

# Flow Fest®

FT LAUDERDALE  
JANUARY 18, 2026



	OTHER	FLOW TALK	POI	STAFF	HOOP	JUGGLE	YOGA/DANCE	
10 AM	FREE! Discofit Warm-up & Workout with Lexington							
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7	ZONE 8
11 AM	FREE! Island VibeZ with Leah Gayle	FREE! Street Shows with Richard Hartnell	Tunneling Technique with Twin Flame Flow Arts	Intermediate Poi with Tee	Intro to Contact Staff with KC Allen	Intro to Hoop Doubles with Shakti Circles	Intro to Juggling 4 with Ian Michael	Strength, Stretch & Recovery for Flow Arts with Taylor Gonzalez
12:15 PM	FREE! Shuffle with Estefania Zapata	FREE! Performance Tips & Tricks with Ali HoopMama	The Way of the RopeDart with AcroYoda	Partner Poi Basics with Soy Sauce & Seasoned Salt	Baby Dragon Flow with Flare Fox	3rd Degree Doubles: Hybrid Planes with Tyler Neumann	Intro to Hoop Juggles with Arlene Smith	AcroYoga with Jeff Recht & Hugo Sanchez
1:30 PM	FREE! Drum Circle + Bubble Magic with Ian Michael	FREE! History of Juggling with KC & Cory	Intro to Footwork & Gliding with Skyelosophy	Flow Expansion: Poi Edition with Kasey Diosa	Enter the Matrix with CHEECH	Triple Hoop Manipulation with Kassandra Lavictoire	Club Passing with Don Batata Clown & JT	Intro to YogaSlacking with Andrea Sarcos
2:45 PM	FREE! Beginner Poi with Tee	FREE! Community Building & Culture with Arlene Smith	Breakdance with Mark XI	Partner Poi Next Steps with Soy Sauce & Seasoned Salt	Grid Tracing for Double Staff with DaviLux	Zan's Diamond with Tyler Neumann	Foundations of Contact Juggling with Richard Hartnell	The Art of Humans in Flow: AcroYoga with AcroYoda
4 PM	FREE! Beginner Basics Hula Hoop with Ali HoopMama	FREE! Femme Flow & Fuel with Taylor Gonzalez	Long String Leviwand with JT	Sunflowers with Skyelosophy	Partner Contact Staff with KC & Cory	HOOP- There It Is! with Fairy Flow Arts	Why 423?! Hoop Juggles with Kassandra Lavictoire	Upside Down Inside Out: Handstands & Inversions with the Movement Goddess
5 PM	Group Photo & Jam with Subsquad & Dawdust + PARTNER PROP PARTY with Soy Sauce & Seasoned Salt							
7 PM	Flow Fest Instructor Showcase							

Sponsored by:

