



TIME (EST/ NYC TIME)	SESSION 1	SESSION 2	SESSION 3	COMMUNITY ROOM
PRE-SUMMIT SESSIONS				
<p>Spiraling into Alignment <i>Special Guest: Thomas Myers</i></p> <p>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.</p>				
SATURDAY JUNE 26				
10am-11am	<p>OPENING KEY NOTE: ANIMAL FLOW: COME TOGETHER <i>Mike Fitch</i></p>			
11am -12pm	<p>Roll with the Reverse Reaching Underswitch <i>Richard Scrivener</i> (Flow)</p>	<p>Animal Flow for the Strength Athlete <i>Freyja Spence</i> (Lecture)</p>	<p>Content Creation Magic <i>Lashaun Dale</i> (Lecture)</p>	
12pm-1pm	<p>Simply Flow <i>Kathy Donatto</i> (Flow)</p>	<p>Programming, Practice and Pitfalls <i>Chris Flores</i> (Lecture)</p>	<p>Acerca de el Tejido <i>En español</i> <i>Freddy Satizabal</i> (Workshop)</p>	<p>Hang Out with Shannon: Social Media <i>with Shannon Blauer</i></p>

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

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

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