

# Flow Fun Circus Play Learn Dance Teach Yoga Share Show

# FLOW FEST



**AUGUST 9, 2025**  
**MCFALL PARK, WESTMINSTER, CO**  
 FLOW ARTS • CIRCUS • YOGA • DANCE  
 WORKSHOPS • PERFORMANCE • VENDORS



**FREE!**

**ZONE 1**

**ZONE 2**

**ZONE 3**

10 AM

**FREE! Laughter Yoga with LN2: A Joyful Journey into Playfulness**

11 AM

**FREE!** American Tribal Style Bellydance Basics with Caitlin Morris

Contact Juggling 101 with Mark Stampfle

Jazz + Hoop Dance with Shae Fae

Bugeng Basics with Adam Benson

12:15 PM

**FREE!** Contact Leviwand 101 with Pine

Club Contact 101 with the MightyBearSnake

Double Trouble with Ana Cruz

Contact Staff with Trick the Tramp

1:30 PM

**FREE!** Re-Spark Your Joy Through Play with Dr Caitlin Hoops

Contact Juggling Isolations with Adam Benson

Intermediate Fan Tech with Caitlin Morris

Fiberoptic Whip Tracing & Lacing with Pixel Faery

2:45 PM

**FREE!** Ecstatic Dance Elemental Exploration with Shae Fae

Straightjackets 101& Hyperloops with The MightyBearSnake

Hoop Tosses and Rolls with Bex

Dragonstaff: Head to Feet with Mandy Embers

4 PM

**FREE!** Plate Spinning Basics with Adam Benson

Contact Juggle Body Roll Basics & Beyond with Mark Stampfle

Four Play with Ana Cruz

Group Fan Choreography with Caitlin Morris

5:15 PM

**FREE!** Flow Arts Games with Mandy Embers

Meteor Poi with Nathan Firelight

Body Mechanics For Flow Artists with Bex

Intro to Juggling 5 with the MightyBearSnake

6:30 PM  
GROUP PHOTO



**FLOW FEST JAM & INSTRUCTOR SHOWCASE**

**OTHER**

**JUGGLE**

**DANCE**

**POI**

**STAFF**

**HOOP**

**YOGA**

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