

MHDR 2023	Area 1	Area 2	Wisdom Circle	Disco Den	Home Base / Tent City	Fire Circle
Wednesday						
9:00:AM - 6 PM	SET-UP	SET-UP	SET-UP	SET-UP	SET-UP	SET-UP
Thursday						
4:00 PM - 8 PM	Registration Open	Thursday Pass Required	Registration Open	Thursday Pass Required	Registration Open	Thursday Pass Required
7:00 PM						
9:00 PM					Karaoke	
10:00 PM					Fireside Chat	
Friday						
9:00 AM - 7 PM	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open
		Late Arrivals See Colleen DeLacy		Late Arrivals See Colleen DeLacy		Late Arrivals See Colleen DeLacy
11:00 AM						All Camp Flow Jam
1:00 PM	Stretch It Out		Radical Self Acceptance			
2:00 PM					Foam Party	
3:00 PM		Just Roll With It	Manifestation & Life Skills			
4:00 PM	Elbow Stuff	Shifts, Switches, Flips, & Folds	Letter to Yourself			
5:00 PM	Escalators & Eels	Musicality for Performers		Ecstatic Dance		
6:00 PM					Meet The Family!	
7:00 PM						
7:30 PM						Friday Night Fancy
8:00 PM						
9:00 PM						Fire Safety
9:15 PM					Let Ya Silly Out	Fire Circle & LED Jam
10:30 PM				Roller Disco		
Saturday						
9:00 AM - 12 PM	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open
	Late Arrivals See Colleen DeLacy		Late Arrivals See Colleen DeLacy		Late Arrivals See Colleen DeLacy	
9:00 AM		Morning Movement				
10:00 AM	Total Isolation	Chest Rolls and Then what?	Goal Setting? I Don't Even Know Her!			
11:00 AM	Hoop Dance Choreo	Contact Improv				
12:00 PM						Lip Sync Smack Down
12:45 PM	LUNCH	LUNCH	LUNCH	LUNCH	Inclusivity & Diversity Discussion	LUNCH
1:20 PM	Group / Instructor / Staff Pic	Group / Instructor / Staff Pic	Group / Instructor / Staff Pic	Group / Instructor / Staff Pic	Group / Instructor / Staff Pic	Group / Instructor / Staff Pic
1:45 PM	Beginner Levi Wand	Hoop Games				Intro to Fire Eating
2:30 PM	A Few Of My Favorite Things	Intro to Poi Pendulums				
3:15 PM	Partner Prop Improv		All Tangled Up			
4:15 PM	Thread the Needle	Music & Movement				
5:15 PM			Sustainability Talk			Intro to Fire Bubbles
6:15 PM	Intro to 2 Poi 1 Hand				Hoop Exchange Mixer	
7:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7:30 PM						Unicorn Award
8:30 PM						Saturday Spectacular
9:30 PM						Fire Spinning & LED Jam (Fire Safety)
10:00 PM						
Sunday						
9:30 AM						
10:15 AM	Creative Dance for All	Long String Leviwand				
11:00 AM	Beginner Contact Levi					
11:45 AM	Dynamic Russian Fans	Harnessing Imagination Through Hoop				
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	CLOSING CIRCLE	LUNCH
2:30 PM	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE
3:30 PM	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN
4:30 PM	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN
5:30 PM	OFF SITE	OFF SITE	OFF SITE	OFF SITE	OFF SITE	OFF SITE
6:30 PM						
7:30 PM						