



A journey to HOLISTIC WELLNESS

From the moment the festival began, it was clear that this was no ordinary event. It wasn't just about yoga sessions or meditation corners; it was an intricate blend of activities designed to enrich the individual and the collective.



The Dhaka Flow Festival 2024 has been a celebration of mindfulness and connection, set against the buzzing backdrop of Gulshan Society Lake Park. For two days, the park transformed into a vibrant hub where people from all walks of life—children, young adults, and the elderly, gathered to embrace wellness, creativity, and community. The air hummed with anticipation as visitors meandered through the thoughtfully curated spaces, each offering an experience to ignite curiosity and nurture the soul. There were sessions on sound healing, art therapy, dance improvisation, and even a concept as simple yet profound as 'Shareapy,' where strangers became confidants, exchanging stories and solace in a shared space. A gratitude wall stood



as a quiet centerpiece, inviting participants to reflect and express their thankfulness amidst the busy hum of the festival. Local and international wellness experts lent their expertise, adding a global flair to the proceedings. Yogini and Dhaka Flow co-founder, Shazia Omar explained the philosophy behind it all, saying, "This approach to holistic wellness is much more sustainable as it focuses not only on individual mental and physical well-being but also on fostering a mindful and conscious community."



Her words resonated in every festival corner, from the meditation garden to the bustling food stalls. The festival began with transformative sessions one of which was led by Vari Morales, an international wellness guru, who seamlessly blended movement and mindfulness. Speaking about his first visit to Bangladesh, Morales shared, "It's inspiring to see a community coming together with such conscious intent for a sustainable future."