

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

SLACKLINE CHICAGO

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 & Kale

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 Ninja 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:

