

Flow Fest 2025

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# What is Flow Fest?

Festivals of Play  
in Urban Parks across the US!







This is Flow Fest!



# This is Flow Fest!



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



@flowfests





# 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, Seattle, Denver & Chicago .

### What workshops are found at Flow Fests?

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: \$40-55 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 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.

Best Festival Fort Lauderdale and Palm Beach 2014 - Flow Fest



/STARRY I

Florida Flow Fest teaches the art of prop manipulation.

ver dreamed of being in the circus — grace, coordination or verve —  
ance. Kind of  
annual Flow Arts Festival opens in  
day, giving everyday people a  
what is known in the circus  
manipulation,” or “prop spin-  
des juggling and “anything that  
lation of a prop,” event organizer  
Jaum says. “Overall, it’s a festival  
ent.”  
I tai chi are also offered at the  
its name from the idea of  
flow.”  
will be taught from Friday  
tryant Park, 10 S. Golfview  
ts \$50 per day in advance  
ith discounts for three-day

"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 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," Tanenbaum says.

She says this festival is "unparalleled in the community" because it is open to people who aren't familiar with such activities. "Very few are open to the public," she adds. "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 poi manipulation from

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

Tanenbaum teaches hoopers in the West Palm Beach through her company, Fly, but she'll defer this week to the mavens such as Kit Spins from Florida and Luna Breeze from Kansas City. Tanenbaum is a dance instructor who works full-time at a dance studio in West Palm Beach.

For those who just want to see the instructors' showcase performance, the fire-spinning is set for 7:30 p.m. on Friday, May 10. Spam Allstars, a nine-piece band from Miami, will perform at 9 p.m. [GoToFloridaFlowfest.com](http://GoToFloridaFlowfest.com)

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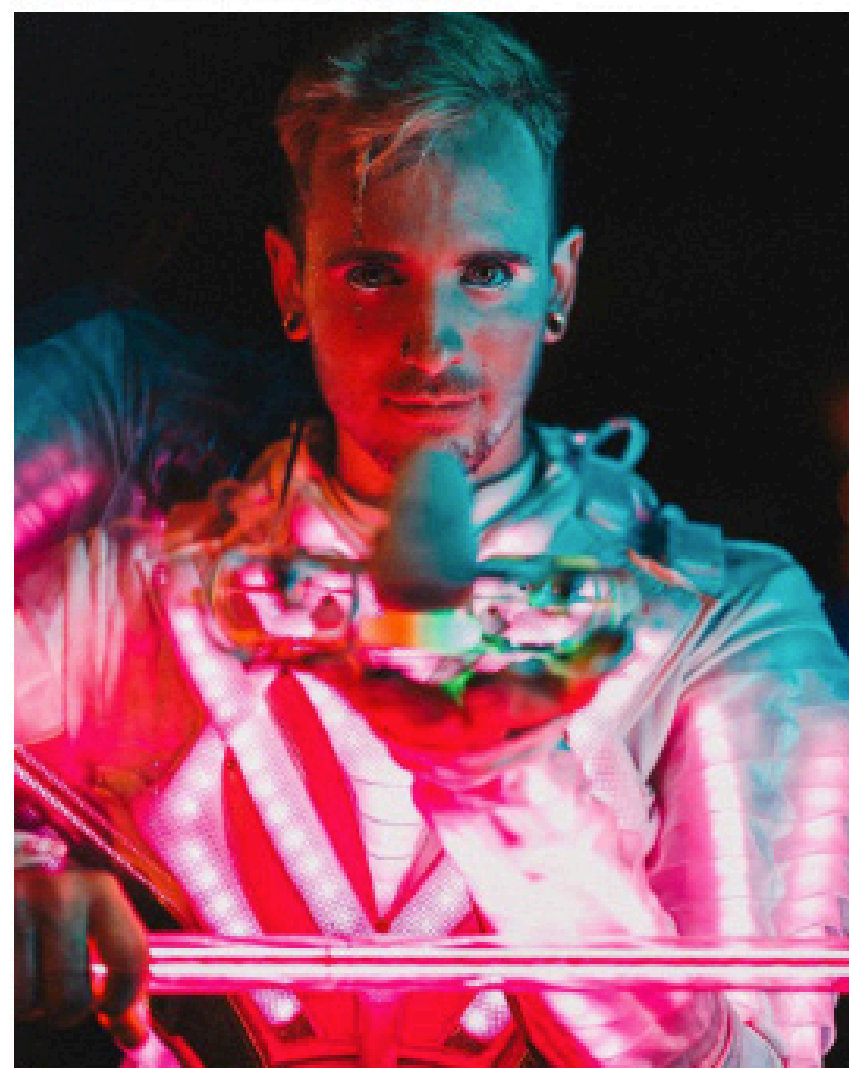
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## FLORIDA FLOW FEST

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."



# 2025 Flow Fests

# Whimsy





# This is Flow Fest!

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

