



COURTNEY 'Q' LOCKWOOD + WILLOW PERCHILD

Missoula, MT
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FLOW ARTS : HISTORY IN THE MAKING

90 - 120 min

WORKSHOP DESCRIPTION

Poi, juggle sticks and hula hoops are some of the most common kinds of flow arts and these are the kinds of arts you can learn about, create and learn to play with at this hands on workshop! 'Q' and Willow will teach children and adults how to make their own flow arts out of mainly up-cycled materials (things that would otherwise be thrown away or recycled), and how to use them. This workshop has 3 parts.

1. History and story
2. Flow art building
3. Learn to spin poi and juggle sticks

Afterwards we'll move on to hoop decorating and get our hips swinging into the flow for the hooping workshop presented by Joy Now!

COURTNEY 'Q' LOCKWOOD

...Is a phenomenally creative spirit! She is a masterful crochet artist, sock puppet stitcher and crafty kitten extraordinaire! Flowing with good energy, care and insight since the dawning of time she is bubbling over with excitement to share what she's learned and pass on the tried and true fun of flow arts and dance!

