

MHDR 2021	Area 1	Area 2	Wisdom Circle	Home Base / Tent City	Fire Circle
<b>Thursday</b>					
12:00:00 - 5 PM	SET-UP	SET-UP	SET-UP	SET-UP	SET-UP
6:00 PM					
7:30 PM				Staff Dinner	
8:00 PM				Paint N Sip (Staff Only)	
8:30 PM					
9:00 PM					
<b>Friday</b>					
8:00 AM - 12 PM	SET-UP	SET-UP	SET-UP	SET-UP	SET-UP
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM				Welcome & MHDR Games	
7:00 PM					
7:30 PM					Fire Safety
8:00 PM					Friday Night Fancy
9:00 PM					Fire Spinning & LED Jam
<b>Saturday</b>					
8:30 AM					
9:00 AM Morning Movement					
10:00 AM Yoga Round for Beginners			Presence & Flow		
11:00 AM Big Steves Breaks & Paddles Battle		Spinal Awakening Series	Intro to Slackline		
12:00 PM Hoop Dance Composition 1		Doubles: Drills Drills Drills	Head Stands are for Everyone		
12:45 PM	LUNCH	LUNCH	LUNCH		Group / Instructor / Staff Pic
1:30 PM Beginner Hoop Dance		From the Core	The Workshop Workshop		
2:15 PM Roll With It		Illusions & Isolations	Flying With Friends: Acro 101		
3:00 PM Intro to Aerial Hammock		Escalate Everything	Beginner Silk Fans		
4:00 PM Let's Catch the Rhythm of the Beat		Doubles Drills for Quad Tech			
5:00 PM Twist & Stretch			What Is Arts Infused Education		
6:00 PM Twerkshop		Buugeng Beginnings			
6:45 PM	DINNER	DINNER	DINNER	Bubble Therapy with Bri	
7:30 PM					Unicorn & Showcase
8:30 PM					Unicorn & Showcase
9:30 PM	Lunar Phase - Hoop Yogini (meet at Area 1 at 9 pm)				Fire Spinning & LED Jam (Fire Safety)
11:30 PM	Midnight Freedom Flow (meet at Area 1 at 11:30)				
<b>Sunday</b>					
8:30 AM					
9:15 AM Stretch & Strengthen					
10:00 AM	POT LUCK BREAKFAST	POT LUCK BREAKFAST	POT LUCK BREAKFAST	POT LUCK BREAKFAST	POT LUCK BREAKFAST
11:00 AM			Inclusion Discussion		
11:45 AM Hoop Dance Choreography & Repertoire			How to Get Social Media Following		
12:30 PM 1 & 2 Hoop Mandala Variations		Throwing Elbows	Beyond The Chi		
1:30 PM Triple Hoop Tech		Creative Dance for All	Feelin Myself (Sacred Circle)		
2:30 PM Doubles: Intricate Weaves, Wraps, & More		Spicin It Up	Movement Meditation		
3:30 PM Levitation Wand		Nose Hooping			
4:30 PM			PACK UP AND GOODBYE		
5:30 PM					
6:30 PM	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN
7:30 PM	OFF SITE	OFF SITE	OFF SITE	OFF SITE	OFF SITE