

# **FLOW ARTS RESUME: DOUG SILTON**

## **CONTACT JUGGLING**

- Trained by Remy Holwick and a variety of coaches in Los Angeles starting in 2001.
- Performances at Carnival: The Choreographers Ball and SwingDiego.

## **SPINNING STAFF**

- Trained by Thai and Burmese coaches starting in 2003 on the beaches of Koh Tao, Thailand (Lotus Bar)
- Instructional videos for Spinning Staff are available online at [www.DougSilton.com](http://www.DougSilton.com)

## **SPINNING POI**

- Trained by Thai and Burmese coaches starting in 2006 on the beaches of Koh Tao, Thailand (Lotus Bar)
- Instructional videos for Spinning Poi are available online at [www.DougSilton.com](http://www.DougSilton.com)
- Camp Play With My Balls created for SOAK 2023 and 2024 with pop-up camps at Burning Man, LoveBurn, AfrikaBurn, and Nowhere.