MHDR 2024	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
5:00 PM					Make Your Own Hoop	
6:00 PM				Taco Night W/ Mishell & Mary	Inclusivity & Diversity Discussion	
7:00 PM				In Home Base / Tent City	Braid Buddy	
8:00 PM						All Camp Flow Jam
9:30 PM					Fireside Chat	
10:30 PM					Karaoke	
Friday						
9:00 AM - 7 PM	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open	Registration Open
		Late Arrivals See Megan Dupuy		Late Arrivals See Megan Dupuy		Late Arrivals See Megan Dupuy
11:00 AM						All Camp Flow Jam
1:00 PM		Creative Dance For All	Letter to Self			
2:00 PM	Exploration of Flowers	Wraps & Rolls				Camp Games
3:00 PM	Harnessing Imagination Through Flow	Recovery Moves				
4:00 PM	Twerkshop					
5:00 PM	Community Choreography				History of Flow Arts	
6:00 PM					Meet The Family!	
7:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
8:00 PM						Friday Night Fancy
9:00 PM						Fire Safety
9:15 PM						Fire Circle & LED Jam
10:30 PM						
Saturday						
9:00 AM - 12 PM	Registration Open	Late Arrivals See Megan Dupuy	Registration Open	Late Arrivals See Megan Dupuy	Registration Open	Late Arrivals See Megan Dupuy
9:00 AM						Morning Movement
10:00 AM	Shifts, Switches, Flips, & Folds	Intro to Circus Style Multiples				Cultivate Balance
11:00 AM	Hooping With The Senses	Hoop Physics				
12:00 PM				Lip Sync Smack Down		
12:45 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15 PM						Group / Instructor / Staff Pic
1:45 PM	Exploring Escalators	Exploration of Stalls & Pendulums	Prop Mods For Your Rockin' Bod			
2:30 PM	Kickstart 101		The Power Of No			
3:15 PM	These Are A Few Of My Favorite Things		Cultivate Wisdom		Intro To Fire	
4:15 PM	Beginner Levitation Wand	Body Isolations	Economics of Self-Worth			
5:15 PM	Hoop Dance Choreography & Repetoire	S-Relation Sequence For Fans				
6:15 PM	Flyer Than A G6	Hoop Homies				
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 Saf
10:00 PM						
Sunday						
9:30 AM						
10:15 AM	Rule of Thumb					Cultivate Joy
11:00 AM	Total Isolation (Doubles Edition)	Exploration of Hybrids	Regulation Station			
12:00 PM	Iso Pops & Exensions	Intro to Plane Juggling				
1:00 PM			Body Care for Movement Artists			
2:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	CLOSING CIRCLE	LUNCH
3:00 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	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE	PACK UP AND GOODBYE
4:30 PM	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN
5:30 PM	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN	TEAR DOWN
6:30 PM	OFF SITE	OFF SITE	OFF SITE	OFF SITE	OFF SITE	OFF SITE