

Flow Fun Circus Play Learn Dance Teach Yoga Share Show

# FLOW FEST

**CHICAGO**

**AUGUST 30, 2025**  
PING TOM MEMORIAL PARK

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

**FREE!**

**ZONE 1**

**ZONE 2**

**ZONE 3**

**ZONE 4**

10 AM

**FREE! Balloon Animal Funtime Hour! with Austen Cloud**

11 AM

**FREE!**  
Intro to Poi  
with Mrdabble

Double Hoop  
Tech with  
Tanooki Twirls

Intro to  
Rope Dart  
with BeLove

Intro to Contact  
Staff with Jay-J

Body Throw Blitz  
with Eric Sipos

12:15 PM

**FREE!**  
Flow Collective  
Chicago  
OPEN JAM!

Buu-gang  
Initiation  
with Kryptos

Explorations of  
Poi Flowers  
with Juan

Partner Dragon  
Staff with MJ  
& Corey

Collapsible  
Folding Fire Fan  
Combos  
with Ninja Witch

1:30 PM

**FREE!**  
Intro to Juggling  
with Eric Sipos

Go Mad  
for Triads!  
with Fire Flower

Poi Toss Patterns  
with BeLove

The STEVE with  
Jay-J

Invisible String,  
Visible Magic:  
Leviwand with  
Papastafa

2:45 PM

**FREE!**  
Power & Flow  
with The Lorax

Tosses, Rolls, &  
Weaves  
with kalegrows

Partner Poi 101  
with Austen  
Cloud  
& DocWomp

Reels on Reels for  
Double Staff with  
Kryptos

Host Your Own  
Fire Jam with Nin-  
ja Witch

4 PM

**FREE!**  
Intro to Fans  
with Fire Flower

Super Tanooki  
Hoopers!  
with Tanooki  
Twirls

Moving & Turning  
with Your Rope  
Dart with BeLove

Down and Dirty  
with Jay-J

Club Passing  
Tricks  
with Juan & Eric

**6:30 PM**

GROUP  
PHOTO

& **FLOW FEST**  
INSTRUCTOR SHOWCASE

**OTHER**

**JUGGLE**

**CULTURE**

**POI**

**STAFF**

**HOOP**

**YOGA**

Sponsored by:

