

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 Subsqwad & Dawdust
+ PARTNER PROP PARTY with Soy Sauce & Seasoned Salt

7 PM

Flow Fest Instructor Showcase

Sponsored by:

BROWARD
COUNTY
FLORIDA
Cultural Division

