

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 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	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	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	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
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	Upside Down Inside Out: Handstands & Inversions with the Movement Goddess
5 PM	Group Photo & Jam with Subsquad & Dawdlust + PARTNER PROP PARTY with Soy Sauce & Seasoned Salt						
7 PM	Flow Fest Instructor Showcase						

Sponsored by:



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10am DiscoFit Warm-up & Workout with Lexington - FREE!

11am Island Vibez with Leah Gayle - FREE

Island Vibez is a high-energy dance class that blends the infectious rhythms of soca and dancehall. Move your body, whine yuh waist and connect to the vibrant spirit of the islands while building confidence, stamina, and flow. Open to all levels—come for the vibes, leave with the energy of the Caribbean in your soul!

Crowd Manipulation: Street Shows & Busking with Richard Hartnell - FREE

The audience is a prop! They have come to you to be manipulated. Jokes are tricks.

Tunneling Technique with Twin Flame Flow Arts

Learn the Dos and Dents to synchronize with a partner to create entrancing tunneling patterns. We will cover various combinations, timings, directions and body movements to create complex and balanced imagery. We will offer drills to help with synchronization and guide students in creating their own unique tunneling patterns. This workshop will be taught with poi but could be applied to a variety of props.

Intermediate Poi with Tee

Take the next steps after poi spinning basics: learn transitions, stalls, pendulums tosses and other body tracers in this class.

Intro to Contact Staff with KC Allen

This workshop introduces basic contact staff terms and the mechanics to build a healthy staff practice. Explores common roll types, wraps, traps, and balancing, working up to the coveted fish tail. Emphasizes stretching, body maintenance, and how to prevent injury in staff practice.

Intro to Hoop Doubles with Shakti Circles

Ready for double the fun? This beginner-friendly class is the perfect introduction to doubles hoop dance! You'll learn the basics of spinning two hoops—starting with simple patterns, building coordination, and discovering fun ways to flow between moves. No previous doubles experience is needed—just bring your curiosity and a willingness to try something new.

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11am

Intro to Juggling 4 Objects with Ian Michael

So you have learned how to juggle 3 objects and are ready to take the next step but aren't sure where to begin? Look no further than Intro to 4 Object juggling. It is strongly recommended that you take the prerequisite "Intro To Juggling" workshop prior. In this class we will cover a set of basic 4 object patterns and some basic multiplexes. We will focus on balls as the objects but will also teach clubs and rings. A limited number of practice sets will be available on a first come first serve basis. Please bring your own if you have them.

Resilient Bodies: Strength, Stretch & Recovery for Flow Arts with Taylor Gonzalez

A practical, restorative session teaching mobility drills, injury-prevention techniques, and nervous-system resets for sustainable long-term flow practice.

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12:15pm

Shuffle with Estefania Zapata - FREE

Shuffle Training: running man & T step fundamentals. Learn basic footwork techniques & tricks to help you slay any dance floor.

Performance Tips & Tricks with Ali HoopMama - FREE

Learn the strategies I've developed over 10+ years of professional performance.

The Way of the RopeDart with AcroYoda

Partner Poi Basics with Soy Sauce and Seasoned Salt

This class will introduce you to the absolute basics of partner poi, and foundational concepts of timing/direction (both the elemental language of poi, and VTG). Using simple shoulder/hip reels and a progression of drills, we will spin ourselves into a PARTY POI BRAID! *Advanced folks can expect to leave with new flourishes & fancy variations, a better understanding of how to teach, and answers to whatever questions you may have. <3 All Levels/No experience required.

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12:15pm

Baby Dragon Flow with Flare Fox

Take your first steps into spinning magic.

3rd Degree Double Hoops: Hybrid Planes with Tyler Neumann

Ready to escape the flatlands? In this workshop, we're taking double hoops into the third dimension with a deep dive into 3D tech. We'll explore folding patterns, clean plane breaks, and how to mix, layer, and transition between planes to create visually stunning, spatially complex movement. Whether you're just dipping your toes into 3D or looking to sharpen your dimensional awareness, this class will expand your hoop vocabulary and challenge how you think about space. Come twist, tilt, and tear the walls down—because the world isn't flat, and your hooping shouldn't be either.

Intro to Hoop Juggles with Arlene Smith

1 - 2- 3: Catch Hoops with Me! This class will get you throwing and catching three hoops. We'll start with drills for one and two hoops, and work our way up to a cascade pattern both alone and in pairs. Already know the basic cascade? We'll also explore some beginner juggling patterns and manipulations.

AcroYoga with Jeff Recht & Hugo Sanchez

Ready to up your yoga practice into something fun, challenging, and partner-friendly? Come learn the ABCs of AcroYoga! In this all-levels workshop, we will break down the foundational techniques that make AcroYoga safe, accessible, and fun for everyone. Brought to you by the team behind Miami Acro Fest, this session is designed for yogis, flow artists, and movers practitioners interested in learning more about your body, communication, awareness, and finding balance and flow with a partner. Whether you are brand new to the practice or looking to refine your foundations, you'll leave with new friends and a fresh perspective on gravity. Prerequisites: None. All bodies welcome. No partner required!



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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

1:30pm

Drum Circle & Bubble Magic with Ian Michael - FREE

Learn the basics of Bubble Manipulation and how to make giant bubbles.

History of Juggling with KC & Core - FREE

Journey back with your hosts 4000 years and forward through cultures across the globe. We're two circus nerds looking at the historic and archaeological evidence of juggling. On our quest we'll answer questions like: Who were the world's first jugglers? Why was juggling a sin? How did juggling appear in different cultures? What types of juggling/manipulation/flow props have we found evidence of? Why do humans juggle? Gather round for the stories of those that threw before us!

Intro to Footwork & Gliding with Skylosophy

Drop your props and learn basic footwork and gliding movements, then pick em back up and learn how to integrate them into your flow.

Flow Expansion: Poi Edition with Kasey Diosa

Flow Expansion: Poi Edition is about the union between you and your poi. The tricks and transitions I am teaching are to help expand on what you already know—so yes, this is an intermediate class that will be tapping into body tracing, taking up space and adding your OWN flare to further your connection with your prop! If you're a stiff spinner, want to get out of your own head or even just want to find different way to flow for fun— come one, come all!

Enter the Matrix with CHEECH

Let's start from the ground up on how to perform a matrix and break it down piece by piece! We'll emphasize practicing proper form and technique to help you build a strong foundation that you can expand on. This workshop is optimal for students ready to take the next step in horizontal play.

Triple Hoop Manipulation with Kassandra Lavictoire

Triple Hoop Manipulation is designed to guide you through the fundamentals and creative possibilities of working with three hoops. Whether you're just starting with multi-hoop play or looking to expand your current skillset, this class offers a supportive space to explore isolations, grip changes, and foundational pathways. We'll break down integrate concepts introduced in my double hoop class and evolve these ideas from two hoops into three, focusing on hybrid patterns and smooth transitions. By the end, you'll have new tools to build flow and create visually engaging, dynamic triple hoop sequences.

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1:30pm

Club Passing with Don Batata Clown & JT

This workshop is designed to guide jugglers from the basics of club passing to intermediate-level tricks and patterns. Beginners will learn the foundations of passing, while intermediate jugglers can explore tricks like different timings, siteswap patterns, tips for passing 7 and 8 clubs, back-to-back passing, and multi-person patterns.

Balance & Breath: Intro to YogaSlacking with Andrea Sarcos

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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

2:45pm

Beginner Poi with Tee - FREE!

We will be going over the basic fundamentals to get anyone started on their poi journey. In this class basic timing, directions, plane control and beginner moves will be discussed.

Cultivate Your Garden: Community Building & Culture with Arlene Smith

Interested in how to find your people, work toward collective goals, and bolster your local flow community? Arlene Smith is a founding member and executive director of Seattle Flow Arts Collective, one of the only nonprofit organizations dedicated to flow arts in the US. In this workshop, she'll be sharing her most effective tools and lessons from over 9 years of community organizing within the flow arts.

Breakdance with Mark XI

Partner Poi Next Steps with Soy Sauce & Seasoned Salt

This class will introduce you to the absolute basics of partner poi, and foundational concepts of timing/direction (both the elemental language of poi, and VTG). Using simple flowers, teamwork, and a progression of drills, we will unleash a variety of PARTY POI SYMBIOTE MONSTERS! *Advanced folks can expect to leave with new flourishes & fancy variations, a better understanding of how to teach, and answers to whatever questions you may have. <3 You'll also have the extra challenge of being the middle of the weave sandwich. :)

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Grid Tracing for Double Staff with DaviLux

Take your shape-making to the next level! Learn to perform elaborate 9-grid patterns and the systems behind the movements. Prerequisites: isolations and anti-spins

Zan's Diamond with Tyler Neumann

Ready to take your butterflies from basic to brilliant? In this workshop, we'll dive into both same-time and split-time butterfly variations, master smooth transitions between timings, and bring it all together in the iconic Zan's Diamond pattern. But we won't stop there—we'll crack open the diamond to explore hidden gems like CAPs and Triquetras, revealing all the sparkly possibilities inside this powerhouse framework. Come turn your patterns into polished magic!

Foundations of Contact Juggling with Richard Hartnell

The Art of Humans in Flow: AcroYoga with AcroYoda

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Beginner Basics Hula Hoop with Ali HoopMama - FREE!

Learn the basics of Hula Hoop Flow!

Femme Flow & Fuel: Optimizing Performance with Your Cycle with Taylor Gonzalez - FREE!

Nutrition, movement, and energy strategies based on cycle phase.

LongString Leviwand with JT

Level up your flow with this beautiful, low barrier to entry style of Levi wand manipulation using a long string set up. We'll be covering the primary positions, common manipulations, and the art of incorporating illusion into your flow!

Poi Sunflowers with Skyelosophy

We'll explore the concept of flowers —creating circular, floral-inspired patterns with your poi. We'll start with the basic flower shapes and then dive into variations, including size, direction, and layering, so you can create your own unique floral flow. This class is perfect for all levels and emphasizes creativity, control, and the joy of pattern-making.

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Partner Contact Staff with KC & Cory

This course will cover contact staff techniques that require two people. We will warm up with some safe, controlled ways to pass the staff and move on to review passing techniques for different families of moves (Steve, Halo, and Angel). There are moves that are accessible for beginners and variations for more advanced students. There is much to be explored when two people use a single staff.

HOOP- There It Is! with FairyFlowArts

A class to level up your hoop game with this upbeat, combo-driven workshop! We'll explore creative single-hoop sequences and transitions designed for intermediate hoopers ready to expand their flow. From elbow to foot passing, and leg coinflips into wedgies, expect fun, funky combos that build musicality, timing, and style while giving you tools to string moves together with confidence and personality.

Why 423?! Hoop Juggles with Kassandra Lavictoire

This is an intermediate workshop focused on exploring possibilities with 423. This siteswap is more than just a sequence of throws, it is a gateway to creativity, dynamic transitions, and expressive motion. In this class, we'll break down the mechanics and timing of 423, then explore how it creates space for body movement, redirections and flourishes.

Upside Down Inside Out: Handstands & Inversions with The Movement Goddess

Welcome to the world of inversions! This all-levels workshop is perfect for the movement enthusiast who is looking to unlock their first inversion or perfect their handstand technique. Focusing on building a strong foundation from the ground up, expect a disciplined practice featuring strength-building skills, mobility, and alignment drills. Learn to build proprioception and spatial awareness to unlock your balance. Rooted in mindful movement, this moving meditation practice will leave you feeling balanced and motivated from the inside out!

5 PM	Croup Photo & Jam with Subsquad & Dawdust + PARTNER PROP PARTY with Soy Sauce & Seasoned Salt
7 PM	Flow Fest Instructor Showcase

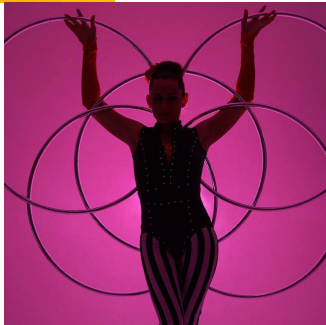
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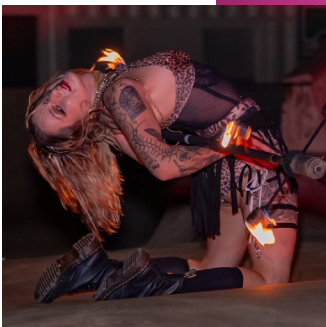
Alicia Hercules, also known as FairyFlowArts, is a South Florida-based flow artist and instructor who has been performing since 2022 and teaching since 2023. She discovered hula hooping in 2017 and has since become known for her immersive performances, fire dance, and engaging hoop classes that range from beginner flow to advanced variations and choreography. With her Guyanese–Puerto Rican heritage, Alicia brings cultural richness, creativity, and a passion for health and wellness into her artistry, allowing her work to shine with both depth and joy. She has taught at FlowFest 2025, ZenFlow Retreat 2024, and 3rd Eye Collective 2023 — all in Florida — and is now expanding her reach to teach nationally and internationally. Forever a student as well as an educator, Alicia loves to travel, learn, and share, inspiring others to discover their own joy, empowerment, and connection through flow arts!

- Instagram - @fairyflowarts



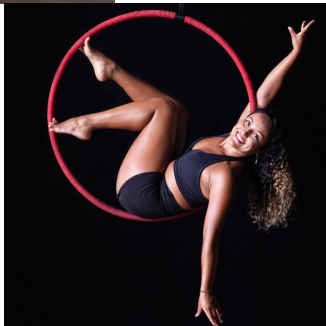
Alison Padiak is a world renowned Hula Hoop Artist for Rainbow Circus Miami with over 15 years of experience in Hula Hoop performance. Ali also specializes in fire performance, stilt walking, and as Miami's only Hula Hooping Mermaid! Alison has a history of applying organizational skills and providing efficient service to help events be successful. She has been teaching flow arts and hula hoop for over 10 years, focusing on circus hoop conditioning, training multi-hoops and hoopdance history.

- Instagram - @thehulahoopcircus



Amanda Contessa, also known as Flare Fox, is a fire and flow artist who channels movement as medicine. Through the dragon staff, she weaves healing, expression, and empowerment — sharing how flow arts have guided her own journey of transformation. Her performances and teachings invite others to discover the freedom, strength, and joy that movement brings.

- Instagram - @flarefox

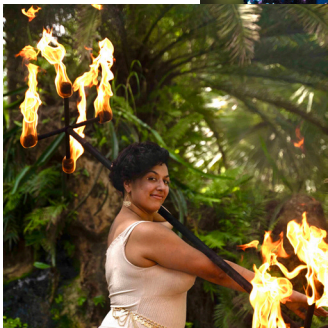


Amy Rodriguez, also known as the Movement Goddess, a multi-disciplinary insured performance artist and mindful movement coach. Born in New York and raised in Miami/South FL, Amy has actively paved her way into the entertainment industry for the past four years and has over seven years of circus and specialty act experience. Her artistic philosophy is rooted in the transcendental power of the mind-body connection—that which can heal, transform lives, and maximize human potential. At her core, Amy is an inquisitive individual with an insatiable desire for knowledge. Her education in general psychology, biology, and positive psychology coaching along with her laboratory background in behavioral neuroscience served as the catalyst to her career today. Amy's mission in life is to serve her community by guiding individuals to find what moves them from within. With the goal of reconnecting to the body, Amy utilizes movement as a conduit for unlocking the path to self-actualization. As an active member in the South Florida movement community, Amy brings these concepts to life. During her free time, you can find Amy present at local workshops, flow festivals, and community jams intertwining both roles as student and teacher while imparting knowledge, skill sharing, and nurturing an organic web of connections.

- Instagram - @themovementgoddess

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Andrea Sarcos began slacklining in 2012 at the University of Florida. She helped form the university's first Slackline Club. Her passion for walking on one-inch pieces of webbing has grown tremendously as well as connecting with the slackline community. She has slacklined all over the world on her travels as a professional photographer and educator with National Geographic Student Expeditions, Putney Student Travel and Photographers Without Borders. In 2018 she completed her teacher training with the YogaSlackers specializing in teaching slacklining and acroyoga, and she has taught at various festivals. Andrea loves teaching acroyoga, slackline basics, intermediate slack poses, yoga slacking, and finding your individual flow on the line.
-Instagram - @ondreyahcakes

Arlene Smith is a Seattle based artist and community organizer who loves sharing her zeal for movement, play, and self expression. She specializes in hoops, poi, juggling, and fire dancing, bringing light and levity every time she teaches or performs. Arlene co-founded and serves as executive director of Seattle Flow Arts Collective, a nonprofit organization that aims to inspire play and promote well-being by sharing and advancing flow arts throughout the Puget Sound region. She believes that everyone has the potential to unlock their unique flow, and is passionate about creating a welcoming space where people can explore, grow, and shine.
- Instagram - @arrlene_s

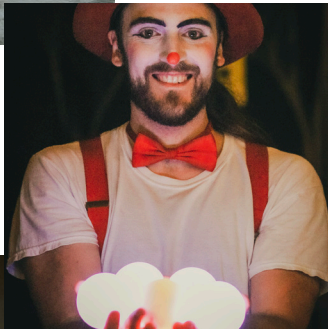
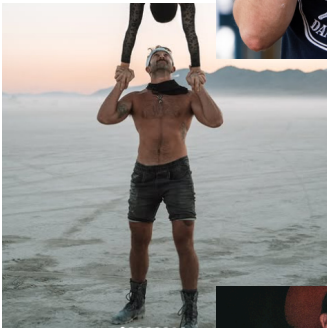
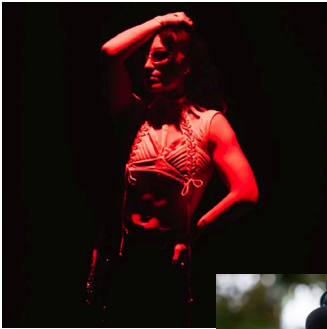
Cheyenne Arana, aka CHEECH, is a dedicated fire & flow performer based in South Florida, specializing in the art of Dragon Staff and other various props. Throughout her eight years of experience she has captivated audiences with her dance, expertise and mesmerizing movements in prop manipulation. Committed to the craft, CHEECH has educated many in flow arts through workshops and private instruction. Her passion for fire & flow arts radiates in every performance, as she revels in sharing her art and spreading joy to others.
- Instagram - @cheech_chi

Cory Oliver has been rolling around the Juggling/Flow scene for over 15 years. Contact Juggler, multiprop enthusiast, and isolation specialist. Hailing from South Florida, he has taught workshops at festivals around the country and brings a methodical systemized approach to skill acquisition and development.
- Instagram - @coryjoliver

Davi Lux found their spark for spinning over 10 years ago. Since the beginning of their flow journey, Davi has passionately pursued technicality. They believe the more skill we earn, the more beautifully we can give life to our creative visions. Davi loves to ignite this passion in others through their work as an instructor and community organizer. Davi actively serves as the Fire Performance Manager at Junkyard Social Club in Boulder, CO and as a Co-Lead for Great Lakes Flow Festival Consent Team.
- Instagram - @jungle_kitty

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Estefania Zapata says- "I started shuffling in 2014. My passion grew and got more serious in 2016 when I had gotten invited to join FYF (Find Your Flow) Crew as a representative member — a south FL based shuffling and flow arts dance collective. Along with being an active student, I became a teacher and performer for the past 5 years. 2020 during the quarantine I decided to expand my reach and teach people the joy of shuffling via zoom. 2022 I got to choreograph a dance with my crewmates that got published on Armada music, Armin Van Buuren's record label. 2022 I entered Techno Collective Battle Mode a shuffling tournament where I scored 3rd place in the semi final bracket. 2024 I danced on stage @ edc Orlando. Currently I am active in bringing the soflo community together at shuffle meetups."
Instagram - @inher_chi

When **Ian Michael** started Dangerfun Entertainment in 2006 it was a small company, providing magic & juggling entertainment for private parties. Now over 10 years later, it has grown into one of the top entertainment companies in South Florida! He says: "over my lifetime I have taught juggling/flow arts at schools, summer camps, libraries, Boys & Girls Clubs, social events, juggling clubs, spin jams, juggling/flow festivals, and pretty much wherever I go. I served on the IJA board of Directors for 3 years and continue to volunteer as an officer and webmaster of juggle.org. The world is a stage so lets play!"
- Instagram - @dangerfun

Jeff Rechtman, creator of @miamiacrofest, intends to move better every day, or die trying.
- Instagram - @jeffmoves

Julian Caldiroli, also known as "Don Batata Clown," is a juggler, clown, and variety circus performer specialized in ground acts combining juggling with unicycle riding, stilt walking, and rolla bolla. Born and raised in Argentina's national capital of street performances, La Costa, he grew up surrounded by self-produced circus shows that brought life to parks and tourist areas in town every summer. At 15, he joined a street circus, starting as an assistant and sound technician before stepping into the spotlight as a performer. Since moving to South Florida in 2012, Julian has been involved at conventions, festivals like Flow Fest, circus schools, and performs in the event industry, sharing a piece of his South American circus with audiences of all kinds. He is now the founder and owner of Eureka Circus, a business based in Hollywood, FL, and he's passionate about creating shows and workshops that inspire joy for people of all ages.
- Instagram - @eurekacircus

Juelz Dawn - With over 14 years as a flow artist, Juelz blends fire performance, hip hop, and martial arts into both their shows and their teaching. As a performer, they bring high energy and creativity to every stage, and as an instructor, they love working with kids and adults alike — creating a welcoming space to build confidence, explore movement, and find your own rhythm.
- Instagram - @skylosophy

Jonathon Taylor, known widely as JT, has been teaching flow arts for over 12 years. Master Firewalk Instructor, Registered Critical Care Nurse and EMT, JT is currently the Director of E-Commerce for Fun In Motion Toys, and the official FlameWrangler of Flow Fests.
- Instagram - @happyshapeshifting

Flow Fest[®] FT LAUDERDALE

JANUARY 18, 2026



KC Allen is a Contact Staff enthusiast, fire dancing and stilt walking entertainer, and archaeologist. She is best known as a pioneer in lower body Contact Staff techniques and for her tireless passion for teaching her craft. Since 2010 she has offered workshops at 38 major fire and flow arts retreats and countless lessons across the United States. She has dedicated the better part of a decade to facilitating the growth of flow arts communities and running fire performance safety for events in the southeastern US.”

- Instagram - @contactstafflady



Kasey Diosa is a South Florida based Flow & Fire Artist— she has background in theatre, choreography & instructing workshops! Kasey started with poi back in 2019 and hasn't stopped learning and picking up new props. She has worked many circus shows & private events doing her LED & Fire shows. Flow is for everyone and she firmly believes in individuality as well as inclusivity. In her workshops you dive deeper into your flow and explore your own connection with each and every prop~ regardless of who you are or what you spin. Come one, come all!

- Instagram - @kaseydiosa



Kassandra Lavictoire is a contemporary juggler who fuses the precision and creativity of European-inspired hoop manipulation with contemporary juggling techniques; resulting in a unique and fluid approach that fills space with intention and illusion. With a focus on movement, rhythm, and the interplay between object and body, Kassandra brings a fresh perspective to the juggling world—one rooted in rediscovery, flow, and artistic evolution.

- Instagram - @kassflows



Leah Gayle also known as Nadia Sol is an open-minded and performance-driven dancer from South Florida with a passion for dance, music and wellness. With experience performing for large audiences, developing original choreographies, and teaching, Leah brings creativity, reliability, and a can-do attitude to every project. Leah has showcased her talents at various events through out Florida such as Remember the Times, Tribal Mania Miami, Amazon Riches Art Basel Showcase, Camelot Days Renaissance Fair, Fort Lauderdale Flow Fest and the list continues. As a dedicated dance teacher, Leah has taught styles ranging from Afro-Caribbean tapping into her Jamaican roots to Belly Dance.

- Instagram - @sacred.serpentine



Lexington Lemmon is a fitness coach and medical student, and the founder of the DiscoFit Collective.

- Instagram - @liftwlexington

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Mark Hershkowitz, also known as XI Eleven, brings a dynamic flow that pulls from footwork, dance, and calisthenics. His props of choice but not limited — Poi, Contact Staff, and Double Contact Staffs — become extensions of that movement, shaping raw and rhythmic expression. With a background in breakdance and fitness, his style carries edge, versatility, and constant evolution.

- Instagram - [@_xi.eleven_](#)



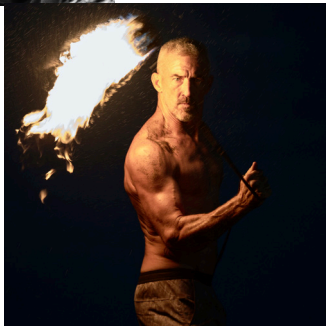
Patricia Hessen, aka Shakti Circles, has been performing flow arts for five years, blending dance skill with multi-hoop, fans, dragon staff, poi and fire torches. She has attended Flow Fest Ft Lauderdale in past years to train with artists she admires and is delighted to have an opportunity to support the community as an instructor this year and inspire others with her passion for movement and flow!

- Instagram - [@shakticircles](#)



Richard Hartnell- A pivotal juggler, event producer, and juggling instructor from the west coast of the US, Richard Hartnell is best known as one of the world's eminent practitioners of contact juggling. Richard's technical yet devotional approach to object manipulation has earned him places as a coveted instructor and performer across the United States and another twelve countries beyond. He is a co-founder of the Bellingham Circus Guild in Washington State and a resident artist emeritus at some of the California Bay Area's premier studios of prop-based circus arts. As an event organizer, he has started, sustained, or staffed dozens of festivals over the years; is presently the director of the Cascade Juggling Festival; and organizes workshops at Kindle Northwest, North America's premier fire festival.

- Instagram - [@contactballer](#)



Rob Newmans, also known as AcroYoda, is a master of finding balance and joy in the pursuit of fitness and fun. With over a decade of experience, he is a dedicated instructor in the world of acro yoga, slackline, dragonstaff, and rope dart. As a certified YogaSlacker and an AcroYoga teacher based in Miami Beach, he has become a central figure in the community, sharing his passion and encouraging others to follow their own path, finding happiness along the way.

- Instagram - [@acroyoda](#)



Ryan Ducham & Krysten Hagedorn are Soy Sauce & Seasoned Salt- the sock sack spinning sweethearts! These two want to #popularizepartnerpoi and make it as accessible as passing clubs at a juggle jam. They also book artists and operate Cirque Ducham - A full-service circus arts entertainment company based in Wisconsin, specializing in Fire & LED shows. Both have 8+ years of experience in flow arts and dance instruction.

- Instagram - [@soysauceandseasonedsalt](#)

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Taylor Gonzalez - "I've been teaching movement and embodiment practices for over a decade, and I love weaving that into the world of flow arts. My background includes yoga, somatics, mobility, running, weight lifting, and dance-inspired movement, which all flow together when I teach. I focus on creating a safe, playful container where people can drop into their bodies, explore technique, and find their own rhythm."

- Instagram - @taylorann_g



Tee Conway, avid poi spinner and instructor, honors the indigenous roots of poi with the Maori people of Aotearoa (New Zealand). Tee has provided poi instruction at Fire Drums and enjoys the opportunity to explore advanced 3 poi techniques, including poi juggling.



Twin Flame Flow Arts is a dynamic partner poi duo from Jupiter, Florida, featuring Crystal Smith and Robin Jackson. Crystal has been spinning a variety of props for over 14 years and first introduced Robin to poi 4 years ago, sparking both his flow journey and their love story. Together, they bring passion, synchronicity, and heart-centered connection to the stage, blending technical skill with mesmerizing artistry. Their performances captivate audiences through the synergistic blend of their respective flow styles demonstrating the beauty of partnership in flow. Beyond performance, they nurture community through hosting flow and wellness events that uplift and unite local flow artists. Their mission is to inspire others to experience the joy, connection, and transformation that flow arts can bring.

- Instagram - @twinflameflowarts



Tyler Neumann- Known in the flow community under the handle timeddilation, Tyler Neumann has been hooping since 2011. Inspired by the phenomenon of time dilation, their name reflects the way flow slows the world down, allowing for breathtaking control, ultra-clean technique, and mesmerizing slow-mo movement that feels almost surreal. A master of more than just hoops, they're highly technical with poi and S-staff. Their signature style combines crisp, precise geometry with slow, buttery flow, where every movement is intentional, and every pause speaks volumes.

- Instagram - @timeddilation

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