

Workshop Plan - Thursday, 16 July 2026

As of: 13 Jul 2026, 17:06

Time	① Flow Field	② Staff Stadium	③ Contact Club	④ Poi Palace	⑤ Hoop Heights	⑥ Aerial	⑦ Light Temple (@LED Area)	⑧ Spirit Farm	⑨ Tent	⑩ Spinning Heaven - spontaneous WS
17:00	17:00-18:00 Rope Dart Foot Shots Rope Dart	17:00-18:30 Double Levi / All you can Levi Double Levi Wand, Longstring Levi Wand, Levi Wand	17:00-18:30 Dragon Staff Foundations Dragon Staff	17:00-17:45 Poi foundations (Part 1 of 3): planes and turns Poi	17:00-18:30 The Joy of Partner Poi Partner poi		17:00-18:00 Fire fans workshop Fire fans, Firefans, Fans		17:00-18:30 Intro to Open Style Dance No Props	
18:00	18:00-19:00 Intro to Meteor Hammer Meteor Hammer			18:00-19:00 Flowing with Poi - Weaves and basic Poi Theorie Poi			18:00-19:00 Backbend Basics Stretching, Acro	18:00-19:00 Stretch & Flow Yoga - für mehr Leichtigkeit & Freiheitsgefühl Yoga		

Workshop Plan - Friday, 17 July 2026

As of: 13 Jul 2026, 17:06

Time	① Flow Field	② Staff Stadium	③ Contact Club	④ Poi Palace	⑤ Hoop Heights	⑥ Aerial	⑦ Light Temple (@LED Area)	⑧ Spirit Farm	⑨ Tent	⑩ Spinning Heaven - spontaneous WS
10:00	10:00-11:00 Rope dart- neck spins and what you can do with them Rope Dart	10:00-11:00 Beyond the Wand – Let's explore the Magic Hand Levi Wand, Longstring Levi Wand, Short String Leviwand	10:00-10:45 contact poi - can't touch this! #1 contact poi, Poi	10:00-10:45 I started Poi - what now? Poi	10:00-11:00 Hug Me & Get Hoopy Hoop		10:00-11:00 Sword Flow Choreography Workshop Dance Saber	10:00-11:00 Creative Movement Games for all playful humans No Props	10:00-11:00 Unlock your Lines - Hip Mobility Acro, Stretching	
11:00	11:00-12:00 Rope Dart Slack Control Rope Dart	11:00-11:45 9-square Grid with Double Staff Double Staff	11:00-12:00 Roll the Dragon Dragon Staff	11:00-12:00 Poi Tunneling Poi	11:00-12:00 Twin Hoop: What the [bleep] did you just do?! Double Hoop	11:00-12:00 Schnupperworks... Aerial Hoop Aerial Hoop	11:00-12:00 How to move with fans Fans		11:00-12:00 Contact Juggling Beginners Contact Ball	
12:00										
13:00	13:00-14:30 Intro to Rope Dart Rope Dart	13:00-14:00 Intro to Long String Leviwand Levi Wand	13:00-14:30 Contact Staff Beginner's Workshop Contact Staff	13:00-14:30 Gunslingers 101 - Entries and Exits Poi	13:00-14:30 Hoop Balance Hoop	13:00-14:00 Open Training Aerial Aerial Silks, Aerial Hoop, aerial straps	13:00-14:00 Strickx Combining breakdance with flow arts Contact Staff, Poi, Juggling club, Juggling balls	13:00-14:30 Breathwork 4 Training and Performance favourite prop	13:00-14:00 Acrodance and floorwork No Props	
14:00		14:00-15:00 Buugengs flow Buugeng				14:00-15:00 Straps No Props, aerial straps	14:00-15:30 Happy Hips - a Fat Chance Bellydance® crash course Hand Candles, Zills		14:00-15:00 Hop & Slack: Dynamische YoYo Tricks für Intermediate Spieler YoYo	
15:00	15:00-16:30 Oxbow / Puppyhammer 101 Oxbow Meteor Hammer, Puppyhammer	15:00-15:45 3-Beat-Weave with Double Staffs Double Staff	15:00-16:30 Lost in darkness with the staff Contact Staff, Contact sword	15:00-16:00 Poi foundations (part 2 of 3): butterfly Poi	15:00-16:30 Hybrids Fans, Double Hoop	15:00-16:00 Intro into Silks Aerial Silks		15:00-15:45 Origami in Wonderland No Props	15:00-16:30 Slinky Time Slinky	
16:00		16:00-16:45 Feicha bases with dragon staff Dragon Staff		16:00-17:00 Dali Circles Poi			16:00-17:00 Silk Fans: Tricks, Musicality & Choreography Fans, Fire fans, Silk fans	16:00-17:00 Fire Space e.V. – Vereinsvorstellung No Props		
17:00	17:00-18:00 Enter the Negaverse: An introduction to negative space tech Rope Dart	17:00-18:30 Leviwand: Zero to longstring Levi Wand, Longstring Levi Wand, Short String Leviwand	17:00-18:00 contact staff : In & out the floor Contact Staff	17:00-18:30 EVERYTHING IS TOROIDS Poi	17:00-18:30 Quad Hoops Masterclass! Quad Hoops		17:00-18:00 Dance Saber - 2 are better than 1 Dance Saber	17:00-18:00 Stage Presence favourite prop	17:00-18:00 Double Contact Ball - Introduction Contact Ball	
18:00	18:00-19:00 INTRODUCTION TO WHIPCRACKING Whip		18:00-18:45 Become the Star - Dapostar Dapo				18:00-19:00 Sword Stunt Fighting Dance Saber	18:00-19:00 Hairstyles for fire spinning- safe, secure and beautifull No Props	18:00-18:45 3 Ball Weaving Juggling balls	

● Open

● Beginner

● Intermediate

● Advanced

Workshop Plan - Saturday, 18 July 2026

As of: 13 Jul 2026, 17:06

Time	① Flow Field	② Staff Stadium	③ Contact Club	④ Poi Palace	⑤ Hoop Heights	⑥ Aerial	⑦ Light Temple (@LED Area)	⑧ Spirit Farm	⑨ Tent	⑩ Spinning Heaven - spontaneous WS
10:00	10:00-11:00 Introduction to negative space Rope Dart	10:00-11:00 Double staff basics Double Staff	10:00-11:00 Dragon Staff Qi Gong (Flow Arts Qi Gong) Dragon Staff	10:00-11:00 Poi foundations (part 3 of 3): weaves Poi	10:00-11:30 Gunslinger 201 - Gunflowers Masterclass Poi		10:00-11:00 Martial Flow / Sword / Doble Sword Swords	10:00-11:30 Tee Party beim verrückten Hutmacher (Kids) Any Prop	10:00-11:30 Yoga, breathwork, meditación and phisical prepa. No Props	
11:00	11:00-11:45 Throw like a fish Juggling Clubs, Juggling club, Clubs, Triple Staff	11:00-11:45 Double Staff: Tricks mit überkreuzten Armen (tricks with crossed arms) Double Staff	11:00-12:00 When dragon meets feet Dragon Staff	11:00-12:30 Pendulum Patterns Poi		11:00-12:30 Aerial Silk Double Aerial Silks	11:00-12:00 Tribal fusion belly dance No Props			
12:00										
13:00	13:00-14:30 Rope Dart: Slack Lifts Rope Dart	13:00-13:45 Ittaikan – Move as One Contact Staff, Thai staff, Staff, Dragon Staff, Contact sword	13:00-13:45 contact poi : can't touch this #2 contact poi	13:00-13:45 Partnerpoi Beginner Poi, Partner poi	13:00-13:45 Cute Combos Hoop	13:00-14:30 open training aerial Aerial Hoop, Aerial Silks, aerial straps	13:00-13:45 It takes two - Partner Moves in Fat Chance Bellydance® Hand Candles	13:00-14:00 Künstler Fairsicherung - Bühne abgefackelt ... und dann!?! No Props	13:00-14:30 Acroyoga for Flowarts Acro, Any Prop, Fans, Silk fans, Poi, Dragon Staff	
14:00		14:00-15:00 Double staff - cross arms Double Contact Staff	14:00-15:00 Getting Creative with Dragon Staff Flow - "The Milly Spin" Dragon Staff	14:00-15:00 Poi Wheelplane Flowers Poi	14:00-15:00 Optical Illusions in Your Hands Illusion toys		14:00-15:00 Silk Fan Flow – Foundations Silk fans	14:00-15:00 Ballon in Wonderland Modellierballons		
15:00	15:00-16:30 Oxbow Unleashed Oxbow Meteor Hammer, Puppyhammer	15:00-16:30 Double Staff Contact Double Contact Staff	15:00-15:45 Neck Spins and Stalls – Vertical & Horizontal Contact Staff	15:00-16:00 An introduction to 3rd Order Movments Poi	15:00-16:00 Poi Bounces & Wraps Poi	15:00-16:00 Aerial Straps Technique and Innovative Pathways aerial straps	15:00-16:30 Contemporary Dance tools for juggling Any Prop	15:00-16:00 How to Grip / Regrip your staff Staff, Double Staff, Dragon Staff, Contact Staff, Double Contact Staff, Thai staff, Triple Staff	15:00-16:00 Flowersticks mit Felix Devil Stick, Flower Sticks	
16:00			16:00-17:00 Dragon Staff Master Class Dragon Staff	16:00-17:00 Poi Whipcatch Poi				16:00-17:00 Feel your Flow - Embody Emotions for more Depth No Props, Any Prop, favourite prop	16:00-17:00 Shiva passing Tornado Poi, Juggling club	
17:00	17:00-18:00 Buzzzz into flow Rope Dart	17:00-18:00 From Spin to Contact-Staff Contact Staff	17:00-18:00 Chest Trap Dragon Staff	17:00-18:00 Poi Overtakes Poi	17:00-18:00 Hoop Throw Workshop Hoop	17:00-18:00 Aerial Hoop / Aerial Straps Aerial Hoop, aerial straps	17:00-18:00 Fire Fans: Grip Basics & Crossers Fire fans, Fans		17:00-18:00 Finde Deine Füße (Flow-Arts Qi Gong) / Find Your Feet (Flow Arts Qi Gong) Any Prop	
18:00	18:00-19:30 Non-Stall Overlords Rope Dart, Meteor Dart	18:00-19:30 Partner Leviwand Longstring Levi Wand, Levi Wand	18:00-19:30 Toboggan Dragon Staff	18:00-19:30 TOROIDAL PATTERNS Poi	18:00-19:30 2 poi one-hand meteor. Pendulums and transitions Double Meteor, Meteor, Poi		18:00-19:30 Dance Saber - Move and Flow Dance Saber	18:00-19:00 Getting into stage make up No Props		
19:00										

Workshop Plan - Sunday, 19 July 2026

As of: 13 Jul 2026, 17:06

Time	① Flow Field	② Staff Stadium	③ Contact Club	④ Poi Palace	⑤ Hoop Heights	⑥ Aerial	⑦ Light Temple (@LED Area)	⑧ Spirit Farm	⑨ Tent	⑩ Spinning Heaven - spontaneous WS
10:00	10:00-11:30 Poi Antibrids / Head-Orbiting-Moves Poi			10:00-11:00 Poi: transitions and creating flow Poi	10:00-11:00 Partner Hoop Double Hoop		10:00-11:30 Introduction to partner dance No Props	10:00-11:00 Bewegungsspiele für große und kleine Kinder No Props	10:00-11:00 Flowering with fishtails Flower Stick	
11:00		11:00-12:00 Kontaktstab energieeffizient (Flow Arts Qi Gong)/ Energy-Efficient Contact Staff (Flow Arts Qi Gong) Contact Staff	11:00-12:00 Floor Work Dimensions Contact Staff	11:00-12:00 Poi Flowers & Caps – Connecting Movement Poi	11:00-11:45 Open and Closed Grip Weaves Fans, Double Hoop				11:00-12:00 Club Contact Juggling Clubs	
12:00										