

**ANIMAL  
FLOW**  
**24-HOUR SUMMIT**  
**2022 PROGRAM SCHEDULE**



TIME (EST/ NYC TIME)	SESSION 1	SESSION 2	SESSION 3
10am-11am	<b>OPENING KEY NOTE:</b> <b>RESILIENCE: Forged Through Fire</b> <i>Mike Fitch</i>		
11am -12pm	<b>Flow with Chris &amp; Rosh</b> <b>Bro Flow Returns</b> <i>Chris "Flo" Flores and Roshan Chopra</i> <b>(Flow)</b>	<b>A Review of the Literature:</b> <b>Benefits of Quadrupedal Movement</b> <i>Richard Scrivener</i> <b>(Lecture)</b>	
12pm-1pm	<b>Flow with Rich:</b> <b>Centre-Point Flow</b> <i>Richard Scrivener</i> <b>(Flow)</b>	<b>2022 Social Media Update</b> <i>Emily-Rose Hills</i> <b>(Lecture)</b>	<b>Making Flows for Online Classes</b> <i>Roshan Chopra</i> <b>(Workshop)</b>
1pm-2pm	<b>Flow with Kathy:</b> <b>Kick it to the Side</b> <i>Kathy Donatto</i> <b>(Flow)</b>	<b>How Injuries Unfold</b> <i>Freyja Spence</i> <b>(Lecture)</b>	<b>What Will Your Legacy Be?</b> <i>Chris "Flo" Flores</i> <b>(Workshop)</b>
2pm-3pm	<b>Flow with Freddy:</b> <b>Three Moves, Three Ways</b> <i>Freddy Satizabal</i> <b>(Flow)</b>	<b>Applying Modern Coaching Language to</b> <b>AF</b> <i>Richard Scrivener</i> <b>(Lecture)</b>	<b>Running Successful Paid Ads</b> <b>on Social Media</b> <i>Emily-Rose Hills</i> <b>(Lecture)</b>

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3pm-4pm	<b>Flow with Paulo: Energy Flow</b> <i>Paulo Fernandes</i> <i>(Flow)</i>	<b>I've Done My Research: How to Interpret Scientific Papers</b> <i>Freyja Spence</i> <i>(Lecture)</i>	<b>Pairing Animal Flow with Hypertrophy Training</b> <i>Michael Palser</i> <i>(Workshop)</i>
4pm-5pm	<b>Flow with Flo: Swag Flow</b> <i>Chris "Flo" Flores</i> <i>(Flow)</i>	<b>How to Effectively Communicate the Message of AF</b> <i>Mike Fitch</i> <i>(Lecture)</i>	<b>Developing a Simple but Effective Website on a Budget</b> <i>Todd Skoglund</i> <i>(Lecture)</i>
5pm-6pm	<b>Call Out Language: A Quiz-Style Review</b> <i>Freyja Spence</i> <i>(Flow)</i>	<b>Get That Shot: Capturing Great Photos with Your iPhone</b> <i>Karen Mahar</i> <i>(Lecture)</i>	
6pm-7pm	<b>Flow with Michael P: Using Tempo for Storytelling</b> <i>Michael Palser</i> <i>(Flow)</i>	<b>Pregnant AF!</b> <i>Kathy Donatto &amp; Gabi Bradley</i> <i>(Workshop)</i>	<b>Animal Flow and Kinstretch Part 1: Kinstretch Master Class</b> <i>Alex Nichols</i> <i>(Workshop)</i>
7pm-8pm	<b>Flow with Kelie: Sweep the Flow</b> <i>Kelie Su</i> <i>(Flow)</i>	<b>Animal Flow Drills for Martial Artists</b> <i>Bryan Wither and K Zang</i> <i>(Workshop)</i>	<b>Animal Flow and Kinstretch Part 2: Using Kinstretch with AF</b> <i>Q&amp;A with Alex Nichols and Mike Fitch</i> <i>(Workshop)</i>
8pm-9pm	<b>Flow with Jeseung: Power Flow</b> <i>Jeseung Lee</i> <i>(Flow)</i>	<b>Using Animal Flow in Your Warm-Ups</b> <i>Maddie Berky</i> <i>(Workshop)</i>	<b>Archetypes and Avatars: Building Your Business Identity (Part 1)</b> <i>Alisha Smith</i> <i>(Lecture)</i>
9pm-10pm	<b>Flow with Swetha: Front Kickthrough Firepower</b> <i>Swetha Devaraj</i> <i>(Flow)</i>	<b>Playing with Activations</b> <i>Andrew "Chaddy: Chadwick</i> <i>(Workshop)</i>	<b>Archetypes and Avatars: Building Your Business Identity (Part 2)</b> <i>Alisha Smith</i> <i>(Lecture)</i>

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10pm-11pm	<b>Flow with Dev:</b> <b>Level Change Flow</b> <i>Dev Vijay</i> <b>(Flow)</b>	<b>How to Move When You Don't Feel Like Moving</b> <i>Maddie Berky</i> <b>(Workshop)</b>	
11pm-12am	<b>Flow with Alisha:</b> <b>CRESCENDO: A Musical Flow Journey</b> <i>Alisha Smith</i> <b>(Flow)</b>	<b>Elastic Resistance and AF</b> <i>Andrew "Chaddy" Chadwick</i> <b>(Lecture)</b>	
12am-1am	<b>Flow with Miro:</b> <b>Crocodile Crawls</b> <i>Miroslaw Basciuk</i> <b>(Flow)</b>	<b>The 3 "Cs" of Coaching</b> <i>Parveez Saligh</i> <b>(Workshop)</b>	
1am-2am	<b>Flow with Eve:</b> <b>Creative Choreography</b> <i>Evgenia Kabanova</i> <b>(Flow)</b>	<b>The Power of Short Drills</b> <i>Miroslaw Basciuk</i> <b>(Workshop)</b>	
2am-3am	<b>Flow with Swetha &amp; Dev:</b> <b>SweatyNinjas Flow</b> <i>Swetha Devaraj and Dev Vija</i> <b>(Flow)</b>	<b>Hip Mobility for Animal Flow</b> <i>Jeseung Lee</i> <b>(Workshop)</b>	
3am-4am	<b>Designing an Animal Flow Study</b> <i>Evgenia Kabanova</i> <b>(Lecture)</b>	<b>Running a Strong Animal Flow Business</b> <i>Kelie Su</i> <b>(Lecture)</b>	<b>Supination: The Key Movement in Side Kickthrough</b> <i>Guillaume "Gee" Tual</i> <b>(Workshop)</b>
4am-5am	<b>Flow to the Beat: Part 1</b> <i>Agostino Celia</i> <b>(Flow)</b>	<b>Jin's Tuck Balance Clinic</b> <i>Jin Takazawa</i> <b>(Workshop)</b>	<b>Animal Flow for Fighters</b> <i>Rafa Diez</i> <b>(Lecture)</b>

TIME (EST/ NYC TIME)	SESSION 1	SESSION 2	SESSION 3
5am-6am	<b>Flow to the Beat: Part 2</b> <i>Agostino Celia</i> (Workshop)	<b>Lone Wolf: Growing AF in Your Region</b> <i>Evgenia Kabanova &amp; Parveez Saligh</i> (Lecture)	
6am-7am	<b>Flow with Jin: The Killer Bear Workout</b> <i>Jin Takazawa</i> (Flow)	<b>Creative Physical Preparation Exercises</b> <i>David Scotland</i> (Workshop)	
7am-8am	<b>Understanding the Shoulder and Spine in Animal Flow</b> <i>Mike Fitch</i> (Workshop/Lecture)	<b>Building Simple and Effective Drills</b> <i>Sascha Mueller</i> (Workshop)	<b>Everything You Need to Know About the World of Podcasting</b> <i>Anthony Palmer</i> (Lecture)
8am-9am	<b>Integrating AF: Bodyweight Workouts</b> <i>Evgenia Kabanova</i> (Workshop)	<b>Animal Flow for Endurance Athletes</b> <i>Freyja Spence</i> (Lecture)	
9am-10am	<b>Closing Flow: The Big-Ass Add-On Game</b> <i>Mike Fitch and a Bunch of MIs</i>		