



TIME (EST/ NYC TIME)	SESSION 1	SESSION 2	SESSION 3	COMMUNITY ROOM
<b>PRE-SUMMIT SESSIONS</b>				
<b>Spiraling into Alignment</b> <i>Special Guest: Thomas Myers</i>  Immediately upon registration, gain exclusive access to this bonus session with Tom Myers. In this 75 minute presentation, Tom talks about ‘natural movement’ and developmental movement, and includes guided lecture and follow-along sequences.				
<b>SATURDAY JUNE 26</b>				
10am-11am	<b>OPENING KEY NOTE:</b> <b>ANIMAL FLOW: COME TOGETHER</b> <i>Mike Fitch</i>			
11am -12pm	<b>Roll with the Reverse Reaching Underswitch</b> <i>Richard Scrivener</i> <span style="background-color: yellow;">(Flow)</span>	<b>Animal Flow for the Strength Athlete</b> <i>Freyja Spence</i> <span style="background-color: cyan;">(Lecture)</span>	<b>Content Creation Magic</b> <i>Lashaun Dale</i> <span style="background-color: cyan;">(Lecture)</span>	
12pm-1pm	<b>Simply Flow</b> <i>Kathy Donatto</i> <span style="background-color: yellow;">(Flow)</span>	<b>Programming, Practice and Pitfalls</b> <i>Chris Flores</i> <span style="background-color: cyan;">(Lecture)</span>	<b>Acerca de el Tejido</b> <i>En español</i> <i>Freddy Satizabal</i> <span style="background-color: green;">(Workshop)</span>	<b>Hang Out with Shannon:</b> <b>Social Media</b> <i>with Shannon Blauer</i>

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1pm-2pm	<b>A Flow with All the Traveling Forms (Part 1)</b> <i>Richard Scrivener</i> <i>(Flow)</i>	<b>Animal Flow and Back Pain</b> <i>Freyja Spence</i> <i>(Lecture)</i>	Addressing the Tissue <i>Freddy Satizabal</i> <i>(Workshop)</i>	
2pm-3pm	<b>A Flow with All the Traveling Forms (Part 2)</b> <i>Richard Scrivener</i> <i>(Flow)</i>	<b>FSS to Assess</b> <i>Chris Flores</i> <i>(Workshop)</i>	<i>Get Certified: Preparing a Passing Test Out</i> <i>Kathy Donatto &amp; Becky Evans</i> <i>(Lecture)</i>	
3pm-4pm	<b>Flow with Rosh: Grace Under Fire</b> <i>Roshan Chopra</i> <i>(Flow)</i>	<b>Website Creation Basics for Trainers and Instructors</b> <i>Todd Skoglund</i> <i>(Lecture)</i>		<b>Hang Out with Kathy: Your Coolest “Flowcation”</b> <i>with Kathy Donatto</i>
4pm-5pm	<b>Self Check Own Slow Flow</b> <i>Freyja Spence</i> <i>(Flow)</i>	<b>Direction, Limb, Command: The Language of Animal Flow</b> <i>Mike Fitch</i> <i>(Lecture)</i>		
5pm-6pm	<b>Stop, Collaborate and Kickthrough: Flow with Freddy and Jeseung</b> <i>Freddy Satizabal &amp; Jeseung Lee</i> <i>(Flow)</i>	<b>Finish Them!</b> <i>Roshan Chopra</i> <i>(Workshop)</i>	<b>Brand Builder</b> <i>Lashaun Dale</i> <i>(Lecture)</i>	<b>Hang Out with Chris: What’s Your Legacy?</b> <i>with Chris Flores</i>
6pm-7pm	<b>Flow with Freyja and Kelie: On the Money</b> <i>Freyja Spence &amp; Kelie Su</i> <i>(Flow)</i>	<b>Pelvic Floor Fitness with Animal Flow</b> <i>Kathy Donatto</i> <i>(Workshop)</i>		
7pm-8pm	<b>Bro Flow</b> <i>Chris Flores &amp; Roshan Chopra</i> <i>(Flow)</i>	<b>Go Live: Video Streaming Your AF Classes</b> <i>Karen Mahar</i> <i>(Lecture)</i>	<b>Training the Tuck Planche</b> <i>Jeseung Lee</i> <i>(Workshop)</i>	<b>Hang Out with Kathy: Success Stories</b> <i>with Kathy Donatto</i>
8pm-9pm	<b>KEYNOTE/MOVEMENT:</b> <b>The Beginner Class Format</b> <i>Mike Fitch</i>			

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9pm-10pm	<b>Flow with Jeseung: Travel and Flow</b> <i>Jeseung Lee</i> <span style="background-color: yellow;">(Flow)</span>	<b>Getting Ready to Flow: Preparation Techniques</b> <i>Andrew "Chaddy: Chadwick</i> <span style="background-color: green;">(Workshop)</span>		<b>Hang Out with Kelie: Your Favorite Transitions</b> <i>with Kelie Su</i>
10pm-11pm	<b>Flow with Alisha: Fully S.L.E.E.K.</b> <i>Alisha Smith</i> <span style="background-color: yellow;">(Flow)</span>	<b>How to Blend Animal Flow into Your Training Program</b> <i>Kelie Su</i> <span style="background-color: cyan;">(Lecture)</span>		
11pm-12am	<b>Sweat with Sweaty</b> <i>Swetha Devaraj</i> <span style="background-color: yellow;">(Flow)</span>	<b>Animal Flow for Big People</b> <i>Andrew "Chaddy: Chadwick</i> <span style="background-color: cyan;">(Lecture)</span>	<b>PANEL: Building Exceptional Group Experiences</b> With Regional Leaders Filb Tan, Angelica Alberto, Bronson Chan & Kish Paranthaman. Moderated by Alisha Smith <span style="background-color: magenta;">(Panel Discussion)</span>	
<b>SUNDAY NOVEMBER 29</b>				
12am-1am	<b>Creative Choreography</b> <i>Evgenia Kabanova</i> <span style="background-color: yellow;">(Flow)</span>	<b>Spine Kinesiology for Animal Flow</b> <i>Jeseung Lee</i> <span style="background-color: green;">(Workshop)</span>		
1am-2am	<b>Pop Out Like a Girl</b> <i>Kelie Su</i> <span style="background-color: green;">(Workshop)</span>	<b>Starting Your Animal Flow Journey</b> <i>Devrath Vijay</i> <span style="background-color: cyan;">(Lecture)</span>		<b>Hang Out with Parveez: Your Animal Flow Journey</b> <i>with Parveez Saligh</i>
2am-3am	<b>Short Flows, Small Spaces</b> <i>Swetha Devaraj</i> <span style="background-color: yellow;">(Flow)</span>	<b>The Rebel's Guide to Handbalancing</b> <i>Alisha Smith</i> <span style="background-color: green;">(Workshop)</span>		
3am-4am	<b>Flow with Dev: The Varied Tempo Flow</b> <i>Devrath Vijay</i> <span style="background-color: yellow;">(Flow)</span>	<b>Exercise is a Stress!</b> <i>Andrew "Chaddy: Chadwick</i> <span style="background-color: cyan;">(Lecture)</span>	<b>Animal Flow for Athletes</b> <i>Parveez Saligh</i> <span style="background-color: green;">(Workshop)</span>	

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4am-5am	<b>Flow to the Beat – Part 1</b> <i>Agostino Celia</i> <i>(Flow)</i>	<b>Strength in Motion</b> <i>Miroslaw Basciuk</i> <i>(Workshop)</i>	<b>Sharpen the Axe: The Importance of Warming Up</b> <i>Evgenia Kabanova</i> <i>(Workshop)</i>	
5am-6am	<b>Flow to the Beat – Part 2</b> <i>Agostino Celia</i> <i>(Workshop)</i>	<b>Flow with Jin: The Forward Shoulder Load Flow</b> <i>Jin Takazawa</i> <i>(Flow)</i>	<b>PANEL: Building Exceptional Group Experiences</b> With Regional Leaders Chiara Bertozzo, Israel Mallebre & Paulo Fernandes Moderated by Alisha Smith <i>(Panel Discussion)</i>	
6am-7am	<b>Slow Flow, Dynamic Flow</b> <i>Miroslaw Basciuk</i> <i>(Flow)</i>	<b>Stretch with Eve</b> <i>Evgenia Kabanova</i> <i>(Workshop)</i>		<b>Hang Out with Chaddy: FACT OR FICTION?</b> <i>with Chaddy</i>
7am-8am	<b>Flow with Sascha: Intermediate to Advanced Flow</b> <i>Sascha Mueller</i> <i>(Flow)</i>	<b>To Infinity and Beyond: Kinetic Energy and Flow</b> <i>Parveez Saligh</i> <i>(Workshop)</i>		<b>Hang Out with Kathy: Call Out Quiz Show</b> <i>with Kathy Donatto</i>
8am-9am	<b>Flow with Eve: Tricky Transitions</b> <i>Evgenia Kabanova</i> <i>(Flow)</i>	<b>The Handstand Lab</b> <i>Sascha Mueller</i> <i>(Workshop)</i>	<b>Flow con Freddy: Swagger y Flow En Espanol</b> <i>Freddy Satizabal</i> <i>(Flow)</i>	
9am-10am	<b>Closing Session:</b> <b>Animal Flow 24-Hour Summit 2021: The Final Hour</b> <i>Mike Fitch</i>			