

# WEST CORK FLOW FESTIVAL

<i><b>TIMES</b></i>	<i><b>MAIN STAGE</b></i>	<i><b>TEMPLE of FLOW</b></i>	<i><b>MAGIC CARPET</b></i>	<i><b>COSY YURT</b></i>	<i><b>CIRCUS TENT</b></i>	
Friday						
6pm - 6:30pm	Opening Ceremony					
6:30pm - 7:30pm	Luc O'Rourke					
8pm - 10pm	The Service			Comfy Concert		
10pm - 12am	Andy Ra & Fire Show			9:30pm Mantra Mana Ma		
Saturday						
8am - 9am		Okido Yoga	Kirtan			
9:30am - 10am	Ecstatic Dance					
10am - 11:30am		Contemporary Dance	Capoeira	Qigong	Circus Skills with Penny	
12pm - 1:30pm	Afro Brazilian Dance	Yoga Dance	Hip-Hop & Breaking	Circus Fit	Aerial Silks	Elements of Flow
1:30pm - 3:30pm Lunch & Chill	Eat, Rest & Play!				Skillshare / Flow Jam	
3:30pm - 5pm	Afro Caribbean Dance	AcroYoga	Afro Cuban Salsa	Kung Fu		
5pm - 7pm Dinner & Chill	Hip-Hop / Breakdance Jam (Outside)					
6:45pm - 8pm	Mamacha					
8:15pm - 9:45pm	Galway Street Club			8pm Mantra Mana Ma		
9:45pm - 11:45pm	Ruairi & Fire Show			9:30pm Comfy Concert		
Sunday						
8am - 9am		Okido Yoga	Kirtan			
9:30am - 10am	Ecstatic Dance					
10am - 11:30am		Contemporary Dance	Capoeira	Qigong	Hula Hoop	Aerial Hoop
12pm - 1:30pm	Afro Caribbean Dance	Yoga Dance	Hip-Hop & Breaking	From Heart to Hands	Circus Skills with Penny	
1:30pm - 3:30pm Lunch & Chill	Eat, Rest & Play!				Skillshare / Flow Jam	
3:30pm - 5pm	Afro Brazilian Dance	AcroYoga	Dance Improv	Kung Fu		
5pm - 7pm Dinner & Chill	Market Time Hip-Hop / Breakdance Jam (Outside)					
7:30pm - 10pm	Open Stage					
10:00 PM	Closing Ceremony & Fire Show					