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Flow Fest[®]

SEATTLE
JUNE 13



	FLOW TALK	POI	STAFF	HOOP	JUGGLE	OTHER	YOGA/DANCE
10 AM	FREE! Warming Up Your Flow with Pauly Flows						
	ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5	ZONE 6	ZONE 7
11 AM	FREE! Intro to Dragon Dreaming with Esjay	Multi Hoop Mandalas with Natale Luma	Introduction to Isolations with Lilac Anima	ADHD Fidget Tricks with Juggle Jawns	Contact Staff 101 with Charle	Creating Combos, The Minigame! with Ajax Evolle	Beginner/Intermediate Lyra with The Motivation Fairy
12:15 PM	FREE! Intro to Hoop Flow with Pauly Flows	Play Kendama! with Sara Noelle	Happy Wrists & Shoulders with Bendy Hans	Active 2s to Spice Up 3Ball Juggles with Gideon Elson	Double Staff Fundamentals with Scott	Buuginner Buugeng with MagicKat	Weaves & Fountains for Fans with Gina Renata
1:30 PM	FREE! How to Juggle 3 Balls with Solenne Alexa	Think Outside The Circle with Bella LaRue	Swing State CAP vs Pendulum with John the Juggle Hussy	Let's Get Animated with Juggle Jawns	Training Your Dragon(Staff) with Drew Hearthfire	Serving Face for Flow Artists with Natale Luma	Martial Rope Dart
2:30-3:45 PM	Croup Photo + Flow Jam + Lunch Break + Drink H2O + Make New Friends + Volleyclub (probably)						
3:45 PM	FREE! What's That Floating Stick? with Lady Aetheria	Hoop ASL with Hula Bella	Poi Mode: Staff to Wraps & Other Fun with Roxanarchy	2 Ball Juggling Patterns with Gideon Elson	Fishtails 101 with Charle	Beginner-Mediate Splits with Bendy Hans	Beginner West Coast Swing Dance with The Motivation Fairy
5 PM	FREE! Prop Symbiosis Playtime with Ajax Evolle	Haunted Hoop Illusions with Pauly Flows	5 Beats: But Why? with Bam Bam	Club Tricks & Sequencing with Sara Noelle	Pick Up Sticks 101 & 201 Grid Work Double Staff with Bella LaRue	The Business of Performance with Richard Hartnell	Jedi Flow Lightsabers
6:15 PM	FREE! Flow Star with Sophie	ASL Level 2: Deep Dive In the Quiet Side with Hula Bella	Burger Tech: 2 Poi 1 Hand with John the Juggle Hussy	3 Ball Tricks & Trick Share with Solenne Alexa	Lock Picking for When You Really Need It with Roxanarchy	Step onto the Stage: Performance Building with Lady Aetheria	Fans - Wow 'Em On Wall Plane with Gina Renata
7:45 PM	Flow Fest Instructor Showcase						



Support from:

