

Info@FlowFests.com

2026 Sponsorship

Flow Fest[®]

FT LAUDERDALE
JANUARY 18, 2026

DALLAS
APRIL 12, 2026

DENVER
MAY 10, 2026

INDIANAPOLIS
MAY 31, 2026

SEATTLE
JUNE 13, 2026

CHICAGO
AUGUST 29, 2026

PHILADELPHIA
OCTOBER 4, 2026



Join the Circus without running away!

Flow Fest®

CONTENTS

ABOUT FLOW FEST	3
FLOW FESTS 2026	6
AUDIENCE & REACH	7
PRESS & PRAISE.....	9
SPONSORSHIP BENEFITS.....	10



Flow Fest[®] FAQs

Where are Flow Fests?

Flow Fests are single day events happen in urban parks across the US: Ft Lauderdale, Dallas, Denver, Seattle, Chicago & Philadelphia.

What workshops are found at Flow Fests?

Flow Arts, Juggling, Bellydance, Shuffle, Yoga, Acroyoga, and more!

How much does it cost?

FESTIVAL ENTRANCE IS FREE and we offer free beginner workshops in some disciplines. **All Access Workshop Passes** allow experienced artists into advanced workshops: \$45-65 in advance of the event, \$60-85 on-site.



About Flow Fest[®]

Flow Fest lets you join the circus, without running away!

We Envision a World of PLAY!

Our Mission: to promote PLAYFUL LEARNING for all ages through Flow Arts.



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Flow Fests are free access public flow arts festivals taking place in urban parks within major cities across the United States. Each year, hundreds of people attend Flow Fests events to learn and connect- to share in the exchange of skills and talents and expand the local flow arts community. We consider our events as a 'gateway' to the larger flow community and a warm introduction to flow arts gatherings for aspiring professionals, mavens and novice artists alike.

Flow Fests began in 2011 in Lake Worth, FL with Florida Flow Fest and have grown over the years to spread the fun of Flow Arts to the following cities: Asheville, NC (2015-2016); Austin, TX (2015-2019); Chicago (2017-2025); Dallas, TX (2025); Denver (2025) Ft Lauderdale, FL (2018-2025); San Diego, CA (2019); Seattle, WA (2016-2025); St Petersburg, FL (2023).

Flow Fests are educational festivals- we offer workshops with professional artists, teachers & guides throughout the day. We build the programming for each Flow Fest around the goals and luminaries of each local creative community, tailoring our instructor lineup and workshop offerings to give the people what they want, to the best of our ability.

While each Flow Fest is slightly different, the core components of the event are consistent: Flow Fests are free entry events occurring in publicly accessible spaces offering free introductory workshops in flow arts, dance and yoga. Intermediate and advanced workshops in flow arts, dance and yoga are also available with a paid workshop pass (ranging in price from \$40-80) for participants who are eager to level up in their own flow arts practice. Additionally, Flow Fest presents at least one free public showcase performance per event.

2025 Flow Fests

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Whimsy



Flow Fests 2026

+ expected attendance

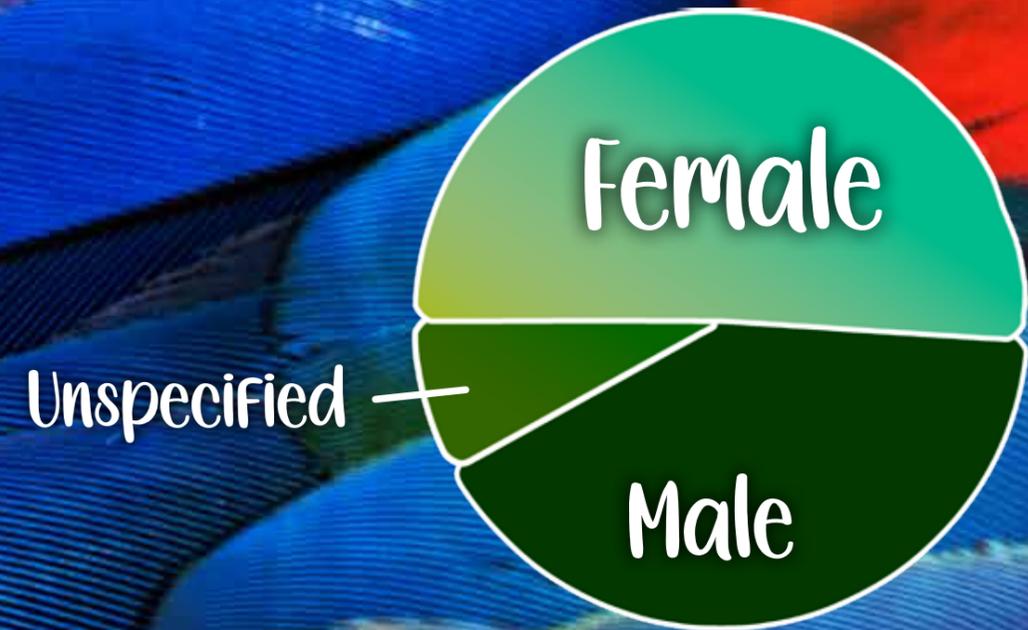
2026 Sponsorship



SYMBIOTIC

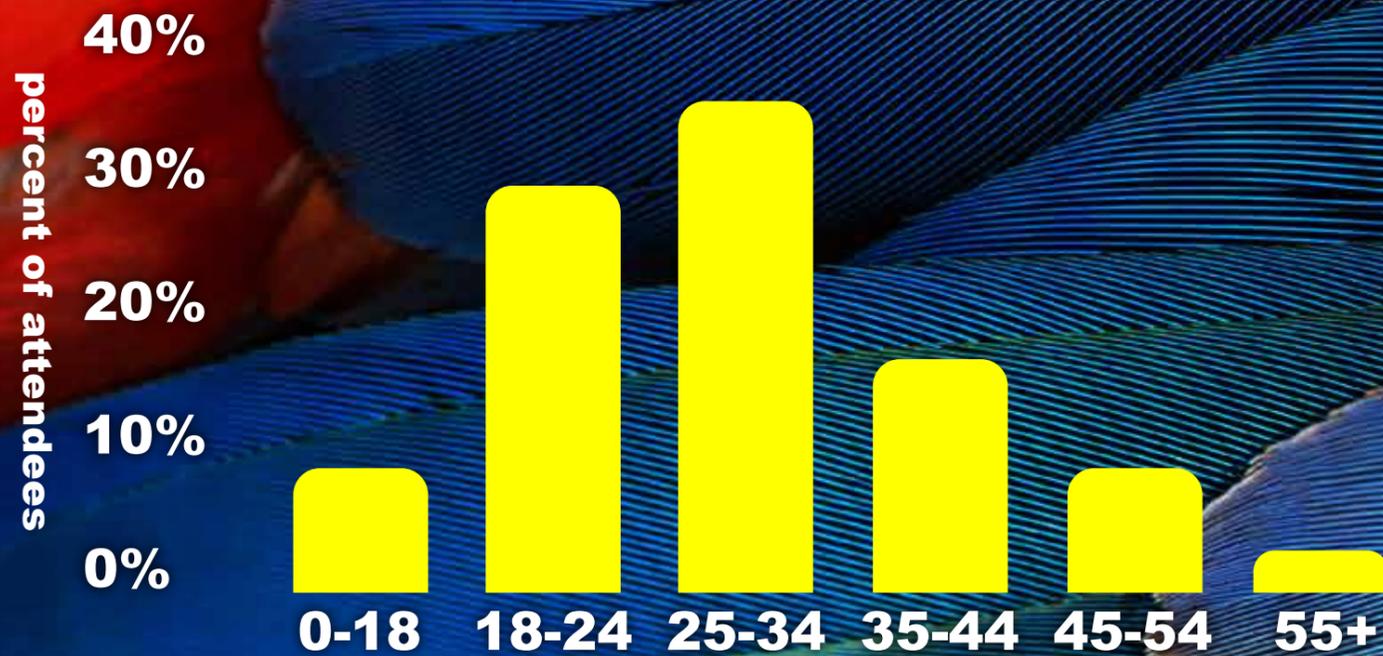
Flow Fest[®] Audience

Audience Gender



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Audience Age



Flow Fest[®] Reach

**Flow Fests Newsletter:
6.5k subscribers**

2026 Sponsorship



**11k+ Site Visits
in 2025**

@flowfests



13k



1k



8k



200

Flow Fest[®] Press & Praise



/STARRY

...rigan, of West Palm Beach-based Elemental Expressions, is among the instructors this weekend at the Flow Arts Festival

Florida Flow Fest teaches the art of prop manipulation.

...er dreamed of being in the circus — grace, coordination or verve — ...nce. Kind of ...nnual Flow Arts Festival opens in ...y, giving everyday people a ...what is known in the circus ...manipulation," or "prop spins ...les juggling and "anything that ...tion of a prop," event organizer ...um says. "Overall, it's a festival ...at." ...tai chi are also offered at the ...ts name from the idea of ...ow." ...will be taught from Friday ...yant Park, 10 S. Golfview ...s \$50 per day in advance ...th discounts for three-day ...entry-level workshops in ...

"But any one individual workshop would cost at least \$60," Tanenbaum says. Among the featured circus arts are "rope dart" and "puppy hammer," both of which are versions of poi, an ancient form of prop manipulation from the Maori traditions of New Zealand. The activities consist of swinging weighted balls on the end of a string or cord in rhythmic patterns. "Any time you see a photo of fire-dancing or fire-spinning, it's probably a poi artist," Tanenbaum says. She says this festival is "unparalleled in the community" because it is open to people who aren't familiar with such activities. "Very few are open to the public," she adds. "They tend to be private affairs on private land available to those who are already doing it. So here you can get into the flow — without being in the know." Friday is especially valuable to beginners, with entry-level workshops in ...

...kids to explore on their own i while adults take classes. Tanenbaum teaches hoop West Palm Beach through he Fly, but she'll defer this week mavens such as Kit Spins fro Luna Breeze from Kansas Ci dance instructor who works once. "She has combined Nativ with modern American hoc baum says. "So she has incr designs with large hoops th can spinning traditions, ma For those who just want structors' showcase perform fire-spinning, is set for 7:30 Spam Allstars, a nine-piece band from Miami, will per Go to Floridaflowfest.co



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ART ARTS & CRAFTS BANDS BITS FESTIVAL

FLORIDA FLOW FEST

Published on December 29th, 2022



Fire and juggling and lights, oh my! Imagine "The Wizard of Oz" inspired by Cirque du Soleil and the result could be Florida Flow Fest 2023: Illuminated, a daylong demonstration and celebration of movement arts happening Sunday, January 15 at Esplanade Park in Fort Lauderdale.

Presented by Monkey Dust Productions, a Florida based design and production company that produce these events across the US, Flow Fests are a nonprofit project, fiscally sponsored by Fractured Atlas, a New York based national nonprofit.

BROWARD PALM BEACH
New Times[®]
Best Of Award

Arts & Entertainment

Food & Drink
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Arts & Entertainment
Food & Drink
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Sports & Recreation

carnival. Grounded in a philosophy that seeks the state of "flow" — defined as "an exhilarating transcendent way of being in which effortless control and peak skill seem to erase a sense of time" — this year's Flow Fest drew the greatest number yet of acrobatic adepts offering the widest variety of performances: hoops, juggling, fire dance, belly dance, yoga, break dancing, capoeira. It stretched over three days of workshops, and play lasted well into the evening, the better to take in the blazing, twisting, turning array. Darkening skies along the Intracoastal Waterway became an Arabian Nights fantasy, full of fit and youthful forms, in clothes variously medieval, thrift-shop, or psychedelic homespun, capering across the lawn with grace and precision, a temporary village of the body electric. Listen hard enough and you can still hear the temple bells.

Best Festival Fort Lauderdale and Palm Beach 2014 - Flow Fest

ART ARTS & CRAFTS BANDS BITS FESTIVAL

FUTURE JOY + FLOW FEST

Published on December 7th, 2024



Future Joy

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Flow Fest[®] Sponsorship Packages

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**Flow Fest
Sprout
\$150**

**2 FREE
Workshop
Passes**

**Performance
Announcement**

**Flow Fest
Promoter
\$250**

**4 FREE
Workshop
Passes**

25% Off Vending

**Performance
Announcement**

**Flow Fest
Spark
\$500**

**6 FREE
Workshop
Passes**

Free Vending

**Logo Link: Website,
Poster, Banner**

**Performance
Announcement**

**Flow
Guru
\$1000**

**10 FREE
Workshop
Passes**

**Samples + Free
Vending**

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Poster, Banner**

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Announcement**

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