

Flow Fun Circus Play Learn Dance Teach Yoga Share Show

FLOW FEST

JUNE 14, 2025

WOODLAND PARK | SEATTLE

FLOW ARTS • CIRCUS • YOGA • DANCE
WORKSHOPS • PERFORMANCE • VENDORS

	FREE!	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6
10 AM	<i>Whimsical Movement</i> with Ajax Évolle						
11 AM	ASL #1: Basics & Beyond! with Hula Bella	Rope Dart: Knotty by Nature with Pumba	All Levels Hoop Choreo with Natale Luma	Club Contact 101 with The Mighty Bearsnake	Contact Staff FUN-dations with Corey	Handstands with Juniper	Social Media for Flow Arts with Wei
12:15 PM	Intro to Levi with Lady Aetheria	Thinking With Portals with Tori Rex	On-Body Flow: Head to Toe with Chana Hoops	Contact Isolations with Richard Hartnell	Angel Rolls for Contact Staff with Spades	Performing with Props! with Tout d'Lou	Beginner Aerial Hoop with The Motivation Fairy
1:30 PM	Intro to Dragon Dreaming with Esjay the Dreamer	One Poi, Two Poi, Three Poi with Elliott	Hoop Origami Folds with Pauly Flows	Multiplex Madness with Juggle Jawns	Double Staff: Let's Get Griddy with Pumba	First Fan Flow with Checkers	Communicate Beyond Flow Arts with Hula Bella (ASL)
2:30 PM	<i>Lunch & Group Photo</i>						
3:45 PM	Flower of Life (ASL) with Victori Violet	Order of Opoirations with Tori Rex	Foot Hooping & Inversions with Chana Hoops	Intro to Juggling 5 with The Mighty Bearsnake	Dragonstaff 101 with Shelbyflowzz	Hug Life: Science of Hugs! with Spades	Intermediate Aerial Hoop with The Motivation Fairy
5 PM	Seriously Silly Poi Spinning with Josh Anderson	Stall It, Bounce It, Throw It with Elliott	Hoop ASL with Hula Bella (ASL)	Stacks & Splits with Juggle Jawns	Intro to Long String Leviwand with Lady Aetheria	Trick Knots with John The Juggler	Burlesque 101 (18+) with ACTin' Up
6:15 PM	Diabolo 101 with Apex Diabolo	Spin Your Body with Josh Anderson	Intro to Double Hoops with Natale Luma	Antipodism: Foot Juggling with Juniper	Fishtails 101 with charle	Fan Toss Hybrids with Checkers	Kendama -Rama with Corey
7:45 PM	<i>Flow Fest Seattle Instructor Showcase</i>						
	OTHER	JUGGLE	AERIAL	POI	STAFF	HOOP	YOGA + DANCE

Sponsored by:

