepts and techniques of slacklining using YogaSlackers poses like sitting, standing, and pointer. There are different ways to begin walking and we will go over balance skills to get you comfortable on the line to build the confidence to walk, turn and sit.

Sponsored by:



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

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
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

1:45 pm

Free Space- Yoga with Live Music with Kelly Brookbank & Flint Blade

Join the founder of YogaFest and South Florida native musical flow artist for a musical journey especially designed for Flow Fest.

Zone 1- No Placement Like Home with the Mighty Bear Snake

This is an intermediate to advanced level club workshop focusing on forearm placements and balances. It starts at the very beginning breaking down the basic forearm balance with some tips and advice. Following is a demonstration and breakdown of a few common variations of the basic placement. The class then does a few rounds of arm balance starting contests to practice balancing in the periphery. From there we cover the regular forearm placement cascade, reverse cascade, the 423, activating the 423, and the 441. Tons of extracurricular tricks for more advanced students depending on demographic.

Zone 2- FANcy Choreo with Leen Illusions

In this FANcy Choreography class, you'll have the opportunity to learn a special, short choreography that's packed with fun and techy sequences. Leena will guide you through each step of the routine, breaking down the moves and helping you master the transitions. Along the way, you'll also have the chance to build your technical skills and explore new creative possibilities. Whether you're a beginner or an experienced flow artist, this class is designed to challenge and inspire you.

Zone 3- Untangling the Tangle with Johny Douglas

Based on the tutorial series "Untangling the Tangle", we will touch on tangles and dive into their complexity. This is an intermediate to advanced class, as long as you know at least one tangle, you will learn many more.

Zone 4- Double Staff 9Grid & BoxTech with Gio

We're going to start this class by showing a 3x3 Grid to utilize while flowing. We'll be learning Box Tech by going through the lines on the grid and placing prop ends at certain points along it to "build" our box. Class will include 3D tech, and "Partner Boxing" to see the different boxes we can create.

Zone 5- Hoop Dance Gateway to Embodiment with Hoopalicious

What is Embodiment? For me it is when all of your attention returns to the present moment through the avenue of your lived experience in this body. FLOW starts here. In these times flow can seem far away in the chaos of the world and yet, it is more important than ever before. The hoop invites us back into the body and provides a safe container to feel, play and BE. Our exploration touches on practices for all levels that amplify our ability to be in the moment, some that challenge the mind, some that challenge the body, and some that soothe the soul.

Sponsored by:



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

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
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

1:45 pm

Zone 6- InBODYment with Lion

Learn to wake up your body, tune into your being, and share the floor with others! This workshop explores solo and partner dance, trust and movement exercises to help deepen the connection to ourselves, to those around us and to the breath of the dance floor we all share together. Inspired by AcroYoga, Ecstatic Dance, contact improve.

Zone 7- Traveling Street Performance with Siboney Circus

Come discuss the art of street performing and traveling the world- for circus artist and musicians. I will share my experience as a solo traveler who only relied on her circus and music skills to travel 14 countries.

	FREE!	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7
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 Drag-on Staff with Cheech	Triple Hoop Manips with Abi Lindsey	Fusion Fire Palms with Ali Samadhi	Balance & Flow: Yoga Slacking with Andrea Sarcos

3 pm

Free Space- Intro to Leviwand with JT

Zone 1- Tunneling with Twin Flame Flow Arts

Learn the Dos and Donts to synchronize with a partner to create entrancing tunneling patterns. We will cover various combinations, timings, directions and body movements to create complex and balanced imagery. We will offer drills to help with synchronization and guide students in creating their own unique tunneling patterns. This workshop will be taught with poi but could be applied to a variety of props

Zone 2- Rope Dart Master with Rob Newmans

This class is designed for beginners and intermediate rope dart enthusiasts, including martial artists and flow artists. The primary goal is to provide a comprehensive understanding of rope dart manipulation, starting with the fundamentals and progressing into more advanced techniques. The curriculum is structured to allow participants to explore their creativity and develop their personal style in using the rope dart.

Sponsored by:



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

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
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 Drag-on Staff with Cheech	Triple Hoop Manips with Abi Lindsey	Fusion Fire Palms with Ali Samadhi	Balance & Flow: Yoga Slacking with Andrea Sarcos

3 pm

Zone 3- Probably Poi Toses with Free with G

In my “probably poi tosses” workshop, I will be teaching a series of poi tosses and their uses. These tosses range from beginner to advanced. Some tosses exercised in my workshop include inspiration, antispin, flat, static, helicopter, no beat, and behind the back. Some of my most requested tosses will be included.

Zone 4- Vertical Dragon Staff with Cheech

Open up your dragon flow with vertical tricks such as halo and t-roll that will add tech to your flow and take it to the next level!

Zone 5- Triple Hoop Manipulations with Abi Lindsey

Grab three hoops and let’s learn one of Abi’s signature hoop manipulation sequences. Ocho grips, tosses, rolls, and more! No matter your skill level you will leave with some new tricks up your sleeve. No single or double hoop experience needed, but it will help!

Zone 6- Fusion Fire Palms with Ali Samadhi

Explore the many possibilities of this small yet fierce prop by combining it with strong and juicy body isolations! In this workshop we start with a breakdown of belly dance isolations and fundamentals, then layer tribal fusion stylization and pharaonic handwork on top to unfold into a hypnotizing choreography. “

Zone 6- Balance & Flow: YogaSlacking with Andrea Sarcos



PLUS- SPECIAL ADDITION: KAMA FLIGHT!

Kama Flight creates a space to practice relationships that is always high trust, low pressure, and fun. Building on the neuroscience of play, connection and relational intelligence, Kama Flight is an innovative fusion of Thai massage, partner dance and acro yoga that accelerates the development of relational flow through playful, partnered movement. You’ll learn a series of 20+postures, how to add movement to them through weight transfer, and with practice, cultivate a state of relaxing, improvisational flow. Kama Flight hosts a full 60 minute workshop at 3pm!

Sponsored by:



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

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
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

4:15 pm

Free Space- Breakdance with Fle5h
 Intro to Top rock, floor moves, and freezes.

Zone 1- Tricky Tricks with Clubs with Don Batata Clown
 Speed juggling, kick ups and club balances- these are tricks that are designed to WOW the audience and give you more options as a performer. Let's get TRICKY!

Zone 2- Throwin Fans with Leen Illusions
 This class is all about tosses! Learn how to throw your fans and add some flare to your flow.

Zone 3- Positively Negative Space with Johny Douglas
 Positively Negative Space - come explore negative space with poi! This class can be taken by all, but it is recommended that you are comfortable with keeping your planes straight prior to coming.

Zone 4- Working the Stage with Staff with M00nfaze

Zone 5- Advanced Hula Hoop Variations with Alicia Hercules
 Pizza tosses, coin flips and roll pop combos- let's get after it!

Zone 6- Restorative Yoga Reset with Ember Rising
 This is the perfect way to end the day. Come as you are, let it all go, let everything melt away. We will focus on slowing down, and finding the quiet tranquil energy of body and mind. We will utilize many props in this class, so if you want to use your own props please bring them, if you don't have something, don't worry, there are props to share. This class is open to all levels, and all bodies.

Zone 7- Practice Methodology with the Mighty Bear Snake
 This is a discussion-based workshop suitable for all props and skill levels and geared towards maximizing practice efficacy. It will cover multiple topics such as skill development, the importance of cognitively processing motion, problem solving new and old tricks, frequency and organization of practice sessions, practicing outside of sessions, good vs. bad habits, and wherever else the discussion may go.

5:30 PM

Group Photo & LED Jam with **FUTURE JOY**

7 PM

Flow Fest Instructor Showcase



OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

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



Abi Lindsey & Brian Thompson

Abi Lindsey & Brian Thompson are a juggling duo currently based out of Tampa FL. They both have been teaching and performing for well over 10 years and have gotten to travel the world sharing their love for all things flow and juggling. Abi has worked as a professional circus performer across the US, and Brian has been involved in the juggling community for over 20 years. Together they perform, teach, and make fire safe street-wear for movement artists with their clothing company Midnight Reverie.

Abi - <https://www.instagram.com/abigailspindsey>

Brian - <https://www.instagram.com/brianjuggles>



Acroyoda

Meet Rob Newmans (AcroYoda), a master of finding balance and joy in the pursuit of fitness and fun. With over a decade of experience, he is a dedicated instructor in the world of acroyoga, slack-line, dragonstaff, and rope dart. As a certified YogaSlacker and an AcroYoga teacher based in Miami Beach, he has become a central figure in the community, sharing his passion and encouraging others to follow their own path, finding happiness along the way.

FB: Rob Newmans , IG: AcroYoda



Ali Samadhi

Alexandra Samadhi (Ali Samadhi) is a multi-disciplinary artist, dance teacher, and choreographer with a lifetime of theater and dance/ movement training. As a Belly Dancer she has 17 years of training and performing experience, 6 years teaching privately,publically in-studio, in retreat settings, and 12 years in the performance industry as a paid entertainer. Along with Belly Dance she also specializes in Flow and Fire Arts, Cabaret/Burlesque, Specialty Act and Sideshow style entertainment. She has trained with Belly Dance Superstars such as Suhaila Salimpour, whose lineage has been integral to Belly Dance in the U.S. bringing belly dance into Ren Faire's in the 1940's, and through this she has earned 4 certifications from the Salimpour format. Along-side her dance teaching experience she is also trained as a Trauma informed Ecstatic Tantra practitioner with a deep focus in somatic healing, as well as sound healing, timeline regression therapy, and kids yoga. Ali brings a sense of enchantment to everything she does and seeks to inspire her audience, clients, and students alike to embody their highest self.

IG @ali_samadhi

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

Flow Fun Circus Party Learn Dance Teach Yoga Share Show

FLOW FEST

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

Andrea Sarcos

Andrea Sarcos began slacklining in 2012 at the University of Florida. She helped form the university's first Slackline Club. Her passion for walking on one-inch pieces of webbing has grown tremendously as well as connecting with the slackline community. She has slacklined all over the world on her travels as a professional photographer and educator with National Geographic Student Expeditions, Putney Student Travel and Photographers Without Borders. In 2018 she completed her teacher training with the YogaSlackers specializing in teaching slacklining and acroyoga, and she has taught at various festivals. Andrea loves teaching acroyoga, slackline basics, intermediate slack poses, yoga slacking, and finding your individual flow on the line.

@ondreyahcakes @andreasarcosphoto



Brandon Rossi

Brandon is a flow artist and performer from Gainesville Florida. Spinning for over 12 years. Flow is a part of his daily meditation. A time to truly connect with himself and creatively express in the present moment. Fire performing for notable acts such as Detox Unit, Chris Karns, Atyya, Microdot, Chief Kaya, Salty and many more. Brandon has found this community to be a gift. Building connections and finding life long friendships. Teaching has been a core part of his journey helping host spin jams within his local community and teaching new artists the basics in person and within online spaces. Join him in our double staff class to go over grid work concepts, qtr time, plane breaking and contact work.

<https://www.instagram.com/brandon.rossi>



Burned At the Stake

"Hi my names Ryan, from Miami, Fl I am a 29yr old professional flow artist & fire instructor. My passion is live fire performing for my favorite dub artist on stage & traveling to showcase my arts & instructing passion. I hope that with my inner knowledge on these sacred arts I can continue to inspire/ ignite the passions in others & guide them the best way I can to help them perfect their flow techniques."

IG@_Burnedatthestake

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

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



Cheech

CHEECH is a dedicated fire & flow performer based in South Florida, specializing in the art of Dragon Staff and a variety of other props. Throughout her seven years of experience she has captivated audiences with her dance, expertise and mesmerizing movements in prop manipulation. Committed to the craft, CHEECH has educated many in flow arts through workshops and private instruction. Her passion for fire & flow arts radiates in every performance, as she revels in sharing her art and spreading joy to others.

<https://www.cheechperformances.com/> - Instagram: cheech__chi



Don Batata Clown

Julian Caldirola (Don Batata Clown) is a juggler, clown, and variety circus performer specialized in ground acts like in unicycle riding, stilt walking, rolla bolla, and among others. Born and raised in Argentina's national capital of street performances, (La Costa) he grew up surrounded by self-produced circus shows that brought life to parks and tourist areas in town every summer. At 15, he joined a street circus, starting as an assistant and sound technician before stepping into the spotlight as a performer. Since moving to Miami in 2012, Julian has been involved at conventions, festivals like Flow Fest, circus schools, and performs in the event industry, sharing a piece of his South American circus with audiences of all kinds. He is now the founder and owner of Eureka Circus, and he's passionate about creating shows and workshops that inspire joy for people of all ages.

www.instagram.com/donbatataclown

www.instagram.com/eurekacircus

www.eurekacircus.com



Ember Rising

Ember Rising 500hr CYT

Ember found yoga around 2001 at the age of 15 as a means to help her gain more flexibility, little did teenage Ember know it would change her life. She dabbled with yoga on and off for years and eventually her yoga practice let her to belly dance in 2004. Ember has trained with many masters over the years in dance, cirque and yoga. Ember has studied with famous dancers such as Suhaila Salimpour, Jamila Salimpour, Zoe Jakes, Rachel Brice, Mira Betz, Jill Parker and many more. Ember has performed locally and world wide including a Beyonce music video, private parties in the Bahamas, and hundreds of other events. She has been teaching dance, and circus arts since 2008 and in 2015 decided it was time to officially get her 200 hr yoga certification under Kelly Brookbank, and finish her 500 hr in 2021. Ember owned and ran Grovolution Dance Studio for a decade before deciding to shift to teaching at other studios. She currently runs Grovolution Entertainment.

Heather Phoi-fb Liquidhipz-ig&tt

<http://grovolutionentertainment.com>

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

Flow Fun Circus Party Learn Dance Teach Yoga Share Show

FLOW FEST

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

Enchanted Flow

Heather of Enchanted Flow has 5 years of experience teaching hula hooping and fans at yoga, fitness, and dance centers. She brings a deep passion for flow arts and movement. In the past year, she has had the pleasure of instructing at prominent festivals such as Florida Flow Fest 2024, PlayThink 2024, and Zen Flow 2024. Her goal is to inspire students to explore their creativity and find empowerment through flow arts.

Facebook: <https://www.facebook.com/heather.gilbreath.9>

YouTube: <https://www.youtube.com/@sparklenflowentertainment>

Instagram: https://www.instagram.com/sparklenflow_entertainment



FairyFlowArts

Alicia Hercules, aka FairyFlowArts "I have been Hula Hooping for 5+ years and have been teaching for 2 years I feel I have always been a natural teacher and I'm excited to expand myself in this flow journey. I am absolutely grateful for the opportunities and connections it has gifted me with. It's deeply fulfilling to be a hula hoop instructor. I'm excited to finally share my hula hoop teachings at Flow Fest!"

IG @Fairyflowarts



FLE5H

"FLE5H" is a metaphor for the body we are given to journey the material world with our unique senses and experiences. Dive into the movement of FLE5H as you explore the extent of your energetic body. Move freely and intentionally with a fusion of Martial Arts and Studio Dance.

Insta @fle5h

Facebook: Michael Cinco

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

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



Flamewranglin' Florida Man JT

"I want to make the whole world move more- by whatever means necessary. My favorite kind of flow is when I'm vicariously experiencing it in the excited reactions of the people around me: learning and growing and pursuing flow themselves. I hope to continue cultivating the flow state within my self and the world at large, one person at a time. I believe in the medicine of movement and the power of play."

IG @happypshifting



Free With G

Gibran/ Free_with_g is a multi prop flow/circus artist specializing in balance integration, and fire performance. His practice began as a kid in the middletown children's circus and he hasn't stopped playing since. Gibran currently travels the country (USA) full time teaching, performing, and flowing.

https://www.instagram.com/free_with_g



Gio

My name's Gio and I've been spinning since 2012 :) I started with a Contact Staff, and gradually learned how to also play with Double Staves, Dragon Staff, Poi, Fans, IsoHoops, and PalmTorches on fire. DoubleStaves are my favorite to date however, I love dancing through all the shapes and patterns they can create. Happy to share this joy with those that wish to learn, or enjoy the enchanting spectacle as well~

Instagram: Y0shiM0shi

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

Flow Fun Circus Party Learn Dance Teach Yoga Share Show

FLOW FEST

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

Hoopalicious

Anah aka Hoopalicious is known as a pioneer in the art of hoop dance and most recognizable for her focus on body rocking and self development via Hoop Dance. She has inspired countless individuals worldwide to embrace hula hooping as a form of self-expression through her workshops, events, and online tutorials. Anah's dedication to fostering an inclusive community and promoting hula hooping for 25 years has made her a prominent figure in the flow arts space! Her resume includes appearances on Americas Got Talent, The Hooping Life documentary, and premiere parties worldwide with Cirque du Soleil.

Youtube: /hoopalicious Insta: @AnahlovesU Fb: /HoopaliciousRocks



The Incredible Ian

Founder of south Florida flow jams, former board member and current web administrator for IJA, certified fire walking instructor, owner of dangerfun entertainment, magician, juggler, bubble manipulator, balloon twister, full time Entertainer.

instagram.com/dangerfun
facebook.com/dangerfun



Johnny Douglas

Johnny Douglas returns to Flow Fest!
Circus Artist • Musician • Forest/Plant Ecology Student

IG: @johny.douglas

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

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



Kelly Brookbank

Kelly Brookbank is the owner of Colony Yoga and the founder of YogaFest. She is a certified AtmaYoga Instructor, a certified Pregnancy yoga instructor, and a Professional Level 500 hour Kripalu Teacher. She has over 25 years of yoga experience and has been teaching for over 22 years. Kelly is a CPA and worked in corporate America. She seeks to help her yoga students alleviate stress in their lives and bring the concepts of balance, strength, and inner strength from the yoga mat into their everyday lives. Kelly has led retreats in Costa Rica, Mexico, Colorado, Georgia, Bali, California, and North Carolina. Other than Kripalu, Kelly has studied Kali Natha Yoga, Ashtanga, Anusara, Bikram, and Iyengar yoga. She incorporates all of her studies into her teachings. Kelly's daughter Lela joins her on her trips around the world.

IG @ kellybrookbankyoga, @colonyyoga, @yogafestfl



Leen Illusions

Leena is a movement artist hailing from the Midwest, who discovered her passion for circus arts in 2014. Since then, she has honed her craft, sharing her distinctive style through performances and workshops across the U.S. With expertise in a diverse range of skills—including hula hooping, fire manipulation (such as fire hoop, fans, poi, sword, dragon staff, contact staff, and double staff), and acrobatics—Leena creates mesmerizing experiences that captivate audiences. Her innovative approach, combined with a keen sense of musicality, pushes the boundaries of the art form. Leena is committed to fostering originality and creativity, inspiring others to reach their fullest potential.

<https://leenillusions.wixsite.com/leena>
<https://www.instagram.com/leen.illusions>
<https://www.tiktok.com/@leen.illusions>



LightBenders Karina & Izzy

Light Benders are a duo of awe inspiring artists, Karina and Izzy. Their love for each other, music, art and flow has inspired them to share their talents and expertise with the world. Light Benders bring a sense of childlike wonder to various communities using their multifaceted abilities including object manipulation, pyrotechnics, programmable LED lights, projections and lasers. Their style is influenced by their Hispanic-American upbringing and martial arts background. Karina and Izzy find joy in bringing smiles to people's faces and creating safe spaces where people can enjoy watching or learning about flow arts.

Instagram: @light_benders_ & @karininjafLOW

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

Flow Fun Circus Party Learn Dance Teach Yoga Share Show

FLOW FEST

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

LightBenders Karina & Izzy

Light Benders are a duo of awe inspiring artists, Karina and Izzy. Their love for each other, music, art and flow has inspired them to share their talents and expertise with the world. Light Benders bring a sense of childlike wonder to various communities using their multifaceted abilities including object manipulation, pyrotechnics, programmable LED lights, projections and lasers. Their style is influenced by their Hispanic-American upbringing and martial arts background. Karina and Izzy find joy in bringing smiles to people's faces and creating safe spaces where people can enjoy watching or learning about flow arts.

Instagram: @light_benders_ & @karininjafLOW



Lion

Lion grew up doing martial arts only to find themselves passionate about movement leading them to discover acro yoga, circus arts and flow arts! Lion is a full time circus performer and loves inspiring others and cocreating with all he meets!

Instagram: @AcroLion82



The Mighty BearSnake

Originating from Colorado, Cam Resch, known by many as The Mighty BearSnake, is an internationally renowned club juggler. Cam has well over a decades worth of experience playing with lights in the dark and zealously sharing both their performance art and extensive knowledge surrounding it. Very much inspired by receiving "light-shows" as a teenager, Cam has ferociously pursued whatever art forms that currently encapsulate their focus, and eventually settled on club manipulation for the last 8 years.

<https://www.instagram.com/themightybearsnake/>

OTHER

JUGGLE

FANS

POI

STAFF

HOOP

YOGA +
DANCE

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



MOOnfaze

Melisa is a multi modality speciality act performer. Having first experienced movement arts at age 5, she was always in flux between different dance style preferences and studies. Personal inclination towards styles with more static and strong operation, such as hip hop and competitive cheerleading is seen in her transitions and freestyle, while always holding space for traditional art in the form of classical music education on the piano from age 7 which influences her musicality and song choices. As an adult, Melisa has performed alongside popular names such as Kaskade, Griz, and Big Gigantic, has acquired the ability to use her background to produce her unique flow style and is committed to affecting change in the natural world through artistic expression and bringing awareness to how to better help our dying planet.

Instagram: @M00nfaze



SantiFlame

Santi is a dynamic fire performer based in South Florida, known for captivating audiences with mesmerizing displays of skill and artistry. Every Wednesday, Santi hosts flow jams, creating a space for flow artists of all levels to come together and connect. Passionate about teaching and building a strong sense of community, Santi is dedicated to sharing the joy of flow arts and inspiring others to discover their own creative expression.

Www.santiflame.com



Siboney Circus

Siboney is a multi-disciplinary circus artist and musician who loves combining the best of both worlds!

Circus Youtube: <https://youtu.be/oKOfOed3ptE?si=WEzbLOZTLwg-5b2Cs>

Music Youtube: <https://www.youtube.com/@SIBONEYMUSIC>

Circus Instagram: @siboneycircus

Music Instagram: @siboney_music/

Website:
<http://www.siboneymusicofficial.com>

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



Tommy BigFinger

Tommy BigFinger emerged from the rich counterculture anti-establishment scene of New York City's Lower East Side in 1997, quickly gaining national attention as the leader of the Music Militia targeting the mainstream music industry and its insipid commodification of music and artists. BigFinger co-founded the Dance Liberation Front (DLF), opposing Mayor Giuliani's enforcement of the archaic 'Cabaret Law,' which required permits for bars allowing dancing by four or more people. In the early 2000s, BigFinger became a fixture of the Burning Man scene, creating epic Theme Camps from 2001 to 2005. Relocating to Los Angeles in 2005, he rose to prominence in the city's legendary underground art scene that sprouted from the ashes of the LA riots. BigFinger vanished in 2007, embarking on an 18-year self-healing journey of juice cleanses, yoga, breathwork, and meditation. Tommy BigFinger is an ordained reverend in The Church of the Subgenius.

www.evoyoga.net



Twin Flame Flow Arts

Twin Flame Flow Arts is a captivating partner poi duo from Jupiter, FL, consisting of Crystal Smith and Robin Jackson. Crystal, with over 13 years of experience as a multi prop flow artist first introduced Robin to the art of poi about 3 years ago. He quickly fell just as in love flow arts as she was. After many hours of practicing together something magical happened. They began to sync with one another and a new love was formed. Together, their performances are a mesmerizing display of synchronized movement and synergy, showcasing their deep connection with skill and grace.

Beyond performing, they are dedicated supporters of the flow arts community, regularly hosting epic flow jams known as "The Octagon Flow Jam" on their property fostering a welcoming space for flow artists to connect and create. Twin Flame Flow Arts is a testament to the beauty of shared passion, love, and the power of flow arts to bring people together.

[Instagram.com/twinflameflowarts](https://www.instagram.com/twinflameflowarts)



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

Flow Fest
Afterparty

9 pm



<<< **Flow Fest Event Survey**
Win an all access workshop pass
for Flow Fest 2016: Symbiotic

