

Events like this may seem casual to outsiders but they require immense patience and hard work to execute. The vendors here are showcasing handmade products that reflect this culture, which is truly remarkable."

The festival was not confined to physical or mental rejuvenation; it embraced sustainability in every detail. Vendors showcased local, eco-friendly products—cotton, jute, wood and other natural materials taking centrestage, with everything from clothing lines to handcrafted decor on display.

Humaira Khan, a renowned fashion designer, presented her sustainable collection under her label Anikini, standing alongside a few other designers showcasing eco-conscious practices. Her collection was crafted from local resources like cotton, jute, and khadi reflecting her commitment to promoting Bangladeshi heritage on a global stage.

She shared her vision saying, "As a brand, we are trying to create a Bangladeshi identity and stand as an individual in front of the world with our local resources. This event stands apart—it's not just about selling or chasing trends, it is about lifestyle and philosophy for the next generation. Most people here seem deeply aware of the environmental challenges we face and that awareness gives me hope"

Her words align with the festival's vision, blending sustainability with cultural consciousness in a way which resonated deeply with visitors.

The food stalls reflected this ethos as well. Each vendor brought at least one healthy, creative option to the table. From sugar-free ice creams to Bandarban-special coffee, the culinary offerings mirrored the



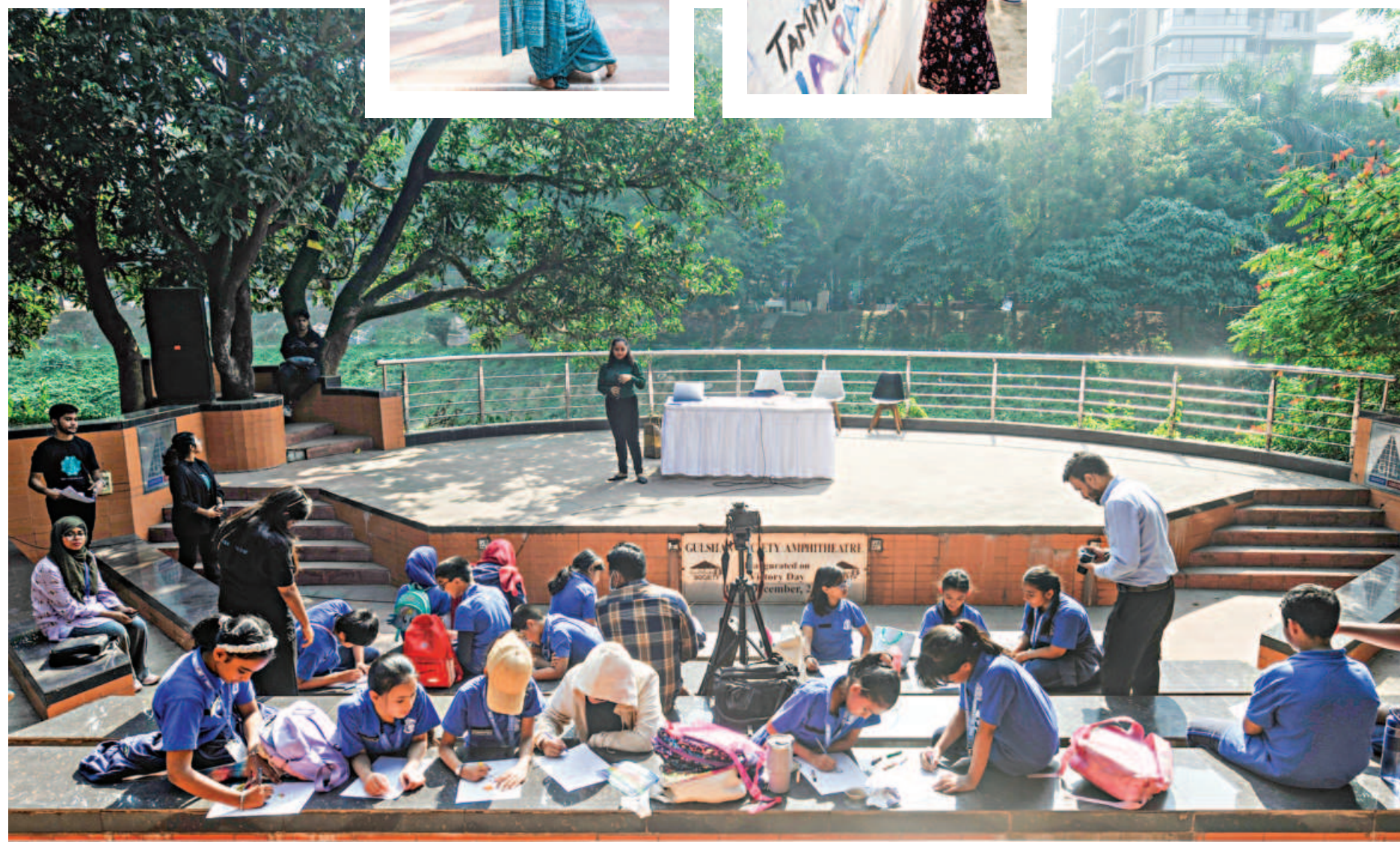
festival's commitment to mindful choices. It was not just about feeding the body but nourishing the spirit.

The second day of the Dhaka Flow Festival offered an extensive mixture of activities that was vibrant yet calming. Yoga Beats at Sunset with Shazzy Om and DJ OMDG drew a serene crowd, blending

rhythmic flows with ambient music.

Nearby, the Meditation Garden hosted a soothing Sound Healing session by Swayambhu, providing a haven of stillness.

Art enthusiasts joined collaborative projects at the Art & Soul Corner, while others explored improvisation theatre or participated in dance healing sessions.



Beyond the daily highlights, the festival featured a range of thoughtful activities for community building that exemplified its aspiration for holistic well-being. It also brought interactive activities for children, including a dedicated playground and creative workshops, ensuring every member of the family could engage.

What tied the festival all together was the spirit of community.

Benjamin Morgan, a visitor, captured it perfectly when he remarked, "This isn't just another event. It's a place that brings like-minded people together and connects them through shared interests. The traditional dances, unique products, yoga sessions, and cultural expressions create an experience that's as enriching as it is entertaining."

Organisers ensured that every detail reflected a commitment to environmental responsibility from decorations to merchandise to the absence of plastic disposables. Panel discussions explored topics ranging from eco-conscious living to the intersection of wellness and sustainability, sparking conversations that extended far beyond the event itself.

As the festival came to a close, it left behind more than memories—it planted seeds of mindfulness, creativity, and collective care.

The Dhaka Flow Festival was a fleeting escape from the mundane and an invitation to rethink how we live, connect, and grow together. For those who attended, the experience will likely linger, inspiring subtle yet profound changes in their everyday lives.

**By Rehnuma Shahreen**  
**Photo: Shadab Shahrokh Hai**