

FREE ENTRY!

ALL DAY WORKSHOPS: \$45 ADVANCE • \$60 @ EVENT



Midwest Flow Fest

September 16 • Ping Tom Memorial Park
circus • dance • yoga • fun • family • flow

	POI	YOGA	STAFF	OTHER	DANCE	JUGGLING	HOOP
	Zone 1		Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
10 AM	Poi Tosses for Beginners with Coach	Dragon Bonding- Intro to Dragon Staff with Sage	Only Fanz Floe with Regal Resonance	Pass Juggling Clubs with Kimberly Bucki & Jared the Juggler	Contact Levi-Wand: Finding Your Flow with Spaces	Hoop Infused Yoga with Deer Woman	
11:30 AM	Hybrid Reels: Snaking & Body Tracing with Nick Pryde	Intro to Double Staff Manipulation with Austen Cloud	Hoop Breaking Fundamentals with Alex Goodlad	Collision Course with Rain Pierce	Bugeng Fundamentals with Kimberly Bucki	BellyDance in Street Styles with Downtempbowl	
1 PM	Poi Juggling Advanced with Coach	Contact Staff Pivot Points with JJ Camacho	Wus Your Flow Shawty? Hoop Dance Exploration with Regal Resonance	Intermediate 3 Ball Juggling with Jared the Juggler	Tech & Flow Fans: Finding Balance with Sage	Let Your Silly Out with Sunrise Spins	
2:30 PM	Breaks vs. Bends, a 3D Primer with Nick Pryde	The Kinetic Alphabet: Unlocking Choreography with Austen Cloud	They "C" Me Rollin' C Rolls with Deer Woman	Club Manipulation with Coach	Bugeng Finger Spins & Folds with Kimberly Bucki	Animated Fusion Bellydance with Downtempbowl	
4 PM	FREE! Talkabout Walkabout with Rain Pierce	FREE! Intro to Contact Staff with JJ Camacho	FREE! On-Body Hooping: Just Keep Spinning! with Spaces	FREE! Learn to Juggle with Jared the Juggler	FREE! Beginner LeviWand with Sunrise Spins	FREE! Fusion & Flow, Intro to Bellydance with Christiana	

5:30

FREE! Instructor Showcase Performance

