

Wednesday April 2



Area 1

Area 2

Area 3

Area 4

7.00

8.00

Breakfast

9.00

Area 1



Welcome ceremony Nepali traditional way
Team Site - FOR ALL

10.00

10.15

11.15

11.30

12.30

Lunch

15.00

Area 1

Contact improvisation workshop
Zeb - WORKSHOP FOR ALL

16.00

16.15

Spin fans
Russian grip
Joan

Hoop tech
series
Floris

Bollywood
Dance
Nanda

Nunchaku all
levels
Gouri

17.15

17.30

Make your own
balls/clubs/poi
Sagar

Single
nunchaku
beginner
Gabriel

Afternoon yoga
Carmen

Rope dart
chronicles 101
Kit Sune

18.30

Area 1

Welcome words: Nepali traditional way
Team site - FOR ALL - followed by Flow jam evening

Thursday April 3



Area 1

Area 2

Area 3

Area 4

7.00	Morning yoga			
8.00	Carmen			
Breakfast				
9.00	Rope dart chronicles 102	Learn to Learn	Open Flow Space  Team Hospitality	Hoop: Free up your style!
10.00	Kit Sune	Bartosz		Odile
10.15	Move Play Flow	How to add grace to your flow		Make your own balls/clubs/poi
11.15	Carmen	Gouri		Sagar
11.30	Contact hooping	Short string levi wand		Make your own staff
12.30	Zeb	Joan	Sagar	

Lunch

15.00	Area 1	Holistic connection workshop		
16.00		Timea - WORKSHOP FOR ALL		
16.15	Staff	Fundamentals of poi 1	Farm keeping workshop	Nepali Dance
17.15	Bartosz	Mat	Suren/Purnata	Nanda
17.30	Hoop tech series	Advance real fan juggling	Afternoon yoga	Double staff beginner
18.30	Floris	Itay	Local teacher	Gabriel

Fire & Flow jam evening



Friday April 4



Area 1

Area 2

Area 3

Area 4

7.00

Morning yoga

8.00

Teacher to be set

Breakfast

9.00

Double
nunchaku

10.00

beginner
Gabriel

10.15

Bollywood
Dance

11.15

Nanda

11.30

Nunchaku all
levels

12.30

Gouri

**Open
Flow
Space**



Juggling basics

Sagar

Exploring
experience

Bartosz

Hoop
exploration 1

Carmen

Contact staff
learnings 1

Floris

Rope dart
chronicles 103

Kit Sune

Intentional
touch

(massage)

Timea

Lunch

15.00

Nepali

16.00

Cultural

16.15

Dance

17.15

Jassu

17.30

Afternoon yoga
Carmen

18.30

Nepali cooking
momos - 1

Team Site

Open

Flow

Space

Show for neighbours

Saturday April 5



Area 1

Area 2

Area 3

Area 4

7.00

Morning yoga

8.00

Teacher to be set

Breakfast

9.00

Nunchaku all levels

Meditation
wake up
Odile

Juggling
advanced
Sagar

10.00

Gouri

Open

10.15

Double
nunchaku

Double staff

Flow

11.15

advanced
Gabriel

Bartosz

Space

11.30

Bollywood
Dance

Longstring
levi wand



Contact staff
learnings 2

12.30

Nanda

Joan

Floris

Lunch

15.00

Acroyoga
fundamentals

Puppy hammer
fundamentals

Finding your
inner clown

16.00

Timea

Kit Sune

Jazz

16.15

Fundamentals
of poi 2

Open

17.15

Mat

Flow

Intro contact
improvisation

Soft acrobatics
Carmen

17.30

Afternoon yoga
Local teacher

Advanced real
fan juggling

Nepali cooking
Intro - 1

18.30

Team Site

Space

Itay

Flow jam evening

Extra night program: dance the night away at Club Catwalk

Sunday April 6



Area 1

Area 2

Area 3

Area 4

7.00

Morning yoga

8.00

Teacher to be set

Breakfast

9.00

Kitty wrench /
double levi



Connecting
with circles

Poi beginner
Sagar

10.00

wand

Jazz

Joan

10.15

Nunchaku
advanced

Farm keeping
workshop

Contact Poi 101

11.15

series

Suren/Purnata

Itay

Gabriel

11.30

Hoop beautiful
not difficult

Space

Hoop tech
series

Puppy hammer
fundamentals 2

12.30

Odile

Floris

Kit Sune

Lunch

15.00

Handstand
conditioning

The art of Flow
Timea

Indian classical
Dance

16.00

Carmen

Gouri

16.15

Flow within
poi 1

Contact
hooping

Open

Nepali Dance

17.15

Mat

Zeb

Flow

Nanda

17.30

Triple staff

Afternoon yoga

Nepali cooking

18.30

Bartosz

Local teacher

Momos - 2

Team Site

Gala Show + fire & flow jam

Monday April 7



Area 1

Area 2

Area 3

Area 4

7.00

Morning yoga

8.00

Teacher to be set

Breakfast

9.00

3 poi juggling
Itay

Nunchaku all
levels
Gouri

**Open
Flow
Space**

Puppy hammer
fundamentals 3
Kit Sune

10.00

10.15

Nunchaku
advanced
series

Groundwork

Ayurvedic
walking
(massage)

11.15

Gabriel

Bartosz

Timea

11.30

Poi beginner 2

Capoeira

Hoop tech
series

12.30

Sagar

Odile

Floris

Lunch

15.00

The digital
footprint

Open

Hoop
exploration 2
Carmen

Bollywood
Dance
Nanda

16.00

Joan

Flow

16.15

Area 1

Group photo

17.15

Local photographer

17.30

Afternoon yoga
Timea

Space

Nepali cooking
Intro - 1
Team Site

Flow within
Poi 2
Mat

18.30

Show at Lakeside

Tuesday April 8



Area 1

Area 2

Area 3

Area 4

7.00

Morning yoga

Meditation

reconnect

8.00

Carmen

Odile

Breakfast

9.00

Nunchaku all levels

Open

Hoop tech series

Juggling passing

10.00

Gouri

Floris

Sagar

Flow

10.15

Russian grip spin fans

Space

Nunchaku beyond

Critical listening

11.15

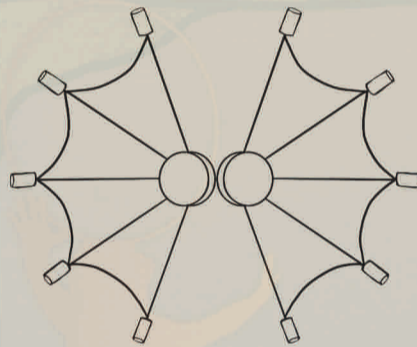
Joan

Gabriel

Bartosz

11.30

Meditation reconnect



Nepali Dance Nanda

Puppy hammer fundamentals 4

12.30

Odile

Kit Sune

Lunch

15.00

Area 1

16.00



Closing ceremony & mala

Team site - FOR ALL

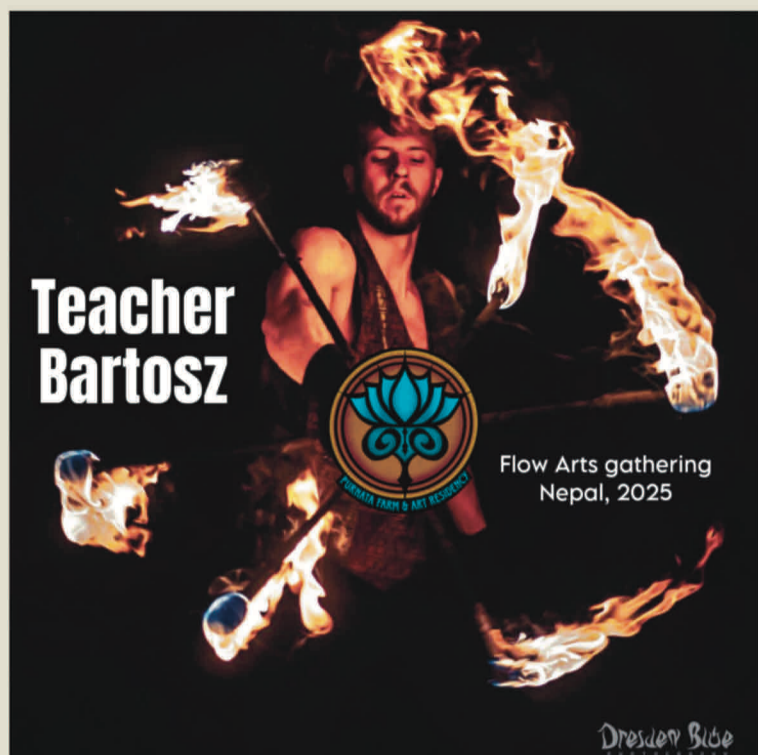
16.15

17.15

17.30

18.30

1 hour Ecstatic dance + sunset party after



Born in Poland but living in the Netherlands.

Bartosz his journey with Flow Arts started around 2002 and has been part of his life for most of the time as a main artistic skill.

Over the years he diversified in different props and also different artforms. Last year was dedicated to more DJing but even with some breaks from Flow Arts, the spark never faded.

In deep relationship with staffs of any form, he will share a lot of knowledge about them as well as general tips for any other prop.

Classes

Learn to learn - memory techniques, and useful stuff to learn faster

Exploring experience - good ways to explore your style with props

Critical listening - workshop for focusing on music listening. Finding different attachment points in same song

Staff - spinning technical, throws, contact, isolations and balance (basic to advance)

Double staff - same as above

Triple staff basics

Ground work with staff basics



Carmen has been hooping since 2018 and in the meantime she also started flowing with other props. While on this journey, she discovered her passion for play and learning, and started feeling deeply inspired by movement culture. She made a deep dive into the movement practice and worked with different materials that can help one to become a better mover – something Carmen is always interested in.

Now she's excited to connect the worlds of movement and flow arts. Carmen will bring exploration, movement games and partner work to help you expand your flow. And do check her hoop exploration workshop.

Classes

Move Play Flow

How can we, as flow artists, become better movers? In playful ways, we explore what our bodies are capable of, and what we can learn from the unexpected. All props, all levels. Let's expand our Flow with movement games!

Hoop exploration

What is this object I am manipulating? Find new ways of moving the hula hoop, and of moving your body with it. We will get playful to expand our flow. Hula hoop, all levels.

Handstand conditioning

Beginner soft acrobatics

Lead for morning yoga 3 times in the program



Floris started juggling in 2009 and has focused primarily on hooping since 2010. He is a certified instructor for "hooping for beginners" and offers a "hand-hooping" workshop, suitable for all skill levels.

Since 2019, he has shifted more focus toward "contact staff" and "dragon staff."

As a co-founder of the Facebook group "Happy Hooping Holland" and the open community "Flowlands," Floris is actively involved in promoting the so-called flow arts at festivals and "spin jams," where hoopers, poi spinners, and other flow artists come together to practice and inspire one another.

In addition to his passion for flow arts, he works four days a week in IT as a software engineer/web developer.

www.happyhooping.nl

Classes

Hoop Tech Series -

Floris Hoop Tech Series combines his 'head-to-too' workshop and his previous Hoop Tech Series. The Hoop Tech Series started as a 3 hour workshop on the event Heart and Hoopdance and has also been taught as an series of 8 parts. You will learn about hand and body positioning, around the body isolation-variations, ghosting, weird weaves, spins, throws, balancing and more.

Floris two staff workshops, share learnings of his 6 year contact staff adventure, from breakdowns to enable beginners to start with fishtails, to moves like wings that are an entry into double contact staff (not spinning staff) moves.



Gabriel Alexander Ford has devoted his life to mastering martial and flow arts. Over the last fifteen years, he has been a dynamic performer and instructor, showcasing his skills at events worldwide. With a diverse background in martial arts, dance, and theater, Gabriel has mesmerized audiences across the globe, performing alongside renowned artists such as Govinda, Clozee, and Beats Antique. Currently residing in Cincinnati, Ohio, he inspires others through his teaching and performances, contributing to various productions in the area.

Classes

Beginner Single Nunchaku

This class is perfect for individuals with no prior experience, those with some familiarity, or anyone looking to refresh their foundational nunchaku skills.

Students will explore a variety of techniques, including patterns, grips, passes, drills, stances, and combinations, providing a solid base for practice and growth.

Double Nunchaku (Beginner)

Designed for beginners, this class introduces the fundamentals of double nunchaku. You'll start with essential terminology and progress to foundational techniques, including grips, stances, weaves, spins, passes, and transitions. These skills build coordination and timing, laying the groundwork for seamless combination building.

Double Nunchaku Advanced:

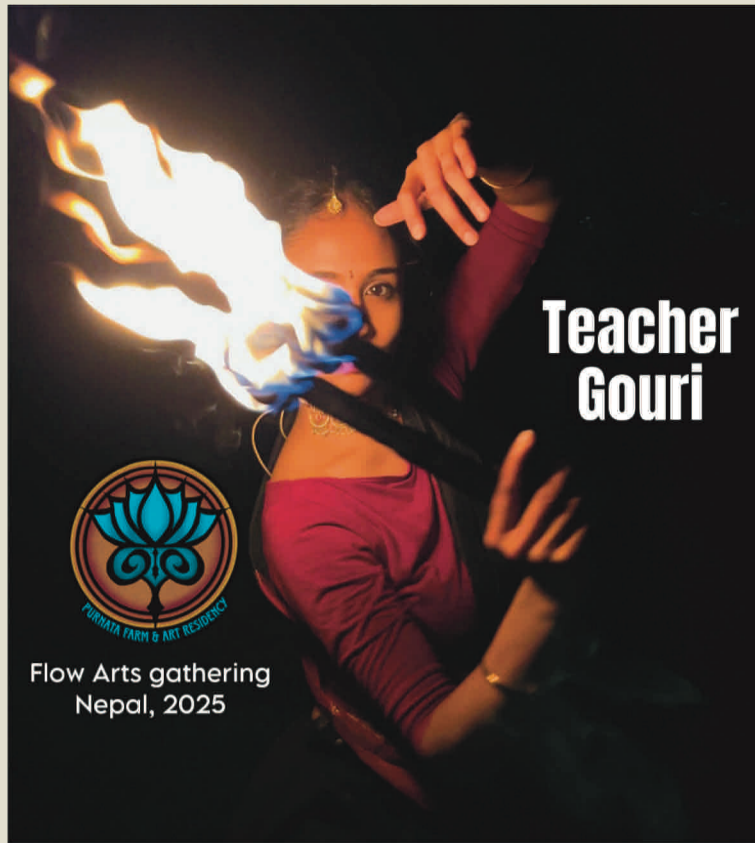
In this advanced class, participants will take all they have learned from the previous two classes and structure complex combinations that link together a series of grip changes, stance movement, body weaves, and toss patterns. We shall then move into 2:1 grip patterns, toss-switch juggle drills, and contact nunchaku.

Double Nunchaku Beyond:

In this advanced series class participants will get a chance to learn many of my special combinations with a focus on fast and slow speed dynamics with advanced body movement. We will be covering higher-level toss patterns, contact hand-roll drills, advanced weaves, final transitions, and 3-chuck combinations.

Beginner Double Staff:

This beginner-friendly class introduces the fundamentals of handling two staffs simultaneously. Learn basic spins, timing, and patterns. Whether you're brand new to flow arts or looking to expand your skills, this class will help you build confidence and coordination while exploring the beauty of double staff movement.



Flow artist, martial artist, dancer, ninja, badass – just a few ways to describe Gouri! Originally from India she now resides in France and as a performer and painter. She offers many different skills – from nunchaku to Indian classical dance, there will be a lot to learn!

Classes

Nunchaku - all levels

Indian classical dance basics - beginner level

How to add grace to your flow



Teacher Jassu

Jassu Gurung is an award-winning movie director, Nepali cultural motivator, dance choreographer, and young entrepreneur in Nepal. She founded Stars Studio Pvt Ltd., offering dance training, dress rentals, documentary and music video production, filmmaking, event organizing, and wellness services. She also established the NGO Stars Foundation, aimed at preserving and promoting authentic Nepali cultural dances and teaching dance to underprivileged children. Jassu has directed over 500 music videos and Gurung films, earning prestigious awards such as Best Director (2019) and the Prawal Janasewa Sri Chaturtha (2020).

Classes

Jassu will teach Nepali cultural dance and movement.

In group choreography, participants/ Dancers can learn to coordinate or standardize in such a way that all the individuals in the group are dancing the same steps/movement at the same time.

Teacher Jazz



Jazz is an artist, performer and director. She has studied Fine Arts and has been teaching circus for over seven years.

More recently she studied circus directing, which has expanded her teaching and interest in facilitating collective hoop performances. With a love for hoop and people, she is interested in how we can collectively create, flow and think outside of the circle!

Moreover, she has been developing her clown for the last five years and wants share her knowledge of this process to help people access the clown in them!

Classes

Connecting with circles

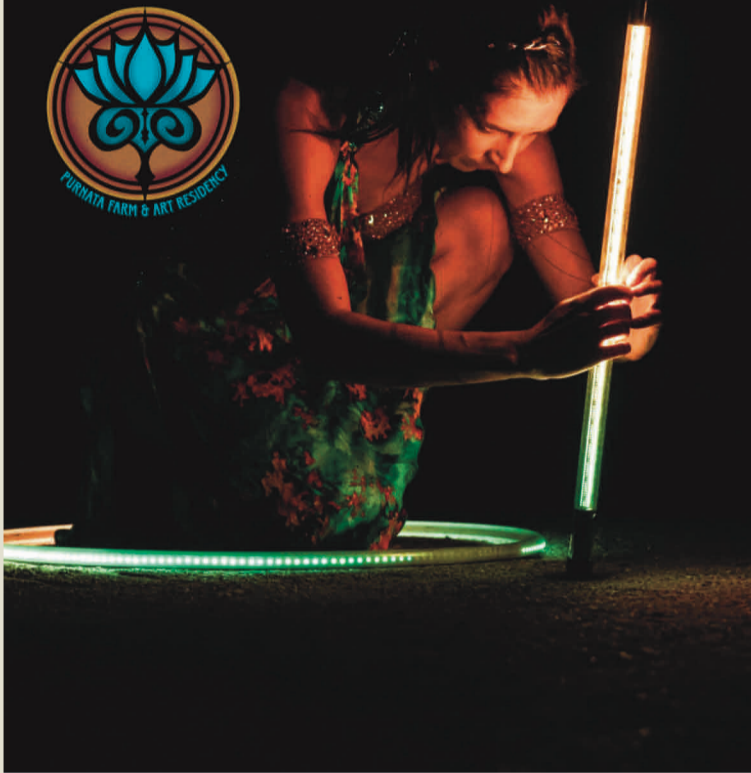
Connecting with circles invites you to enter hoop world and get lost and found in the lines and the curves. Jazz has been researching and directing group hoop performances for the last year and has developed this workshop as an open approach to creating collective patterns, shapes and images with bodies and hula hoops. Bring your hoops!

(Ideally we would need as much hoops as possible but there is no stress when people bring there own)

Finding your inner clown

This workshop aims at those who want to tempt out the clown within them. Together we will explore various characters that you can play with, trying on different styles and see which feels right! This is for anyone who wants to have fun and also for those that are looking to find more authenticity within their clown character for performance and life!

**Teacher & Organizer
Joan
(Luminous Nova)**



Joan, also known as Luminous Nova, started her Flow Arts journey on Twitch where she got inspired from a hula hooper who streamed her practices. Over the years she has learned many different props and now specializes in Hoops, Buugeng, Russian grip spin fans, levi wand & kittywrench. Besides performing with Flow Arts she is a content creator streaming on Twitch, TikTok and has multiple channels and sites in each of her art forms. Flow Arts is mostly represented on instagram, the Twitch & TikTok streams and youtube.

Classes

Short string leviwand

Short string Levi is recommended for beginners to get a feel with how to levitate a leviwand and see how it also has it's own energy and style to use a short string.

Long string leviwand

When you know how to levitate a wand long string becomes interesting. We go over 3 anchor points, hand, neck and shoulder. From here you may choose your style or switch between.

Kitty wrench (double leviwand)

A double leviwand becomes a kitty wrench because the wire is attached between two lewiwands approximately 2.5 meter long. For own style use varies to longer or shorter. If you can bring your own lewiwands I can provide string but otherwise only have a few spots for this class. It is for lewiwanders that can for sure balance a wand on both hands well.

Spin fans (Russian grip)

Depending on the students we can do a beginner and an advanced class for Russian grip fan techniques. Bring fans if you have them, otherwise there will be a few spots for the class.

The digital footprint

Learn about the digital landscape and figure out your road on it. Half lecture, half coaching on how to navigate the digital world and use it to your advantage or goals. It also gives you an insight of your own digital presence and footprint you leave behind there.



Kit Sune (pronouns they/them) is a multidisciplinary Fire and Led artist specialising in Rope Dart and Meteor Hammer with a Cosplay and Anime influenced twist! Originally from the UK, they have performed in more than 15 countries across 3 continents and can currently be found teaching and performing at the Paradise Circus in Pai, Thailand.

Classes

Rope Dart Chronicles: Demure to Deadly

Short form intensive course to take the total beginner through all foundational and some intermediate techniques and to give grounding in theory so the student can continue to create and explore in their own time!

Includes:

101

**Intro to shots, reels and tether control
Intro to wraps and empty knots**

102

**Dark Plane
Horizontal and Floorwork
Leg weaves and Saddle Hops**

103

**Cradles and Slack play
Non Stalls and Pirouettes**

Puppyhammer fundamentals

- 1: introduction to crow style.**
- 2: introduction to meteor mode: 1 and 2 hands**
- 3: introduction to horizontal**
- 4: basic mode changes, captures and escapes**



Mat Campbell or Spinifex when he's performing (a tough native grass from his hometown in the Australian outback) has been spinning poi for 14 years and has loved sharing his teachings with this prop for the better part of a decade which brings him a lot of joy.

In later years he's been drawn to the other flow props of Levi Wand, Silk Dragon and Dragon Staff, as well as performing with these props and poi for many years he also makes fire and flow props for his local flow community.

He's excited to bring and share his series of workshops on poi to help launch or grow your skills with this prop in Fundamentals of Poi (beginner to all levels) and Flow within Poi (intermediate to advanced).

Classes

Poi workshop-

"FUNdamentals and Beginnings of Poi"

A workshop focused on the basic mechanics of poi, directions, timings, plane control, turns, beginner tricks, linking tricks together and flow within poi.

With an aim to provide a good foundation to launch and grow your journey with poi.

Poi workshop- "Transitions and Flow with Poi"

A workshop focused on transitions and flowing with poi, intermediate mechanics of poi, intermediate tricks, the space between tricks and linking tricks together, flowing and dancing with poi and performing with poi to an audience.

With an aim to provide the tools to explore and grow your flow into a continuous dance and expression of yourself.



Nanda is vice president of Flow Open School (Kalikot, Nepal) social Worker and Nepali Dancer. She has been dancing since she was a child and has been teaching for the past three years. She's empowering underprivileged children and at the Flow Open School she brings education, flow arts, sports, healthcare, and sustainability to the community.

In Nepal, dance is more than movement; it's a way to express yourself and embrace the freedom within. 🦸 Also Nanda has a passion for hooping!

Classes

Bollywood Dance (Freestyle Basics)

Step into the vibrant world of Bollywood dance! In this energetic workshop, you will learn the fundamental movements of freestyle Bollywood dancing, focusing on they them, expression, and dynamic body movements. This session will help you build confidence, improve coordination, and enjoy the joy of expressive dance. Whether you are a beginner or just love to dance, this class will bring out your inner performer!

Nepali Folk Dance

Immerse yourself in the rich cultural heritage of Nepal through traditional dance! In this workshop, you will learn authentic steps inspired by movements of local communities, understanding their meaning and significance. You will also explore Nepali folk music, dancing to popular traditional songs while developing rhythm, grace and storytelling through movement. This session is perfect for those who want to connect with Nepali culture and express themselves through dance.



Dance and movement have been in Odile's life since an early age. She started her dance journey mostly with urban dance styles, like hiphop and house. Later on, she fully engaged with capoeira for eight years and she got more into improvisation dance. Four years ago she started her hoop journey, in which she tries to combine her dance and movement experiences to develop a joyful flow from the heart.

Movement and dance became more and more a way of connecting with herself and her surroundings. Meditation also contributes to this and is an important part of her daily life.

Odile looks forward to settling deeper together and helping us reconnect with ourselves through meditation, movement and dance.

Classes

Hoop: Free up your style (all levels but more for intermediate/advanced)

Explore and develop the potential of your flow. Using playful exercises used to work on freestyle dancing. Focussing for example on different levels, directions, rhythms, speeds, music styles, contrasts, while working in duos and solo.

Beautiful not difficult (beginners)

Starting with explorative exercises on how you can dance with your hoop in endless various ways without doing any hoop tricks. Then adding some basic hoop tricks to play with. Making a choreo together out of these free hoop movements and basic hoop tricks.

Also taking into account aspects of performing, like presenting, positioning, formations.

Capoeira (all levels)

Brazilian martial arts. Often confused with dance because it's done on live music and including elements of acrobatics. I would do a small introduction on the music part, probably singing mostly, because music instruments won't be available. The focus of the workshop would largely be on the movement part.

Meditation wake up

Starting the day with meditation and continuing into guided and free body movement to wake up your inner and outer parts.

Meditation reconnect

After a day full of workshops let everything sink in and calm down. Starting with moving slowly and connecting with all the different body parts, giving them what they need.



Founder of Kashi Fire Warriors (Social Flow Arts Team) and Flow Open School Nepal, he is a passionate Flow Artist with over 14 years of experience in Flow Arts and 10+ years of teaching underprivileged children across India and Nepal.

As a multi-prop artist, he specializes in juggling, poi (single and double), staff, unicycle and hula hoops. His expertise lies in blending skill with creativity, particularly in juggling and poi. He loves teaching and sharing the Art of Flow, it brings happiness, builds community and empowers individuals. And he loves hooping too.

Classes

Juggling Basics

Step into the world of juggling with this beginner-friendly session, where you'll learn the fundamental techniques of throwing and catching using 2 to 3 balls.

You'll explore essential tricks, improve hand-eye coordination, and build a strong foundation in juggling. This class is perfect for those who are new to juggling and want to develop confidence, rhythm, and fluidity in their movements.

Beginner Poi Spinning

Discover the art of poi spinning in this engaging workshop! You will learn how to properly hold poi, master plate tricks, and smoothly transition between different movements. With a focus on clarity and precision, you will refine your spins and develop control over your poi flow. By the end of the session, you'll gain the confidence to perform and express yourself creatively through poi movement.

Juggling Ball Making (DIY Juggling Balls)

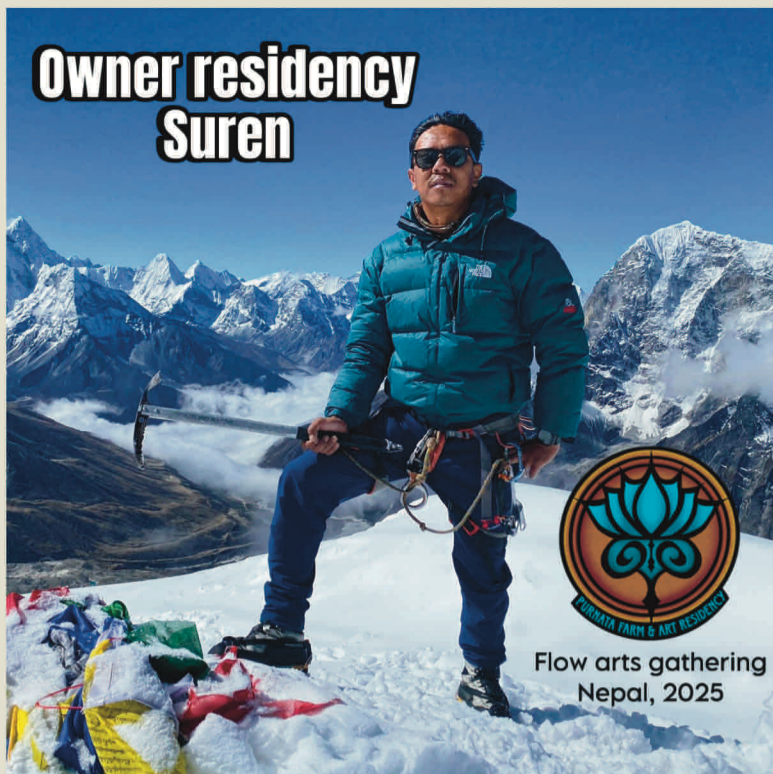
In this hands-on session, you'll learn how to create your own juggling balls using simple materials like rice and balloons. Understanding the right weight, texture, and balance is essential for smooth juggling, and this class will guide you in crafting high-quality, easy-to-handle balls that enhance your practice.

Poi Making (DIY Sock Poi)

This creative workshop focuses on sustainability and resourcefulness by teaching you how to make your own sock poi using recycled fabric and waste materials. Handmade poi not only help in reducing waste but also allow you to personalize your flow props, making them a reflection of your unique style and artistry.

Juggling Passing & Interactive Patterns

**Owner residency
Suren**



Suren Kazi Gurung, managing director of Apisaipal treks and expedition and founder of Purnata Farm and Art Residency.

His entrepreneurial spirit, combined with his love for Nepal's culture and landscapes, continues to drive his efforts to innovate and elevate the tourism sector in his homeland.

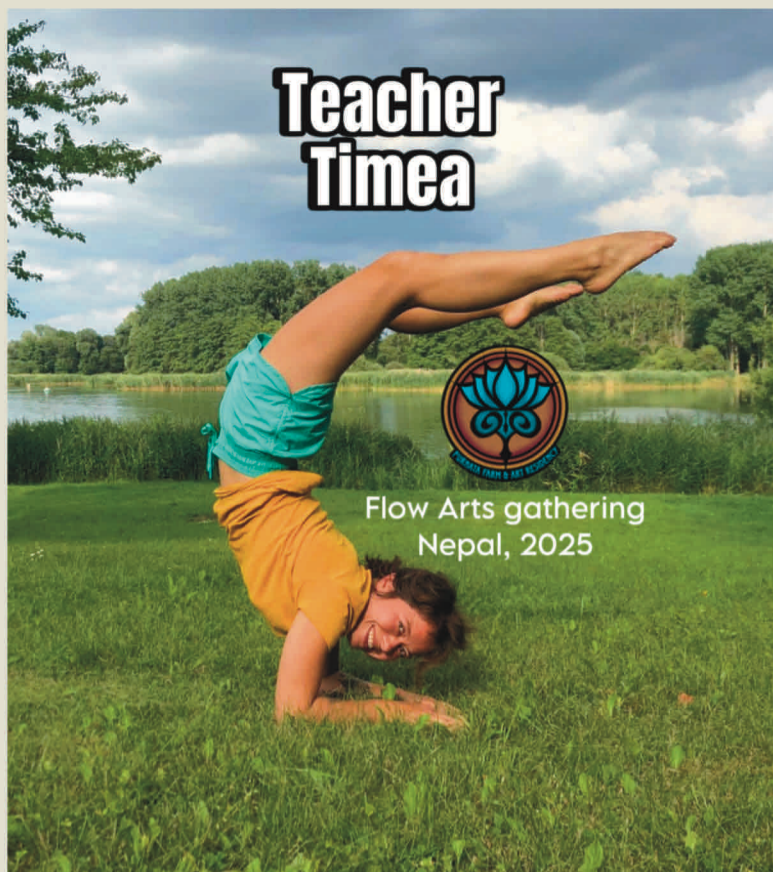
Via his Site Restaurant, Suren also organizes the included "Nepali Cooking Workshop: Momo & More," offering participants a hands-on culinary experience.

Classes

Gardening + Nepali cooking workshops

At Purnata Farm, we practice traditional and organic farming. We are proud to share all aspects of the process, from preparing the soil and planting seasonal vegetables and herbs to harvesting what is ready.





Timea, based in Berlin, has been exploring the path of holistic healing for over 10 years.

On a journey of traveling over 20 countries, becoming a yoga teacher, massage/sound therapist & Ayurvedic consultant while studying a variety of healing modalities like meditation, movement arts, voice- & bodywork, theatre & tantra, she found her unique way of sharing & teaching.

Experience-oriented, she dives into the depth of awareness as an artist of life, while choosing presence as her anchor. She will be teaching Yoga, AcroYoga, Massage & Connection Workshops.

Classes

Intentional Touch - massage workshop:
Support each other in deep relaxation of body & mind, learn to listen to needs & boundaries while holding space for each other to feel & release

Ayurvedic walking massage - full body massage applied with the feet to improve muscular flexibility, strength & blood circulation

Holistic Connection Workshop:
Through movement, play, laughter & different tools from theatre & bodywork we'll connect deeply to presence & with ourselves & others.

The Art Of Flow
Holistic tools create an experience to embody the greater Flow

Acro Yoga: Fundamentals of Acro Yoga: from yin to tantra, a way to arrive in the body & sharpen awareness



Zeb Marvin has been hooping for seven years and in the past year branched out into whips, ropedart and hoop lasso (a prop combining ropedart and hoop elements). Alongside flow arts he has researched many forms of movement through yoga, dance, contact improvisation, and playfighting.

Zeb is looking forward to help you unlock new movements in your body and bring it into your hoop flow with his contact improvisation and contact hooping workshop.

Classes

Contact hooping

Learn alternative grips and postures to improve planes for smoother body rolls, steadier balances, and open up a new dimension of flow with the hoop.

Introduction to Contact Improvisation

A beginners class for the dance form of contact improvisation. In this class we will look to find a flow state in movement not with props or objects, but with each other through weight sharing.

On some days, Zeb's kitchen skills will bring non-Nepali variety to our meals.