

Other: **Mixed** **Beginner** **Intermediate** **Advanced** 10 minute break between each class

Event **Kids Camp**

Rogue One is a space for student-led classes: check the main board for updates, postings or to write in a class once you arrive at CampFire

It is required of ALL attendees who wish to spin at the fire circle to attend one of the Fire Circle Certification Classes and receive a wristband

Class locations may be subject to change, please arrive at your workshops on time so that you can relocate with your instructor!

CampFire 2018: Thursday, July 26th													
C	A	M	P	F (Fire Circle)	I	R	E	Rogue One	Main Stage	Aerial Location 1	Aerial Location 2	Playtopia (Kids Camp)	
5:30-5:50 PM				Fire Circle Certification Class (Lewis Kelly) [1]									
6:00-6:50 PM	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	
7:00-7:30 PM				Opening Ceremony									
8:00-10:00 PM				Fire Walk (Kevin Astelt)									
10:10-12:00				Fire Circle and Music									

CampFire 2018: Friday, July 27th													
C	A	M	P	F (Fire Circle)	I	R	E	Rogue One	Main Stage	Aerial Location 1	Aerial Location 2	Playtopia (Kids Camp)	
8:00-9:00 AM	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	Rogue Morning Yoga at Main Stage	
9:00-10:00 AM	From Beginner to Bungeeclimber - Mattew (Bueging) Level: Beginner [2]	Intro to Puppy Hammer - Shawn Knudson Level: Beginner [3]	Intro to Tech Fans - Kris Villanueva Level: Beginner [4]	Contract Staff 101 - Matt Ruffer Level: Beginner [5]	Oragami SOSC - Bandy Rand (Double C-Staff) Level: Beginner [6]	INTRO TO SINGLE NUNCHAKU - GDBob Lamm Level: Beginner [7]	Intro to Thai Massage - Ananda Fire Walker Level: Beginner [8]	Balloon Animal - Funtime Hour - Orion Cloud (Balloon Sculpting) Level: Beginner [9]		Intro to Aerial Rope - Emma Cal (Aerial Rope) Level: Beginner [10]	No Height No Problem - Jules & Hall (Tissu) Level: Intermediate [11]	Collectively Creative! - All students share one canvas to create a piece to showcase for the Kids Gala	
10:10-11:10 AM	Starting a Sequence with Steeze - Drew Overbay (Po) Level: Intermediate [12]	Intro to Passing - Logan Goeths (All Juggling Props) Welcome! Level: Beginner [13]	Partner Flow "I Chi You" - Steve Goodwin (Dragon Staff) Level: Intermediate [14]	Whip Cracking - Agri Jennifer Choi Level: Beginner [15]	Intro to Fire Breathing (12) - Hazards, Equipment, Preparation, and Clean Up - Clantaro Level: Beginner [16]	S-Relation Fans - Madison Daniel Level: Beginner [17]	Hit the Floor (Softly) - Evan Davis (Hoop) Level: Beginner [18]	Intro To Grid Tracing - Calvin Brown (Double Staff) Level: Beginner [19]		Spin Me Right Round (Spinning) - Emma Cal (Aerial Rope) Level: Intermediate [20]	Aerial Stamina - Kasey South (Tissu) Level: Mixed [22]	Collectively Creative! - All students share one canvas to create a piece to showcase for the Kids Gala	
11:20-12:20 PM	Intro to Juggling - Elysha Sklar Level: Beginner [23]	One Hand Man!!! - Michael Blomberg Level: Intermediate [24]	Intro to Mini Hoop Tech - Mikey Cerullo Level: Beginner [25]	Contract Bugging 101 - Mattew Level: Beginner [26]	Intro to Fire Breathing (22) - In the Moment Considerations, Exercises, and First Breaths - Clantaro Level: Intermediate [27]	Vegan Approved - Wings - Bandy Rand (Contact Staff) Level: Intermediate [28]	Thai Massage Shoulders - Ananda Fire Walker Level: Beg/Int [29]	INTRO TO DOUBLE NUNCHAKU - GDBob Lamm Level: Beginner [30]		Active Flexibility (Bendiness Training for the Unbowed) - Lyra - Hannah Henze (Conditioning) Level: Mixed [31]	Intro to Lyra (Aerial Hoop) - Darvita Grace Level: Beginner [32]	Sliks Doubles - Hannah Henze with Erin Jensen (Tissu) Level: Intermediate/Advanced [33]	Make your own Staff
12:20-1:20 PM	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	Break for lunch	
1:20-2:20 PM	Break it Till You Make It - Danielle Lee (Hoop) Level: Intermediate [35]	Balance Things on your Face and Body - Justin Whitmer (All Props) Level: Beginner [36]	Tossack (Lewwand Tosses) - Justin Whitmer (All Props) Level: Beginner [37]	Whats in the Box? - Sam Noel (Juggling) Level: Intermediate [38]	Intro to Fire Eating - Zues Bigelow Level: Beginner [39]	WTF is Contact Poi - Ashlee Gallford (Po) Level: Intermediate [40]	Thai Massage Partner Switching - Ananda Fire Walker Level: Beginner [41]		Acro 1.5 - Matt and Sarah (Acro) Level: Beginner/Intermediate [42]	Intermediate Lyra - Hannah Henze (Lyra) Level: Intermediate [43]	Belay All Day - Jules & Hall (Tissu) Level: Intermediate [44]	Getting sticky with Sol-Riso	
2:30-3:30 PM	Straight Jackets and You - Michael Blomberg Level: Advanced [43]	Body Tracing - Abigail Lindsey (Fans) Level: Intermediate [44]	Dragon Staff Theory - Steve Goodwin Level: Mixed [45]	Clowning Around - Jered the Juggler (Clowning Workshop) Level: Mixed [46]	C-Staff with your Leaver (Rope Dart) - KC Allen Level: Intermediate [50]	Bugging 201 - Always Be My Bsu Thing - Ron Fish Level: Mixed [51]	Club Manipulation - Coach (Clubs) Level: Beginner/Intermediate [52]		Prop Acro - Michelle Anthony (Acro) Level: Beginner/Intermediate [53]	Momentum on Aerial Rope - Emma Cal (Aerial Rope) Level: Intermediate/Advanced [54]	Performing on Aerial Fabrics - Kasey South (Tissu) Level: Intermediate/Advanced [55]	Play Inet Toss n- Throw and Frisbee Toss	
3:40-4:40 PM	Movement Theory - Graded Movement - SofRiso (All Props Welcome) Level: Beg/Int [56]	Clockspace (Isolations on Lewwand) - Dalton Sessumes Level: Mixed [57]	Do More With Your Four - Danielle Lee (Hoops) Level: Mixed [58]	60° Grid Manip with Poi - Drew Overbay Level: Advanced [59]	Intro to Groundwork! - Jacob Turner (Contact Staff) Level: Mixed [60]	Public Speaking for Flow Artists - Kevin Astelt (Po) Level: Intermediate [61]	Next Level Contact - Ashlee Gallford Level: Intermediate [62]	4Ball Siteswap Session - Sam Austin (Juggling) Level: Intermediate [63]		Yoga + Live Paint - Rosa and Jessica Rae (Yoga) Level: Mixed [64]	Beginner Chains - Cade Holmsh (Aerial Chains) Level: Beginner [65]	Intro to Silks (Tissu) - Kristen and Skyel Level: Beginner [66]	Creating Circles with Christine and Skyel (Hoop building workshop)
4:50-5:50 PM	Got Flowers, Now What? - Evan Davis (Hoops) Level: Intermediate [67]	Bugging 202 - Buegingians - Ron Fish Level: Mixed [68]	Plus Series - Calvin Brown (Double Staff) Level: Beginner [69]	Quirky Quarter Time - Abigail Lindsey (Fans) Level: Intermediate [70]	SNeS and Steve Pathways Deconstructed - KC Allen Level: Intermediate [71]	Spinning Legos - Coach (3 Clubs & Po) Level: Mixed [72]	Double Contact Staff 101 - Matt Ruffer Level: Int/Adv [73]			Aerial Improv - Shadowcat Sophie (Artsy) Level: Intermediate [75]		Hopping under the Oaks with Nezzie Garcia	
6:00-7:00 PM				CONSENT IS SEXY	FAI Fire Safety Course (Lewis Kelly) [76]								
7:10-8:10 PM	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Lighting Up for Your First Time (Lewis Kelly) [77]	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	Break for dinner	
8:30-10:00 PM				Gala Fire Circle and Music									
10:00-3:00 AM													

Other: **Mixed** **Beginner** **Intermediate** **Advanced** 10 minute break between each class

Event **Kids Camp**

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Class locations may be subject to change, please arrive at your workshops on time so that you can relocate with your instructor!

CampFire 2018: Saturday, July 28th													
C	A	M	P	F (Fire Circle)	I	R	E	Rogue One	Main Stage	Aerial Location 1	Aerial Location 2	Playtopia (Kids Camp)	

[1] Fire Circle Certification Class

Prop/Level: N/A

Instructor: Lewis Kelly

Pre-reqs: None

Description: Anyone attending CampFire Retreat with intentions of spinning fire MUST attend one of these daily meetings. Attendees of this informational meeting will learn the protocols of CampFire's Fire Spinning Circle and Fuel Depot. Concluding the meeting you will receive a wristband confirming the completion of this class and approval to enter CampFire's Fire Spinning Circle.

[2] From Buuginner to Buugengster

Prop/Level: Buugeng - Beginner

Instructor: Mateus

Pre-reqs: None

Description: Here we'll define buugeng terminology, grips, spinning styles (finger spinning, 2-beat, 1-beat), and all the basic shapes that can be created with any size s-staff. Join the movement! Several pairs of buugeng will be available to borrow.

[3] Intro to Puppy Hammer

Prop/Level: Puppy Hammer - Beginner

Instructor: Shawn Knudson

Pre-reqs: None

Description: The in's and out's of getting started with a Puppy Hammer. Terminology, modes, and basic moves within those modes to create a foundation to build on. Once terminology is established with examples, the specific modes to puppy hammer will be taught. In each mode, a basic move will then be taught to build a solid foundation for the prop spinner's flow with a puppy hammer.

[4] Intro to Tech Fans

Prop/Level: Fans - Beginner

Instructor: Kris Villanueva

Pre-reqs: None

Description: Welcome to the exciting world of tech fans! We'll go over the basics between tech and Russian styles before focusing on various grips and movements that will have you flowing with style.

[5] Contact Staff 101

Prop/Level: Contact Staff - Beginner

Instructor: Matt Ruffner

Pre-reqs: None

Description: This class starts with the very basics of contact staff. I will quickly explain how contact staff is different from the bo staff style, and then go over what properties make for an optimal contact staff. We will move to ways of getting familiar with balancing the staff on your body, and getting used to that feeling. I will go over the importance of fishtails and provide a few different ways of practicing them. I will also cover halo rolls, steve rolls, conveyor belts, and propellers, among a few other beginner moves. It is challenging to get a lot of these moves down in a one hour class, so I will be focusing on giving attendants multiple methods to practice each move and make sure to give them plenty to practice on their own. I will also be making myself available for additional help and one on one time with anyone who is interested. Several practice staves will be

available for those without one to borrow for the class.

[6] Oragami SOSC

Prop/Level: Double Contact Staff - Beginner

Instructor: Bandy Rand

Pre-reqs: None

Description: We will walk through the basic SOSC folds to get you started on your SOSC journey. Forward and Reverse Folds, Box Folds, BTB Folds, Waist Wrap Folds, it's like origami with sticks.

[7] Intro To Single Nunchaku

Prop/Level: Nunchaku - Beginner

Instructor: GDBob Lamm

Pre-reqs: None

Description: A basic overview of the martial history and flow application of the centuries old weapon. Generally accepted explanations of terminology and grip styles. This workshop will covers figure 8's, various basic bounces, simple passes, and understanding handrolls.

[8] Intro to Thai Massage

Prop/Level: No prop - Beginner

Instructor: Ananda Fire Walker

Pre-reqs: None

Description: Learn the history, tools, and basic techniques of Thai Massage in this course. This type of massage includes deep pressure, acupressure, and stretching. It realigns the bones, muscles, and energy system. Thai Massage is a great way to support and care for your body as a flow artist. Also be sure to bring a yoga mat and a friend! We will be practicing the basic techniques on each other in this workshop.

[9] Balloon Animal Funtime Hour

Prop/Level: Balloon Sculpting - Beginner

Instructor: Orion Cloud

Pre-reqs: None

Description: In this class, we will learn the fundamentals of balloon sculpting, leaving you with the skills to twist yourself a friend whenever the ones made of flesh aren't around! We will learn how to twist a dog, cat, giraffe, rhinoceros, bear, tiger, kangaroo, horse, and more. We will also learn hats and swords, and even 2-balloon dinosaurs such as the T-Rex, Stegosaurus, and Triceratops. Balloons and pumps will be provided, and attendees will be given a small bag of balloons to practice at home. Trash bags will be provided for MOOP and cleaning up balloon corpses will be strongly encouraged.

[10] Try out a challenging but fun workout! This vertical apparatus is similar to silks in some ways, but has its very own vocabulary of skills. Learn climbs, beats, conditioning, footlock skills, and more!

No prerequisites, but it is helpful if you have worked on silks before.

[11] No height where you train for aerial outside of Campfire? Rarely get the chance to utilize skills that require tall ceilings? No problem! Lack of

height is a challenge that many beginning/intermediate level aerialist face but that doesn't mean you can't create dynamic sequences, crowd pleasing routines and condition to prepare yourself for when you do get those tall ceilings! This workshop will teach you to think creatively about the height you have available and build strength for when you are able to access it.

Prerequisite - Cross back balance. Able to stay in the air for 2-3 minutes. Invert from the air.

[12] Starting a Sequence with Steeze

Prop/Level: Poi - Intermediate

Instructor: Drew Overbay

Pre-reqs: None

Description: In this workshop we will learn 10 different variations of 2 poi in 1 hand starts. These can be applied to add flare to the start of any sequence or performance as it allows the kickstart of momentum and a definite starting reference point.

[13] Intro to Passing

Prop/Level: All juggling props - Beginner

Instructor: Logan Goethe

Pre-reqs: Comfortably juggle a cascade

Description: This is an intro to passing clubs, balls, hoops or rings betwixt you and your friends. If you are comfortable juggling a cascade with your props of choice, then you are more than prepared to learn how to throw things back and forth with your friends! Justin Priest and I will break down the basic, 6 object passing pattern into smaller components and exercises to get you started feeling the bliss of partner juggling! Sillyness, hazardous flying objects, and fun are all guaranteed.

You do not require a partner to attend!

[14] Partner Flow "I Chi You"

Prop/Level: Dragon Staff - Intermediate

Instructor: Steve Goodwin

Pre-reqs: Chi rolls

Description: This class will be explaining how partner dragons work differently when you have four arms working with the dragon, how to be a good partner, how to enter and exit partner moves without knocking each other out, when I chi, you chi: taking turns to bust a move, taking turns during various tickets (ducks outs, turns etc.) while your partner supports you. Use different body parts and include turns, position changes and directional changes. Chest rolls, using feet, pirouettes. Depending on student level we will be going over more advanced sequences with what was just taught.

[15] Whip Cracking - Single Cracks

Prop/Level: Single whip - Beginner

Instructor: April Jennifer Choi

Pre-reqs: None

Description: Everyone has heard the very distinguishing sound of a whip cracking but few have experienced at their own hand. Whether or not you just want to feel like a movie character or become a whip performance artist, come and get the information you have always wanted about whips. There are so many variations given the type, the sound, the length, the speed, material, and other specs of whips that simply listening in will give you the knowledge to avoid and regrets when purchasing or making a whip. This basic cracks will be covered such as the cattleman's

crack, the side arm flick, and the overhead crack in the safest manner possible, so that one will learn without ever hurting themselves.

[16] Intro to Fire Breathing (1/2) - Hazards, Equipment, Preparation, and Clean Up

Prop/Level: Fire Breathing - Beginner

Instructor: Cilantro

Pre-reqs: None

Description: This is part 1 of 2 Intro to Fire Breathing workshops with a discussion focused on the Hazards, Equipment, and Pre & Post Preparation & Clean Up. These Best Practices are intended to help a fire artist receive the most from their own practice and to help them avoid very serious accidents. This workshop is back to back with Part 2 and is required if participants intend to take the option for first breaths. If time permits, we will begin Part 2 of the workshop early if we run through the material fast enough.

Please bring water (bottle or gallon if available), hair protection, sometimes to hold (a torch or in place of a torch like a club or stick)

[17] S-relation Fans

Prop/Level: Fans - Beginner

Instructor: Madison Daniel

Pre-reqs: None

Description: Fans are a very unique prop in the way they create any different shapes depending on what direction they're facing and their relation to each other. The possibilities seem infinite, so this class will focus on S relation moves only. I'll help people understand many basic concepts, such as stacking, antispin's, and isolation's as well as some more advanced moves.

[18] Hit the Floor (Softly!)

Prop/Level: Single Hoop - Beginner

Instructor: Evan Davis

Pre-reqs: None

Description: This will be a beginner class focused on exploring and creating foundations for moving with a hoop on the ground. The class will begin with us dropping our hoops and exploring the concepts of balance, planting, and transitioning on the floor with just our bodies. Once comfortable with moving on the floor, we will discuss single hoop movements that work really well with our practice floor fundamentals. Next up is combining our new confidence in moving on the floor with familiar single hoop movements to really get rollin'. Lastly we will discuss ways of transitioning to and from the floor, as well as running through a few sequences that have become building blocks in my floor flow.

[19] Intro to Grid Tracing

Prop/Level: Double Staff - Beginner

Instructor: Calvin Brown

Pre-reqs: None

Description: This class will cover grid tracing and brief 9square grid theory. Includes opposite and same direction patterns, transitions, and variations.

[20] Learn the basics of basing, flying and spotting in a supportive and non-competitive environment. No experience needed. Come alone and prepare to make new friends or bring a friend for an unforgettable class.

[21] Spinning can add an extra pop of WOW to your aerial routine! But how do you make it work for better for you? Find out how spinning effects

the body, setting up your apparatus for maximum spin and some different spins to suit your style, character and speed.

Prerequisites - Students should be able to straddle or tuck mount to a basic seat without assistance.

[22] This mixed level class focuses on the conditioning needed to feel stable in the air, along with tips to improve your stamina during vital skills like single/double footlocks, climbing and inversions. We will also cover a couple of combos that allow you to rest or milk for ambient performances.

[23] Intro to Juggling

Prop/Level: Any juggling props - Beginner

Instructor: Eilysha Sklar

Pre-reqs: None

Description: This workshop is intended for the juggling novice. Participants will learn the basic 3 ball cascade using a step-by-step breakdown - [4 STEPS: The Toss/ The Throw/ The Half Jug/ Juggling]. It will cover the basic foundations of juggling, as well as the challenges that come with throwing and catching multiple items at the same time. Individuals will learn drills to smooth out the cascade as well as corrective techniques.

[24] One Hand Man!!!

Prop/Level: Poi/ Intermediate

Instructor: Michael Blomberg

Pre-reqs: Two beat weave

Description: I will be going over the one handed weave, superman, x-man, and fantastic 4 as well as any one handed tricks people have questions on.

[25] Intro to Mini Hoop Tech

Prop/Level: Mini Hoops - Beginner

Instructor: Mikey Curello

Pre-reqs: None

Description: In this workshop we will be working on some different ocho grip variations like iso's, iso pop's, tosses, and folds. We will also be going over a few different hybrids, iso vs. cateyes, iso vs. inspin and antispin flowers, iso vs. extension etc.

[26] Contact Buugeng

Prop/Level: Buugeng - Beginner

Instructor: Mateus

Pre-reqs: None

Description: Basic contact buugeng fundamentals leading to chi rolls, angel rolls, steves.... and a few cheeky tricks on the side. No prior buugeng experience necessary! Contact staff spinners and hoopers may find this class particularly amusing. Note that if you are bringing your own standard-shaped(sinusoidal) buugeng, you may have difficulty with some (or all) of these tricks. Several pairs of contact(radial) buugeng will be available to borrow.

[27] Intro to Fire Breathing (2/2) - In the Moment Considerations, Exercises, and First Breaths

Prop/Level: Fire Breathing - Intermediate

Instructor: Cilantro

Pre-reqs: Completion of Part 1/2

Description: This is Part 2 of 2 Intro to Fire Breathing workshop where we discuss the "in the moment" considerations one must be conscious of while breathing fire. These discussions will lead into actual practice spitting with water and an opportunity to have a fire breathe for first time breathers as well as learning to safely a new breather. This workshop is back to back with Part 1, which is required if participants intend to take the option for first breaths. If time permits, we will begin Part 2 of the workshop early (potentially during Part 1).

Please bring water (bottle or gallon if available), fire protection, something to hold (a torch or in place of a torch like a club or stick).

[28] Vegan Approved Wings

Prop/Level: Contact Staff - Intermediate

Instructor: Bandy Rand

Pre-reqs: None

Descriptions: Intro to contact wings, gonna play with all sorts of wing variations, angels, devils, extra beats, fishwings, dragons and how to turn with them.

[29] Thai Massage: Shoulders

Prop/Level: No prop - Mixed

Instructor: Ananda Fire Walker

Pre-reqs: Attendance to the Intro to Thai Massage class is recommended but not required

Description: Apply Thai Massage techniques and tools on the shoulders. As flow artists our shoulders become stressed and sore during performance and practice. Learn how to support your shoulders with a Thai Massage. Increase flexibility, range of motion, get the blood flowing and reduce stress. Be sure to bring a yoga mat and a friend as we will be practicing the techniques on each other in this workshop.

[30] Intro to Double Nunchaku

Prop/Level: Double Nunchaku - Beginner

Instructor: GDBob Lamm

Pre-reqs: None

Description: Two chucks are better than one! When I first picked up two nunchaku, I had no idea where to start. This workshop will be covering basic movements and bounces, to give you a feel of what is possible. We will also be looking at some of the relationships and differences to other double flow props.

[31] This workshop explores a variety of active flexibility techniques designed to increase active range of motion including isometric, PNF, and antagonist muscle strengthening techniques.

[32] Learn a basic sequence and how to adapt it with different body shapes.

Prerequisite - none

[33] An intro to doubles moves on silks, students must be able to climb and invert on the fabric if they want to base. Come prepared to hold the weight of another human in your hands! All levels welcome, basing requires students to be of an intermediate level.

[34] Fire Circle Certification Class

Prop/Level: N/A

Instructor: Lewis Kelly

Pre-reqs: None

Description: Anyone attending CampFire Retreat with intentions of spinning fire MUST attend one of these daily meetings. Attendees of this informational meeting will learn the protocols of CampFire's Fire Spinning Circle and Fuel Depot. Concluding the meeting you will receive a wristband confirming the completion of this class and approval to enter CampFire's Fire Spinning Circle.

[35] Break It Till You Make it

Prop/Level: Single Hoop - Intermediate

Instructor: Danielle Lee

Pre-reqs: Comfortable waist hooping, experience in shoulder hooping is helpful

Description: Breaks are an excellent way to add rhythm and punctuation to your hoop movement. Whether you are just beginning to find break points and want a solid foundation, or are a break collector like Danielle, this workshop will tighten up your technique and leave you with new ways to send the hoop in the opposite direction.

[36] Balance Things on your Face and Body

Prop/Level: All Props - Beginner

Instructor: Justin Widmar

Pre-reqs: None

Description: I LLOOOOOVVVEEEE to balance things. This is an all prop class for people that want to learn more about how to balance almost anything you want.

[37] Tosstech (Leviwand Tosses)

Prop/Level: Leviwand - Beginner

Instructor: Dalton Sessumes

Pre-reqs: None

Description: This is a class where we explore all the possibilities of leviwand tosses! This class will teach a personally developed 3-part breakdown of leviwand tossing. Then we will expand into toss theory, toss variations, grip manipulations, contact tosses, and a fresh new combo to take home with you!

[38] What's in the Box? (4,2x)

Prop/Level: Juggling balls - Intermediate

Instructor: Sam Noel

Pre-reqs: 441, Shower

Description: Leaning the Box pattern and stemming off into variations from there. Lukes Shuffle, N-Box, Broken Box, Threaded Box, Hi/Low Variation, Inverted Box

[39] Intro to Fire Eating

Prop/Level: Fire Eating - Beginner

Instructor: Zues Bigalow

Pre-reqs: None

Description: This workshop is designed with a fully comprehensive curriculum of extinguishes, fleshing, transfers, and actual fire eat techniques and the variations of each. This class lays the foundation upon which all advanced techniques and combos are built.

[40] WTF is Contact Poi

Prop/Level: Poi - Intermediate

Instructor: Ashlee Galliford

Pre-reqs: None

Description: We will cover the fundamentals of contact poi. We will start by going over simple head/handle switches and different body points (neck, arm, knee) that can be traced with tether/head and used as pinch points. We will discuss a variety of rolls, such as inner/outer forearm rolls and body rolls, as well as different entries and exits. Students will also learn how to create unique contact patterns and sequences, allowing them to utilize these rolls/movements in their practice.

[41] Thai Massage: Partner Stretching

Prop/Level: No prop - Beginner

Instructor: Ananda Fire Walker

Pre-reqs: None

Description: Practice Thai Massage partner stretching techniques to stretch out the whole body. Increases flexibility, circulation, and relaxation. Be sure to bring a yoga mat and a friend as we will be practicing the techniques on each other in the workshop.

[42] Come further your acro experience! Ideally you have some familiarity with the basics (bird and back flying). No partner required.

[43] This class is designed for a student who has some experience on the hoop. We will get into movements that transition between bottom, middle, and top of the hoop. Pre-req - Must be able to do a pull up.

[44] Look! In the air! It's a bird! No, wait - it's a human in a belay knot. We'll spend time breaking down belay on aerial silks to understand what it is and what it is not. We'll look at several entrances and different shapes to make from within your knot.

Prerequisites - dancer wrap (eggbeater) footlocks; crossback straddle inversion; and comfort working your way through new moves in the air for several minutes.

[45] Straight Jackets and You

Prop/Level: Poi/ Advanced

Instructor: Michael Blomberg

Pre-reqs: None

Description: I will be going over basic entering, maintaining, and exiting of straightjackets as well as fun entrances and exits.

[46] Body Tracing Hybrids

Prop/Level: Fans - Intermediate

Instructor: Abigail Lindsey

Pre-reqs: None

Description: In this workshop we will start by going over some body tracers starting with shoulders, hips, legs, arms, and even your head. Once students are comfortable with doing these tracers both simultaneously and separately we will begin to go over some of the combinations to create hybrids! For example: Body tracer vs Antispin flower, Cap vs Body tracer, And Body tracer vs Body tracer etc. These frameworks will open up many options for the students to add to their flow.

[47] Dragon Staff Theory

Prop/Level: Dragon Staff - Mixed

Instructor: Steve Goodwin

Pre-reqs: None

Description: This class will touch upon a lot of moves briefly, with the intention on going over theory behind them and the conceptual ideas and framework that support them. We will be touching on different entrances, exits, and transitions for moves like fishtails, matrix, halos, angels, jesus, and devil rolls as well as groundwork.

[48] Clowning Around

Prop/Level: No Prop - Mixed

Instructor: Jared the Juggler

Pre-reqs: None

Description: Anyone who is a child at heart has his/her own personal clown. In this workshop students will learn what it means to be a clown. There will be group activities that will bring people out of their comfort zone to play, play, play so we all can embrace our inner child.

[49] Empty Knot Body Wrap Patterns

Prop/Level: Rope Dart - Intermediate

Instructor: Flowstyle Kyle

Pre-reqs: None

Description: Students will learn many body wrap variations using empty knots. These empty knots give the illusion that the rope artist is tangled. These patterns build hand eye coordination with the dart to a new level. This is an essential skill for anyone that wants to step up their rope dart game.

[50] C-Staff with your Lower Half

Prop-Level: Contact Staff - Intermediate

Instructor: KC Allen

Pre-reqs: None

Description: This course introduces the fundamentals of lower body contact staff work. It includes conditioning and tips to take home about how to work up to more advanced moves. It focuses on classes of movement (rolls, wraps, traps) that participants are already familiar with in upper body work in order to provide them with a toolset to create their own combinations. Sample course content: Leg and hip stretches, static rolling, leg and waist wraps, foot lifts and tosses, knee wraps.

[51] Buugeng 201 - Always Be My Buu Thang

Prop/Level: Buugeng - Mixed

Instructor: Rion Fish

Pre-reqs None

Description: A theory foundation in transitioning from trick to trick while in isolation. Class uses prop-specific isolation theory to aid in transitioning by building on top of the common shape relations. We will look at how atomic/3D movement helps to transition between planes. Class is designed to help students find a structure on which to build continuous movement in their journey to buugeng flow.

[52] Club Manipulation

Prop/Level: Juggling Clubs - Mixed

Instructor: Coach

Pre-reqs: None

Description: Club spinning and manipulation heavily based around intricate grip switches and contact.

[53] All levels, beginner friendly, class that combines partner poses with your flow props! We will learn the basic of getting into poses with your prop, how to communicate non-verbally with your partner, and get into a partner flow!

Hoops will be provided, but if you have a certain prop you would like to try, bring it!

[54] Find your inner dynamic self on the corde lisse! Learn how to engage certain muscles and relax others to make efficient pathways and transitions on the rope. In other words, come swing around up in the air with us!

Prerequisites include being comfortable in the air for over one minute on silks or rope, ability to invert in the air, completion of at least ten aerial classes. (Capped at 8 students)

[55] This int/adv class will be focused on how to link popular combos/transitions together to look clean and efficient in the air. While also finding your best shapes and angles to really wow an audience. You will leave feeling like you have an entirely new aerial piece ready to add to your own music and arsenal.

[56] Movement Theory/ Gridded Movement

Prop/Level: All Props - Mixed

Instructor: SolRiso

Pre-reqs: None

Description: Every Dancer or Object Manipulator should be familiar with the "Grid". This class will introduce the conceptual foundations necessary to understanding Gridded Movement and how Object Manipulation (or Flow Arts) is guided by its patterns. Participants will leave this class with a heightened understanding of how Plane, Time, Direction, and Footwork formulate the Grid and how concepts like Isolations and Anti-Spins can be expanded with this multi-dimensional approach to understanding movement. This class designed to be easy enough for novice spinners to understand while still being provoking and expansive for advanced spinners. This workshop is especially beneficial for any flow artist who feels they have "plateaued" and would like to reassess some of the patterns, and rules in hopes of inspiring new concepts.

[57] Clockspace (Isolations on Leviwand)

Prop/Level: Leviwand - Mixed

Instructor: Dalton Sessumes

Pre-reqs: None

Description: This is a leviwand class designed to uproot the standard vertical floating stick mentality, We will be exploring concept's like floating isolations, isobreaks, and isolated contact moves using "clockspace" as a fundamental way to organize and execute clean, nonstandard wand styles.

[58] Do More With Your Four

Prop/Level: Multi Hoops - Mixed

Instructor: Danielle Lee

Pre-reqs: Vertical plane hooping at the hand, on both sides

Description: Join the quad squad! Hooping with 4 hoops on your arms is not only a crowd pleaser during performances, but it's also a template for creative movement. We'll start from the beginning and learn how to launch and sustain 4 hoop arm movement, and then explore reversals, z-spins, and folds. When our arms are completely tired, we'll conclude with some additional four hoop shapes. Please bring a set of four hoops that are the same size, or two sets of twins are also fine if you don't have a quad set (yet!).

[59] 90 Degree Grid Manips

Prop/Level: Poi - Advanced

Instructor: Drew Overbay

Pre-reqs: Understanding of 9sq grid

Description: Learn the frameworks for maneuvering through a 9 square grid using 90 degree angles in various techniques such as translations, point isos, pendulums and slides! After the concepts are understood I will teach ways I have utilized them in combinations and sequences.

[60] Intro to Groundwork!

Prop/Level: Contact Staff - Mixed

Instructor: Jacob Turner

Pre-reqs: None

Description: In this class we will be going over the basics of getting on the ground. Using proper stretches, techniques, and body positions you will learn how to roll on the ground with your staff rolling on your body in misc positions! If you're new to staff, don't worry! The first half of our class requires no prop!

[61] Public Speaking for Flow Artists

Prop/Level: No Prop - Mixed

Instructor: Kevin Axtell

Pre-reqs: None

Description: Public Speaking skills are very important to many aspects of the Flow Arts Lifestyle. Teaching and leading workshops - Performances and Narratives - Leading troupes and/or groups of other people on projects. Festival management - Conflict resolution - And generally "getting your message out there". Along with having been a public speaker/presenter/teacher for over 15 year, I have taken multiple workshops and courses on Public Speaking. I will be sharing my favorite techniques as well as clearly laid out, easy to understand guidelines for you to follow to drastically improve your presentation.

[62] Next Level Contact

Prop/Level: Poi - Intermediate

Instructor: Ashlee Galliford

Pre-reqs: Taking "WTF is Contact Poi" is helpful but not necessary

Description: Running in sequence with "WTF is Contact Poi," this class will focus on facets of contact poi that are outside of the traditional style. We will explore different concepts such as pinches, cradle placements, slide tosses, swaps and body space. Where the first class introduced these movements, here we will ultimately focus on creative sequence building using these sneaky concepts. We will take an in depth look at slide tosses and how this concept can be applied to weaves and VTG patterns.

[63] 4Ball Siteswap Session

Prop/Level: Juggling Balls - Intermediate

Instructor: Sam Noel

Pre-reqs: Understanding of siteswaps

Description: Basically a pattern sharing workshop. 4Ball fountain (fwd/rvs), Columns, 552, 5550, 534, 53, 561, 5551/55515, 633, 7531, 7441, (51) (Sprung Cascade)

[64] Yoga & Live Paint Class with yoga instructor Rosa and local artist Jessica Rae. As we breathe together, we move together and create an energetic vibration together. Jessica will pull that vibration into a masterpiece as we move through our flow.

It gets even better, the artwork Jessica creates from class will be imprinted on yoga pants through Art Love Leggings.

After class, you will be able to pre-order custom made yoga pants from the art created together. In addition, Art Love Leggings will have a trunk show after class selling her different designs and styles.

[65] This class introduces the aerial chains as an apparatus rigged as a double hammock. Attendees will learn some of the basics of safety, how the apparatus works differently than many standard circus apparatuses, and give them a chance to experience some skills with the aerial chains.

Prerequisites - none as this is a beginner class although some experience with any aerial apparatus is suggested.

Clothing: thicker padded pants that cover at least past the knees and a shirt or shirts that cover the waist and armpits are recommended and perhaps the elbow pits. Leather gloves and footwear are not recommended but can be used by those with high pain sensitivity.

[66] In this introductory class, we will focus on the basics: learning the lingo, tying foot knots, static poses, and conditioning exercises essential to building strength and gaining flexibility. Plan to repeat this class multiple times until you've reached a solid understanding of these skills.

This class is meant for people who have very little to no experience with the aerial fabric. This is a great introduction to the world of aerial performance by teaching you how to apply the new dimension of vertical space. Let's play with the X, Y, and Z axes!

Wear comfortable and fitted clothes to class. Yoga pants or footless leggings are ideal as are leotards or tightly fitted tops which are long enough to tuck-in. DO NOT wear clothes with zippers as they can potentially snag and ruin the equipment.

[67] Got Flowers, Now What?

Prop/Level: Multi Hoop - Intermediate

Instructor: Evan Davis

Pre-reqs: Flower knowledge

Description: This is a class focusing on where we can explore once we've got the basics with flowers. What happens when we combine antispin vs. inspin? What about flowers vs. other patterns? There are lots of fun variations we can explore in the realm of flowers. Class will begin by combining inspin and antispin in the different timing/direction/spin. The second portion of the class will be focused on the addition of other patterns such as isolations, linear isolations, and extensions. Last portion of the class will be adding body spins to flowers. We'll cover a drill for the appropriate grip changes and cover the timing of when we spin our bodies.

[68] Buugeng 202 - Buugenglians

Prop/Level: Buugeng - Mixed

Instructor: Rion Fish

Pre-reqs: None

Description: A class rooted in playful group experimentation with this prop, or with any prop. Class begins with more ideas on how to work with isolation concepts in outside-the-box ways, With these new tech skills, class then explores character exercises and prop drills. This class is designed to help you break out of the mold and start moving your body with your prop.

[69] Plus Series

Prop/Level: Double Staff - Mixed

Instructor: Calvin Brown

Pre-reqs: None

Description: This class will cover the plus shape position using double staves including atomic variations, patterns, and transitions.

[70] Quirky Quarter Time

Prop/Level: Fans - Intermediate

Instructor: Abigail Lindsey

Pre-reqs: Understanding of quarter time

Description: In this workshop we will start off by making sure everyone has a rough understanding of what quarter time is! Once understood we will go over a handful of quarter time patterns and begin to add some folds, tracers, swaps, no beats, and turns to make these patterns a bit more quirky and unique. The class will leave with an understanding of quarter time and many different tools to create their own quarter time patterns.

[71] SNeS and Steve Pathways Deconstructed

Prop/Level: Contact Staff - Intermediate

Instructor: KC Allen

Pre-reqs: Comfort balancing and rolling the staff on body, patience for drills, some familiarity with the horizontal steve

Description: Deconstructs various moves (front and back side Vertical SNS, the Vertical Steve, Horizontal Steve etc.) and focuses on stall points and traps. You will leave this workshop with an intimate understanding of how the staff and your body travel through space for each move. The aim is to facilitate your ability to discover new transitions and trick variations.

[72] Spinning Legos

Prop/Level: 3 Club/3 Poi - Mixed

Instructor: Coach

Pre-reqs: None

Description: Explores the freedom of "lego" style spinning.

[73] Advanced Object Manipulation

Prop/Level: Poi - Mixed

Instructor: Austin Witherspoon

Pre-reqs: None

Description: Learning grips, timing, and how to get more intricate with manipulation.

[74] Double Contact Staff 101

Prop/Level: Double Contact Staff - Mixed

Instructor: Matt Ruffner

Pre-reqs: Some knowledge of double contact staff is helpful

Description: I will start this class by introducing the main families of double contact staff. We will go over folds, violins, traps and SOSC, wings, hybrids, and finally crossers if time allows. I will be focusing on sharing different ways to practice these frameworks, and how to navigate between the different families in a flow. Our main goal will be getting the class able to maintain a flow with double contact staff and work in new moves in their own practice. There is quite a bit of content that can be covered depending on how quickly the class can grasp the concepts, so I would be willing to teach this class in a two hour block if desired. I will be focusing on giving attendants multiple methods to practice each move and make sure to give them plenty to practice on their own. I will also be making myself available for additional help and one on one time with anyone who is interested. Several practice staves will be available for those without one to borrow for class.

[75] Play and explore! Collaborate with others as we use theater games to new approaches to your favorite aerial moves.

Not appropriate for new students: Participants should feel comfortable on the apparatus of their choice, with at least a knowledge of basic skills.

[76] FAI Fire Safety Course

Prop/Level: N/A

Instructor: Lewis Kelly

Pre-reqs: None

Description: This class covers the basic safety protocols outline by the FAI Fire Safety Course. Attendees will leave with the knowledge of proper dip stations, how to spin off, proper clothing to wear, how to extinguish props and much more. If you're new to fire spinning or a seasoned veteran you will leave this class with new knowledge to help keep you safe.

[77] Lighting Up For Your First Time

Prop/Level: Mixed

Instructor: Lewis Kelly

Pre-reqs: None

Description: Lighting up for the first time can be a scary and anxious, but also a meaningful and life changing event. This class creates a safe space for first timers to be welcomed into the fire circle and spin fire for their first time. Our fire circle organizers will work one on one with each first timer through the entire process of lighting up, spinning, and extinguishing their props. First timers are required to take the FAI Fire Safety Class prior to lighting up for the first time to get the full knowledge of fire safety.

[78] Shoulder Mode/Escapes/Captures

Prop/Level: Puppy Hammer - Intermediate

Instructor: Shawn Knudson

Pre-reqs: None

Description: This class will take a closer look at shoulder mode and escaping each mode so that the spinner can enter another. After a solid understanding of elbow mode escape to shoulder mode, we will then begin to discuss and learn escapes. Once everyone is comfortable escaping from shoulder mode, we will then move on to some basic captures. The entirety of this class will deal with spinners dominant/native side in forwards weave/meteor.

[79] Fan Tosses

Prop/Level: Fans - Intermediate

Instructor: Kris Villanueva

Pre-reqs: None

Description: Fans are made of metal and sometimes bend when you drop them, We're going to haphazardly toss them anyway! We'll cover drops, no beats, pancake tosses, and more as you dodge, duck, and dive through various fan tosses.

[80] Buugeng Fundamentals

Prop/Level: Buugeng - Beginner

Instructor: Kimberly Bucki

Pre-reqs: None

Description: Learn how to control this newly popular prop and some beginner moves to really lay down the fundamentals you need to move on to harder tricks! We will DRILL, DRILL, DRILL, so come prepared to leave this class with a better knowledge of planes!

10 pairs of extra Buugeng will be available

[81] Y'all Need VTG-eesus

Prop/Level: Any Prop - Mixed

Instructor: Ryan Dushwam

Pre-reqs: None

Description: This part of the curriculum aims to provide the terminology through VTG to understand how many patterns are possible and how to describe flow arts motion so that the language is as consistent as it can be such that we can break down what we see, what we want to do, and how these things are done.

[82] Club Sequencing and Movement

Prop/Level: Juggling Clubs - Intermediate

Instructor: Logan Goethe

Pre-reqs: None

Description: This workshop will focus on exploring space and time with your club juggling. I will begin by demonstrating helpful grids in which to move with your clubs and explore the space around your body. Next we will begin a spontaneous sequence generating practice, in which we use specific patterns to link our tricks and movements together, ultimately building improvised and elegant manipulation sequences that bring us into new territory. You will leave this class with new content that you can be proud of, and having done much that you never imagined yourself doing with your clubs, guaranteed.

[83] Contact Dance

Prop/Level: No Prop (Dance) - Mixed

Instructor: SolRiso

Pre-reqs: None

Description: In this workshop we will introduce the fundamentals of Contact Dance through explorative and creative movement games. Come alone or with a partner for a liberating Partner Movement Art Experience!

[84] Cleaning Up Your Spinning

Prop/Level: Poi - Mixed

Instructor: Austin Witherspoon

Pre-reqs: None

Description: Learning how to get snappier stalls, smoother transitions, learning the correct timing for your move, straighter lines/stalls, and where to position your hands for your move.

[85] Jump Through Breakthroughs

Prop/Level: Single Hoop - Mixed

Instructor: Danielle Lee

Pre-reqs: None

Description: One of the best things about jumping through the hoop is the feeling of floating, if only for a moment. But then there's also the immediate sense of grounding that happens as you reconnect with the earth. It is from this place of grounding that this workshop was born. We will joyfully explore jumping and grounding, as well as learn a load of dynamic moves: the cheerleader jump through, the swing back jump through, the under-the-leg jump through, and more!

[86] Yoga & Live Paint Class with yoga instructor Rosa and local artist Jessica Rae. As we breathe together, we move together and create an energetic vibration together. Jessica will pull that vibration into a masterpiece as we move through our flow.

It gets even better, the artwork Jessica creates from class will be imprinted on yoga pants through Art Love Leggings.

After class, you will be able to pre-order custom made yoga pants from the art created together. In addition, Art Love Leggings will have a trunk show after class selling her different designs and styles.

[87] Rope flairs and beats will break down what it takes to work with tempos on aerial rope. We will progress through each of the steps from the very beginning steps up to intermediate or advanced flairs and using momentum.

Prerequisites - Must have solid and consistent straddle ups, and be able to dead hang from just hands for at least 15 seconds.

[88] In this introductory class, we will focus on the basics: learning the lingo, tying foot knots, static poses, and conditioning exercises essential to building strength and gaining flexibility. Plan to repeat this class multiple times until you've reached a solid understanding of these skills.

This class is meant for people who have very little to no experience with the aerial fabric. This is a great introduction to the world of aerial performance by teaching you how to apply the new dimension of vertical space. Let's play with the X, Y, and Z axes!

Wear comfortable and fitted clothes to class. Yoga pants or footless leggings are ideal as are leotards or tightly fitted tops which are long enough to tuck-in. DO NOT wear clothes with zippers as they can potentially snag and ruin the equipment.

[89] Flow Related Injury Prevention

Prop/Level: No Prop - Beginner

Instructor: Eilysha Sklar

Pre-reqs: None

Description: Our community is exposed to a wide range of risk factors for injury as a result of practicing our craft. I will use my training and personal experience managing muscle and dance-related injuries to educate artists about how to avoid injury and stay healthy. The workshop aims to prevent or reduce the severity of bodily injuries caused by the repetition of practice. Address all aspects of injury prevention: warm up & cool-down techniques, daily stretches, how to avoid repetitive trauma, correcting/avoiding training errors - Identify the most common sports injuries relative to flow arts, and how to use the R.I.C.E method to relieve pain, reduce swelling and speed healing.

[90] Getting Handsy (Contact Leviwand)

Prop/Level: Leviwand - Mixed

Instructor: Dalton Sessumes

Pre-reqs: None

Description: This class breaks the barriers of that age-old dancing cane trick to bring some fresh, hands-on moves to the leviwand scene. We will go over contact wand theory and wand-specific contact tricks, transitions to and from contact, and industry standard contact moves like conveyor belts, halo rolls, angel rolls, and jesus rolls.

[91] Double Nunchaku

Prop/Level: Double Nunchaku - Intermediate

Instructor: GDBob Lamm

Pre-reqs: Intermediate single nunchaku

Description: This class is for anyone familiar with the medium skill single nunchaku and wants something to do with the other hand. The goal of this workshop is understanding the effects on patterns and timing from bounces, handrolls, and tosses, while wielding double nunchaku.

[92] Getting Knotty: Transitioning Between Tangles

Prop/Level: Poi - Intermediate

Instructor: Ashlee Galliford

Pre-reqs: Knowledge of basic tangles

Description: We will discuss how to transition between basic tangles and go over different tips for helping maintain your tangles. Airwraps will be broken down and students will learn how to isolate this movement through different pathways. We will also work on transitioning between a forwards and backwards ollies, learning how to turn with your tangles and creating different fountains.

[93] Be an Effing Fire Wizard!

Prop/Level: Fire Eating - Beginner

Instructor: April Jennifer Choi

Pre-reqs: None

Description: Here you will learn the basics of how to control fire to your own will and seemingly come away with the power of a fire god. You'll be able to advance on your skills to touch fire, carry it, hold it, eat it, and hand it off, just like an Effing Fire Mage! Here we will explore the journey of fire eating through the different stages of fuel. We will begin with the best tricks to do when full fueled all the way to just enough left. There will also be several flourishes and handling tricks to maximize your fire eating effects, adding a number of tricks, tips, and performance advice to get your fire eating looking Sexy and Magical.

[94] Intro to Contact Juggling: Balances, Transfers, and Isolations

Prop/Level: Contact Ball/Juggling - Beginner

Instructor: Orion Cloud

Pre-reqs: None

Description: In this beginner-level class, we will learn about the foundational elements of contact juggling. We will cover moves such as the butterfly, the folding line, enigma variations, stall points, forearm rolls, and several isolation techniques including the ice cream cone, the palmroll, and the claw. We will use miming techniques to create the illusion that the ball is being controlled by strings or magnets. We will spend time to clean up chestrolls, and learn subtle techniques to make contact juggling more fluid.

[95] Untethered Rope Dart

Prop/Level: Rope Dart - Mixed

Instructor: Flowstyle Kyle

Pre-reqs: None

Description: This class is open to all skill level rope dartists. Learn how to use both hands evenly while darting. Rope dart is usually a unilateral prop, but it doesn't have to be. Being anchored to the dart can be very limiting. Let's break out of this anchored style and move onto a boundless, untethered style.

[96] Intro to Double Staff Contact (non-SOSC)

Prop/Level: Double Staff - Beginner

Instructor: Justin Widmar

Pre-reqs: None

Description: An introductory looking at integrating contact moves and sequences into your existing double staff spinning. This class will cover a variety of double staff contact, but not staff on staff contact.

[97] If you've mastered the basics, bird, back flying, star. Come take it to the next level. We will work on stringing moves together and learning a washing machine. No partner required.

[98] Utilize the space and tools around you to increase your mobility and strength. We will focus on alignment, body positioning and awareness, and getting a good little workout in! Inspiration will come from many places, including Ashtanga yoga, aerial conditioning, active flexibility training, etc.

No prerequisites.

[99] Intermediate/advanced class on fabric learning various moves within the hip key. Pre-req- must be able to climb and do a pull up.

[100] Intro to Right Angles

Prop/Level: Poi - Mixed

Instructor: Austin Witherspoon

Pre-reqs: Preferably understand stalls and stall points, horizontal and vertical stalls, and ability to change directions quickly

Description: I will go over grips, grids, stalls, timing, and positioning needed to perform any kind of right angle and perpendicular move.

[101] Buugeng Tech

Prop/Level: Buugeng - Intermediate

Instructor: Kimberly Bucki

Pre-reqs: None

Description: Take this class to branch off of what you know, and what you want to improve on. We will learn some combos and tricks that will leave your audience mesmerized and wondering how to pronounce buugeng once you tell them what the heck those are!

10 pairs of extra buugeng will be available

[102] Cultivating Community Discussion

Prop/Level: No Prop - No Level

Instructor: Ryan Dushwam

Pre-reqs: None

Description: This project is traveling with me wherever I go solely to collect and share experiences. It has been run at many events throughout the years. It has evolved into a more open discussion on these points:

1. Why should we grow this community at all? What are the repercussions?
2. What have we done/want to do and seen done in this effort?
3. What don't we want to see? What do we need to avoid?

[103] Club Shapeshifting

Prop/Level: Juggling Clubs - Mixed

Instructor: Kevin Axtell

Pre-reqs: None

Description: This is a Club Manipulation Intensive that will cover a broad range of techniques including: Legos, traps, spintigration, archetypes, hinges, slides, scans, grip theory, and mantis style. Emphasis will be on the aesthetic the clubs create and fusing the various techniques together

into one dynamic flow.

Bring 3 clubs or torches to work with

[104] Sustains: Liberation of Movement and Expression

Prop/Level: Fire Breathing - Mixed

Instructor: Cilantro

Pre-reqs: Must have previous breathing experience or have taken my "Intro to Fire Breathing" workshops.

Description: Sustains, through conceptually simple, are one of the most difficult techniques in fire breathing to reach a level of consistency and effectiveness. Though difficult, sustains are also the most liberating of techniques that allow for more movement as well as more sophistication in expression, by stringing together techniques. This workshop will open with a discussion, some breathing exercises, lead into water spitting and movement, and then into a live fire section where students will be able to attempt some of the movements discussed that can help improve their sustains. In order to participate in the LIVE FIRE section of this workshop you must have previous breathing experience or have taken my "Intro to Fire Breathing" workshops.

*Required Equipment: Bring your own UPLO, wipe rag, fuel bottle, full water bottles (a gallon if possible), and it wouldn't hurt to bring additional safety towels.

[105] Tri-Hard Hybrids

Prop/Level: Multi Hoop - Advanced

Instructor: Evan Davis

Pre-reqs: Knowledge of triple hoop manipulations

Description: Hybrids with three! Let's start our exploration into three hoop hybrids by breaking them down into three categories to explore in this workshop, Hand to Hand, Wheel Plane, and One Hand. After a brief discussion on hybrid theory and notation we'll jump right into our first category. The main shape we'll explore in this category will be the ocho vs smear. In wheel plane we will create shapes off the "isoflower" hybrid as well as discuss polyrhythm flowers. Lastly, we will explore the different shapes we can create by combining the "ocho" shape, and wrist manipulations with three in one hand.

[106] Advanced Groundwork!

Prop/Level: Contact Staff - Mixed

Instructor: Jacob Turner

Pre-reqs: Angel Roll, Conveyor Belts, and Half Steves

Description: Welcome to Advanced Groundwork! Did you know that your legs are just the arms of your bottom half? In this class we will learn how to do full contact sequences using our whole bodies, including our legs! After this class your staff will be a rollercoaster while your entire body is the tracks!

[107] Effective Practice

Prop/Level: Any Prop - Mixed

Instructor: Matt Ruffner

Pre-reqs: None

Description: This workshop will start with 5-10 minutes of everyone trying a move that they have been trying to get down lately. I will help everyone with any pointers I can. After this I will provide a handout and go over a number of scientific studies on how the brain best responds to

practicing skills (ex. A study that shows that four 15 minute periods is typically more effective than a single 1 hr period). I will also be condensing the info that is relevant to flow artists. I will also go over the different types of learning and how a person can figure out how they learn best and use that knowledge to help them in their practice (including: visual, aural, verbal, physical, and logical, also splitting those into solitary and social). There will be time for participants to share anything they have found that works for them. The last 5-10 minutes of the workshop will be for practicing the same skill that was practiced in the beginning and noting any progress that has been made with their new knowledge of effective practice.

[108] learn how to move around the hoop and build a dynamic routine without spin.

Prerequisite - must be able to hang by two knees from the top bar

[109] This workshop helps each student to identify what inspires them as a person and guides them in their development of a unique personal style. The students are then challenged to approach standard skills and maneuvers in the context of their individual style to create their own individual variations.

Prerequisite: Ability to invert

[110] Fire Circle Certification Class

Prop/Level: N/A

Instructor: Lewis Kelly

Pre-reqs: None

Description: Anyone attending CampFire Retreat with intentions of spinning fire MUST attend one of these daily meetings. Attendees of this informational meeting will learn the protocols of CampFire's Fire Spinning Circle and Fuel Depot. Concluding the meeting you will receive a wristband confirming the completion of this class and approval to enter CampFire's Fire Spinning Circle.

[111] Triple Mini Hoop Tech

Prop/Level: Mini Hoops - Advanced

Instructor: Mikey Curello

Pre-reqs: None

Description: In this workshop we will be going over folded ocho hybrids, iso vs. cateyes, and with a twist, also some wallplane and wheelplane lines to swaps and tosses, and building some sequences with tosses, contact rolls, and pirouette's.

[112] Playing with your Hammer like your Other Props

Prop/Level: Puppy Hammer - Advanced

Instructor: Shawn Knudson

Pre-reqs: None

Description: Puppy hammers are extremely versatile props. That being said, various modes can make it seem like you are playing with your go to props such as: Staff, Rope Dart, and Poi. The class will be mostly rope dart heavy as there are a lot of shots and rope dart style moves you can do with a hammer, but poi is almost a natural style as it is one of the modes that you start with, in contact mode, you can play with your hammer

like a contact staff. We will discuss all three styles and possibly mix in some ground work with a hammer in contact mode as well.

[113] Juggling 5 Balls

Prop/Level: Juggling Balls - Advanced

Instructor: Jared the Juggler

Pre-reqs: None

Description: Learning how to juggle 5 objects takes a lot of dedication. In this workshop I will show 3 and 4 ball tricks that are very good prerequisites to learning the 5 ball cascade. By the end of the workshop students will have the proper information to practice the 5 ball cascade.

[114] Grid Tracing w/ Fans (1/2)

Prop/Level: Fans - Intermediate

Instructor: Madison Daniel

Pre-reqs: None

Description: This class will cover the foundation of grid tracing with tech fans. We'll go through just some of the infinite possibilities, I'll explain how to get untangled from strange grip positions, and how to create your own patterns using antispin and inspin.

[115] Stalls and Falls!

Prop/Level: Contact Staff

Instructor: Jacob Turner

Pre-reqs: Front/Backside Angels, Front/Backside Steves, Fishtails

Description: Stalls and Falls opens up a whole new world of pathways for Contact Staff. Breaking away from traditional moves and transitions, we will be going over a different style of contact spinning such as Alligator rolls, Pendulum Angels, and connecting other misc. moves without propellers. Using stall points at the height of the moves, we will learn to stall the staff and have it return down in a completely different pathway continuously using pendulum movements. Most all of the tricks in this course will be minimal movements (don't let that phrase fool you) and learning how to connect them.

[116] Partner Dancing - Blues and Tango

Prop/Level: No Prop (Dance) - Beginner

Instructor: April Jennifer Choi

Pre-reqs: None

Description: There are few styles of social dancing that encourages both parties to both lead and follow; this is the world of having a conversation through a physical connection with someone else, talking to another soul using your movement and body language. No need for words to have a conversation and no need for specific steps with conversational blues or argentine tango. They are styles that come from the swing and latin world that encompasses the ability to give minute cues to your partner to encourage them to move in a certain way. Learn how both to lead and follow these cues in a truly conversational style of partnered dance, with breaks, musicality, call and response, without the rigid formulation of other partner dances styles, perfect for flow artists.

[117] Advanced Contact Poi Nuggets

Prop/Level: Poi - Advanced

Instructor: Drew Overbay

Pre-reqs: Folding lines and sendbacks

Description: In this workshop we will go over unique ways to enter and exit contact rolls with poi, as well as unique variations on arm rolls. An example of application will be provided for each nugget.

[118] Expand your flexibility by focusing on warming up the body and then breathing through stretches and engaging our active flexibility. Stretching isn't always about relaxing; you want to engage your muscles too! All levels are welcome.

[119] What's better than 1 person on lyra? 2 people on lyra! Lean to work with an additional person below, within and above the hoop, sharing space and communicating non-verbally while learning a short sequence.

Prerequisites - Participants should be confident with basic lyra skills, such as Straddle Back, Double Knee Hang on the top bar (and safely returning to a Basic Seat), and Splits (or a variation of) under the bottom bar. You do not need a partner for the workshop.

[120] Intermediate/advanced drops will be done on the aerial tissu. We will cover a few different styles of drops (slacks, wraps, rolls). Some possible drops we will cover may be single drop setups or combination drops.
All drops in this class will be secured stops.

Prerequisites - MUST have solid and consistent straddle ups, hip keys, and be able to dead hang from just hands for at least 15 seconds.

[121] 2 Fans 1 Hand: Intro to Four Fans

Prop/Level: Fans - Advanced

Instructor: Kris Villanueva

Pre-reqs: Knowledge of snakes, choo choos, tosses, and other two-fan tricks will be helpful

Description: Whether you want to add some unique flourishes to your 2-fan repertoire or want to dive into the world of four fans this class is for you. We'll go over various ways to hold two-fans in one hand as well as transitions you can use to get in and out of two-fans one hand before moving onto tricks and techniques unique to the framework.

[122] Torch Tech

Prop/Level: Club/Torch - Mixed

Instructor: Kevin Axtell

Pre-reqs: None

Description: This is Torch Tech (Club manipulation and spinning but with torches) Club manipulation is awesome but as anyone who has tried to do 3 clubs tricks with 3 torches knows, "IT'S DIFFERENT WITH FIRE" I've been manipulating, juggling and spinning torches for 20 years now. In that time, I've learned a few things about which club tricks, styles and techniques work well and look good with torches. In this workshop for all levels - I will teach you to expand your idea of what it means to play with torches. These techniques will open up you ability to express character, use dance and movement, and tell a story with your juggling. We will use 2 through 4 clubs/torches in this class (clubs or torches fine for the workshop).

[123] An T Brid Series

Prop/Level: Double Staff - Mixed

Instructor: Calvin Brown

Pre-reqs: None

Description: This class will cover the T shape position and antibricks using Double Staff including atomic variations, patterns, and transitions.

[124] Juggling Your Poi

Prop/Level: Poi - Mixed

Instructor: Coach

Pre-reqs: None

Description: Basic intro to juggling poi, students learn cascade in wheel and wall plane, also covers variations for advanced students.

[125] Fire Eating: Vapor Tech

Prop/Level: Fire Eating - Mixed

Instructor: Zues Bigalow

Pre-reqs: Prior experience with fire eating

Description: This class is designed with an in-depth curriculum of vapor techniques to help take your fire eating to the next level. Chock full of the different vapor pulls, pushes, collections, candles, and fireballs, you will leave this class feeling more free and confident in your exploration of the art.

[126] Storytelling for Movement Artists 101

Prop/Level: No Prop (Character Building) - Mixed

Pre-reqs: None

Description: An intro to story dynamics couched in Aristotelian thought. The class specifically focuses on character. Time is divided between a short theory portion to help understand and define a plot and a practical framework for physicality taken from mime, which students then can play with in class games. Class takes a lab approach, with students encouraged to give other students feedback and direction.

[127] Full Body Contact Staff

Prop/Level: Contact Staff - Advanced

Instructor: KC Allen

Pre-reqs: Participation in a "Contact Staff with your Lower Half" course is recommended but not mandatory

Description: This class covers contact staff movement paths that make continuous full body rolls and explore effective pathways for connecting classic upper body trick families (steves, angels, devil rolls, halos) to lower body rolls, wraps, fishtails etc.

[128] Take acro to a third level and work on three person acro moves. This is an intermediate class, please come with familiarity to bird, back flying, and star. Bring your friends! (but not required)

[129] Learn a basic sequence and how to adapt it with different body shapes.

Prerequisite - none

[130] In this workshop, students will analyze roll up mechanics, learn several new roll ups, then transform existing skills and static poses into roll ups to add variation to their current skill set.

Prerequisite: Ability to invert

[131] MultiPlex Concepts and Shapes

Prop/Level: Multi Hoops - Intermediate

Instructor: Mikey Curello

Pre-reqs: None

Description: In this workshop we will be doing different multiplex tosses into shapes and also other concepts, like behind the back catches and also adding a bounce, we will start on four variations with 2 hoops and then move to 3 hoops, I have 9 different variations to go over with 3 so we will spend the majority of the class with 3 hoops but the beginning will focus on 2 hoops so everyone is on the same page.

[132] Majin Buugeng

Prop/Level: Buugeng - Intermediate

Instructor: Mateus

Pre-reqs: None

Description: We'll be going over basic and advanced tracers, isolations, and odd, floppy shapes... a lot of what makes s-staves unique! Some prior buugeng or double staff experience may be helpful in this class, but not entirely necessary.

Several pairs of Buugeng will be available to borrow

[133] Grid Tracing w/ Fans (2/2)

Prop/Level: Fans - Advanced

Instructor: Madison Daniel

Pre-reqs: Part (1/2) is suggested

Description: It's best if you attend the first grid tracing class or are already familiar with grid tracing concepts from double staves, you should already know anti and inspin. In this class we'll focus on longer, more complex patterns. We'll start integrating more ways of traveling across the grind along with anti and inspin.

[134] Foundational Terminology for Flow Arts

Prop/Level: All Props - Mixed

Instructor: Ryan Dushwam

Pre-reqs: None

Description: Understand the linguistic framework to describe the movement of objects in space as they refer to others. Students will leave with an understanding of planes, timing and direction, types of spin, the 4 basic motions and transition theory. Further, they will develop the ability to accurately describe movements learned in class, known previously or yet to be seen as well as explore movements they never had before.

[135] Intro to Contact Triple Staff

Prop/Level: Triple Staff - Advanced

Instructor: SolRiso

Pre-reqs: Comfortable with the fundamentals of Contact Double Staff

Description: If you understand 'Traps', 'Steves, and 'Angel Roll' techniques, this class will teach you how to combine these types of movements into 3 stick patterns. After learning a couple fundamental transitions, you'll be creating your own fluid sequences in no time! While there are many avenues of Triple Staff, including but not limited to 'Toss Juggling, 'Balance', and 'Devil Stick', this class focuses specifically on 'Contact Juggling'.

*All Stick Sizes Welcome!

[136] SillySpaces with Poi

Prop/Level: Poi - Mixed

Instructor: Bandy Rand

Pre-reqs: None

Description: We will explore how and where you can make a negative space along with some concept understanding that will allow students to take with them the foundation to explore endlessly on their own.

[137] Learning the 5Ball Cascade

Prop/Level: Juggling Balls - Mixed

Instructor: Sam Noel

Pre-reqs: Comfortable with 4Ball

Description: Workshop on learning and building endurance with juggling 5 objects.

[138] Contact Juggling: Trick Sequencing and Multiball

Prop/Level: Contact Ball - Intermediate

Instructor: Orion Cloud

Pre-reqs: Suggest taking "Intro to Contact Juggling"

Description: In this class, we will focus on creating longer trick combinations composed of elements from the "Intro to Contact Juggling" class. This should provide a framework for students to piece together their own tricks. After that, we will learn two-ball combinations of the same moves in same-time and split-time. Then we will combine these elements to do different patterns at the same time.

[139] Creative ways to get bendy on corde lisse! Come challenge yourself to find beautiful poses and sequences with this simple, yet dynamic apparatus.

Prerequisites include in-air footlock, ability to invert in the air, and ability to stay up on the rope or silks for over one minute at a time. (Capped at 8 students)

[140] So you know some sweet and silky moves - but whatever will you do with them? In this workshop, we will teach you some of our favorite, unexpected transitions and then lead you in creating your own. You'll come away with fun, simple ways to stretch your creative muscles back at your own home studio.

Prerequisites: knowledge of at least 6 different shapes/moves; ability & comfort to hold yourself in the air for AT LEAST 15 seconds; an open mind; and a playful attitude.

[141] Advanced Double Staff Contact (non-SOSC)

Prop/Level: Double Staff - Advanced

Instructor: Justin Widmar

Pre-reqs: Familiarity with angel rolls, halo(s), and steves

Description: A further exploration of contact with 2 staves at one time. You should already be familiar with angel rolls, halo(s), and steves to get

the most out of this class. This class will cover a variety of double staff contact, but not staff on staff contact.

[142] FIVE-fel Goes West

Prop/Level: Juggling Clubs - Advanced

Instructor: Logan Goethe

Pre-reqs: None

Description: There are nooo drops in America and streets are paved with juggling props! So you've finally figured out how to hold five whole objects in your cute little mouse hands and you just want them all airborne? Presenting a comprehensive guide to expedite your practice time - mitigating years of blood, sweat, and drops. No *juggling required! Learned straight from an Anthony Gatto look-a-like himself!

[143] The Art of Balance

Prop/Level: All Props - Mixed

Instructor: Jared the Juggler

Pre-reqs: None

Description: Balancing takes time and patience. This meditative tool can be a fun but challenging activity to teach your center of balance. In this workshop students will learn techniques on how to balance objects on different parts of their body including but not limited to face, fingers, elbows, feet. Bring your favorite static prop and let's put it in our face!

[144] Complicated Knots

Prop/Level: Poi/ Advanced

Instructor: Michael Blomberg

Pre-reqs: Hyper loops, stirring the pot, butterflaps.

Description: I will be going over complicated tangles such as butterflaps, Ollies, as well as a few fun one handed mimicking tricks and some +/- one theory discussion.

[145] Fire Eating Combos and Partner Work

Prop/Level: Fire Eating - Advanced

Instructor: Zues Bigalow

Pre-reqs: Recommended previous experience with fire eating

Description: In this class, we combine the intro curriculum with the intermediate curriculum to show you the possibilities in combining and linking together tricks to find your flow state with fire eating and how that can be applied to partner work as well.

[146] Let's Isolate

Prop/Level: Fans - Advanced

Instructor: Abigail Lindsey

Pre-reqs: None

Description: Wait, you can isolate fans too? Yes! Single point isolations with fans focus on single wicks simultaneously isolating to create a pretty illusion. These isolations can also be done with the handle of the fan as well. These are great practice for grip switches, which people struggle with commonly with fans. Turns, plane breaking, etc can be added to these patterns and will definitely make the crowd go Ooooo, Ahhhh!

[147] Leg Spins and Weaves

Prop/Level: Rope Dart - Advanced

Instructor: Flowstyle Kyle

Pre-reqs: Knowledge of basic leg spins

Description: Starting with basic leg spins as a warm-up and a refresher, we prep our muscles for the advanced leg weave movement. After the warm-up we will learn the 'saddle' leg weave. There is a downward spin and an upward spin portion to the technique creating two moves that seamlessly blend together. We will then discuss the possibilities of the other leg spins and the other leg weave, the 'holster' leg weave. Depending on students absorption of the first technique, they may begin to learn the other leg weave.

[148] Dragon Cartwheel / Full Matrix

Prop/Level: Dragon Staff - Advanced

Instructor: Steve Goodwin

Pre-reqs: Matrix, traps, and plants. Cartwheel without a dragon staff

Description: This class will start with going over proper matrix entrances and aids to get there. Then we will go into the entrance to a dragon cartwheel, by trapping the dragon on the opposite side of the body with the back of your hand telling the dragon to roll to the palm of your hand as you swing your arm to place the back of your hand on your lower back as you go into a cartwheel, with the correct speed you should be able to have the staff roll between your legs and back up the opposite side of your body that we started the move from.

[149] This is class designed to help build our strength and flexibility for aerial arts. We will go over a warm up and discuss safe conditioning practices while working out the muscle groups we engage while in the air and on the ground.

Prerequisite - Classic climb is helpful but not required; please bring a yoga mat to help create space to stretch.

[150] FAI Fire Safety Course

Prop/Level: N/A

Instructor: Lewis Kelly

Pre-reqs: None

Description: This class covers the basic safety protocols outline by the FAI Fire Safety Course. Attendees will leave with the knowledge of proper dip stations, how to spin off, proper clothing to wear, how to extinguish props and much more. If you're new to fire spinning or a seasoned veteran you will leave this class with new knowledge to help keep you safe.

[151] Lighting Up For Your First Time

Prop/Level: Mixed

Instructor: Lewis Kelly

Pre-reqs: None

Description: Lighting up for the first time can be a scary and anxious, but also a meaningful and life changing event. This class creates a safe space for first timers to be welcomed into the fire circle and spin fire for their first time. Our fire circle organizers will work one on one with each first timer through the entire process of lighting up, spinning, and extinguishing their props. First timers are required to take the FAI Fire Safety Class prior to lighting up for the first time to get the full knowledge of fire safety.