



FLOWmily

FLOWARTS GATHERING

WORKSHOPS

GALA SHOW

OPEN STAGE

MAY 16-18
2025

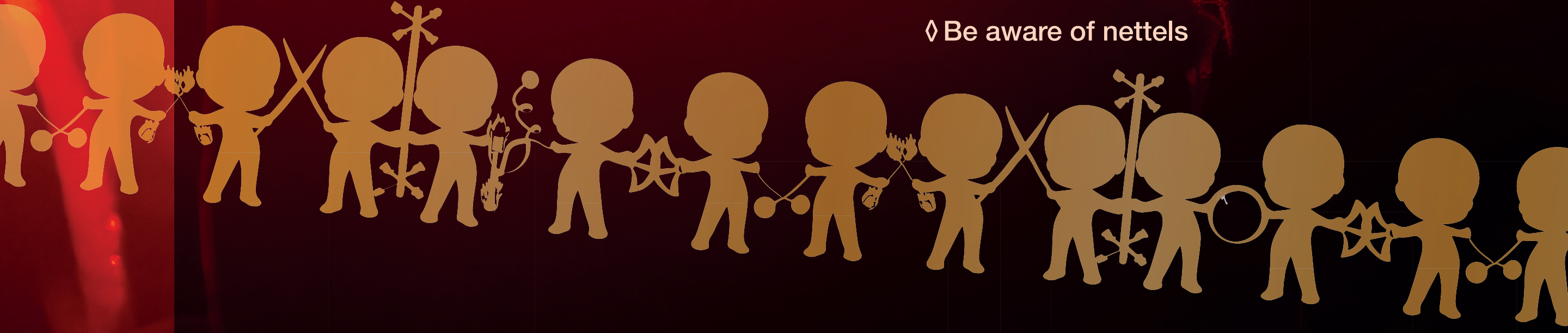
DEAR FLOWmily

We invite you to let your artistic flame shine at our upcoming gathering in Ecodorp Bergen. To ensure you are prepared and we keep our ecological footprint minimal, we've compiled a handy checklist. This way, you can enjoy our collective creation without any worries.

WHAT TO BRING TO THE GATHERING?

- ◊ Bin Bag for your trash at the campingsite.
- ◊ Cutlery, plate and a tea towel
- ◊ Bring your own cup (put your name on it or mark it in a way so you remember your cup)
- ◊ Breakfast and late night snacks
- ◊ Camp gear for outdoor cooking
- ◊ Extra food and breakfast if you need more than 4 meals provided
- ◊ Drinks / water bottle
- ◊ Warm clothes for the evening
- ◊ Your props and flowtoys

VIBES and BEHAVIOR

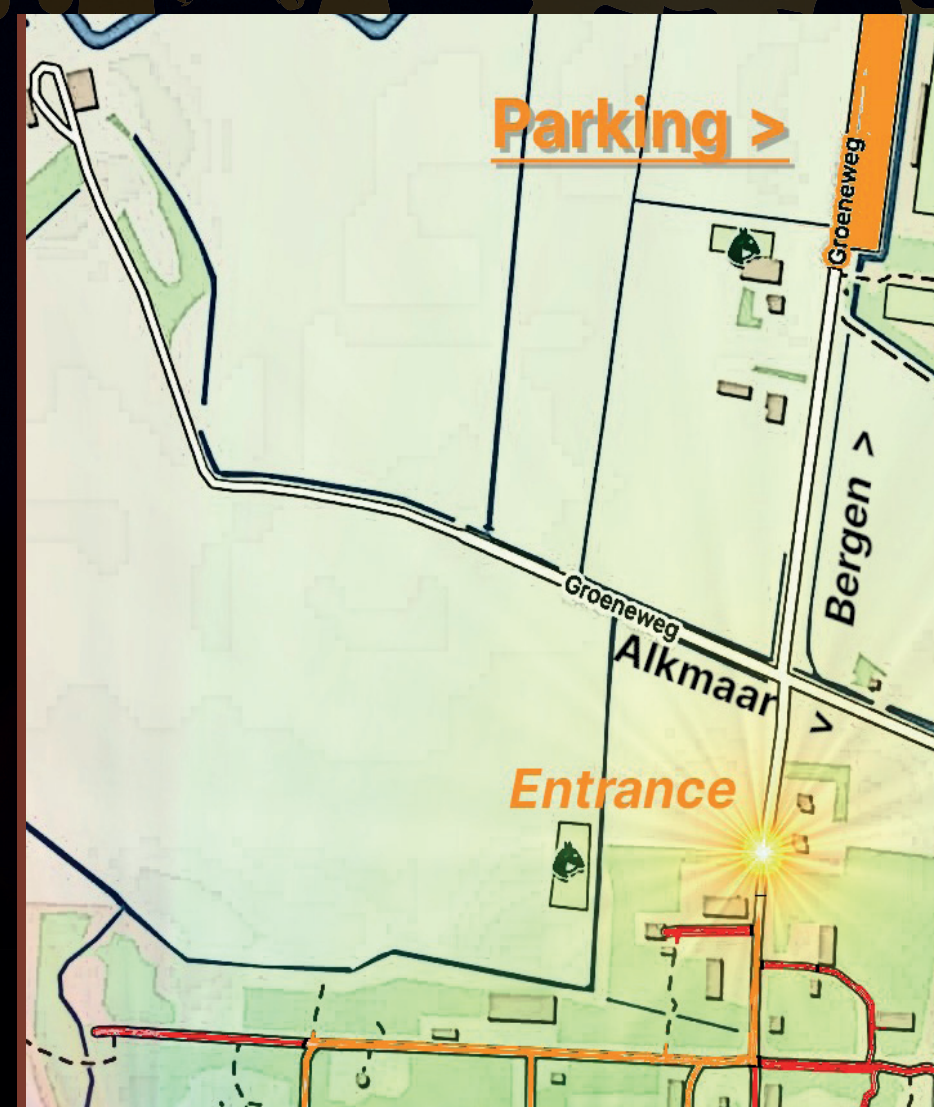
- ◊ The camping area is a quiet space intended for rest and sleep. Since the ecovillagers' houses are nearby, we ask you to be quiet (no music & loud talking, please).
 - ◊ Our ecovillage spans 15 hectares without fences, but we kindly ask you to stay within the publicly accessible areas and respect private spaces.
 - ◊ We adhere to a strict no drugs and no alcohol policy in the ecovillage. If you wish to enjoy such substances, please do so around the bunker area and stay in that zone.
 - ◊ Leave no trace. Pick up your trash as you move around at the gathering and take everything with you when you leave. Show great respect for Mother Earth, so she doesn't have to clean up after you.
 - ◊ Be kind and considerate to yourself and others. Respect everyone's boundaries and ask for consent if you want something from someone else.
 - ◊ If you need any support in any way, please do not hesitate to reach out to us. Our community is loving and caring. Together, we can find a solution to almost anything.
 - ◊ Be aware for ticks there is a lot of high grass. check yourselves!
 - ◊ Be aware of nettels
- 

WHERE TO PARK YOUR CAR

Cars are allowed to park in front of the ecovillage property or in the parking lot next to the football field.

CAN I TRAVEL WITH PUBLIC TRANSPORT?

By public transport, you can easily get to the Groeneweg from Alkmaar station (just an 8-minute bus ride). Let us know in advance that you're coming, and we or other Flowmily friends can pick you up from the Groeneweg. You can also get there by (public transport) bike (12 minutes biking).



FRIDAY PROGRAM

14:15	The eco village is open for setting up your tent
17:30	Dinner is served at L8
19:00	Opening ceremony
20:30	Fire safety workshop for all
21:00	Open stage
21:30	Open fire jam (DJ hvidmand)
22:30	Bunker (DJ Legion)
02:00	Closing time

FLOWmily
FLOWARTS GATHERING

SATURDAY SCHEDULE

TIME	TENT	FIRE SPACE	L8	YURT	DJ
08:00 - 09:00				Meditation wake up Odile	
09:00 - 10:00			Yoga Luke		
10:15 - 11:15	Body hooping & duck outs Carmen	Dance with fans Malwina	Rope dart basics Nick		
11:30 - 12:30	Silk fans Elisa	Fire eating Luke	Contact staff all levels Ian	Learn to learn Bartosh	
12:00 - 13:00	Lunch is served in L8				
13:00 - 14:00	Animal flow Tiago	Contact poi Melle	Short string levi wand Joshi		Hentalia psychill
14:15 - 15:15	Contact staff Beginner Sten	Dragon staff Dunja	Hoop choreo Advanced Chel		
15:30 - 16:30	Bellydance Freya	Double staff Bartosh	Long string levi wand Joan	Holistic Flow timea	DJ Yellow Rose energetic euphoric >> til 18:00
16:45 - 17:45	Partner acrobatics Nick	Fire safety Lisa	Flexibility Lova		
18:00 - 19:00	Dinner is served in L8				Charly2Face energetic, deep, me- lodic techno >>til 20.30
20:30 - 22:00		Gala show			
22:00 - 00:00		Open Fire jam			BZAR
00:00 - 02-00		Bunker party			hvidmand

SUNDAY SCHEDULE

TIME	TENT	FIRE SPACE	L8	YURT	DJ
08:00 - 09:00					
09:00 - 10:00			Yoga Carmen		
10:15 - 11:15	Vasco Free your flow	Space / pixel whip Joan			
11:30 - 12:30		Flower sticks Rene	Performance presence Lova		
12:00 - 13:00	Lunch is served in L8				
13:00 - 14:00	Holistic reflections timea >>til 14:30		Capoeira Odile	Make your own prop bag Jasmin & Mira >> Naai atelier	Engai Progressive psy
14:15 - 15:15	Restorative Yoga Adrienne	Footwork while hooping Chel	Rope dart All levels Dunja		
15:30 - 16:30	Twerk / butt hooping Zeb	Bellydance with fire Freya	Poi Beginner Mira		Luminous Nova Flowy upbeat vibes
16:45 - 17:45	CLOSING TIME				



FLOWmily
FLOWARTS GATHERING

MAP OF THE VILLAGE



- Workshop area's
- Other area's
- Path
- Don't walk here