

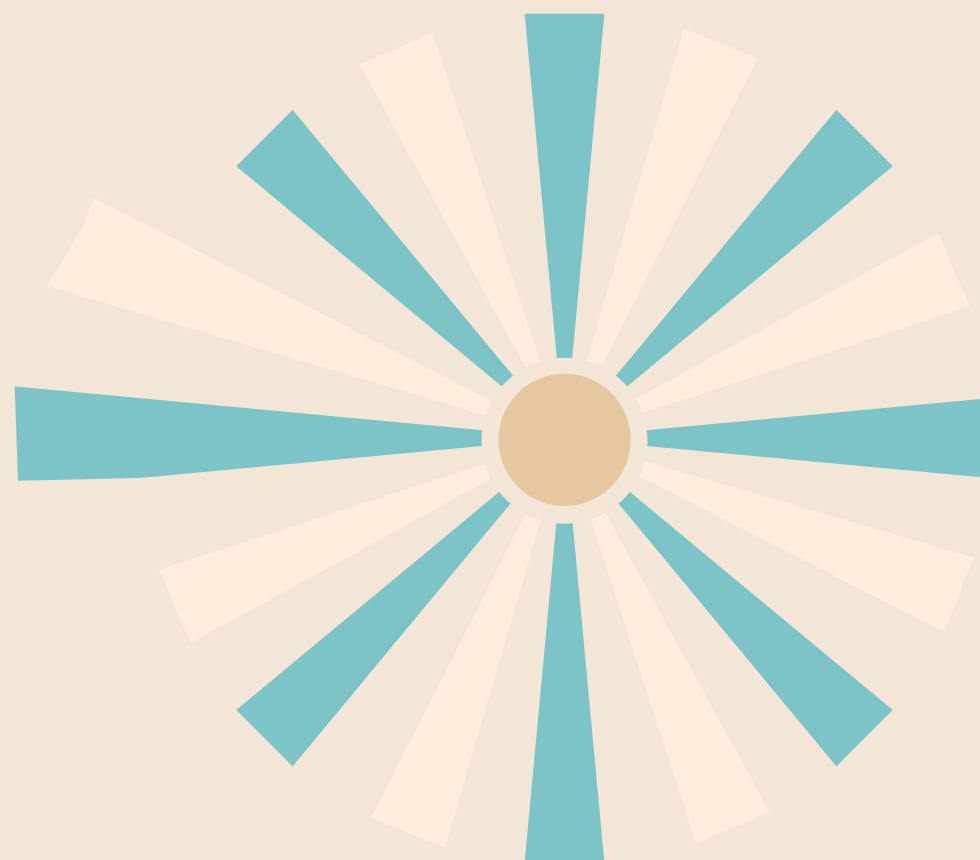
THE
FLOW FEST

Summer Flow

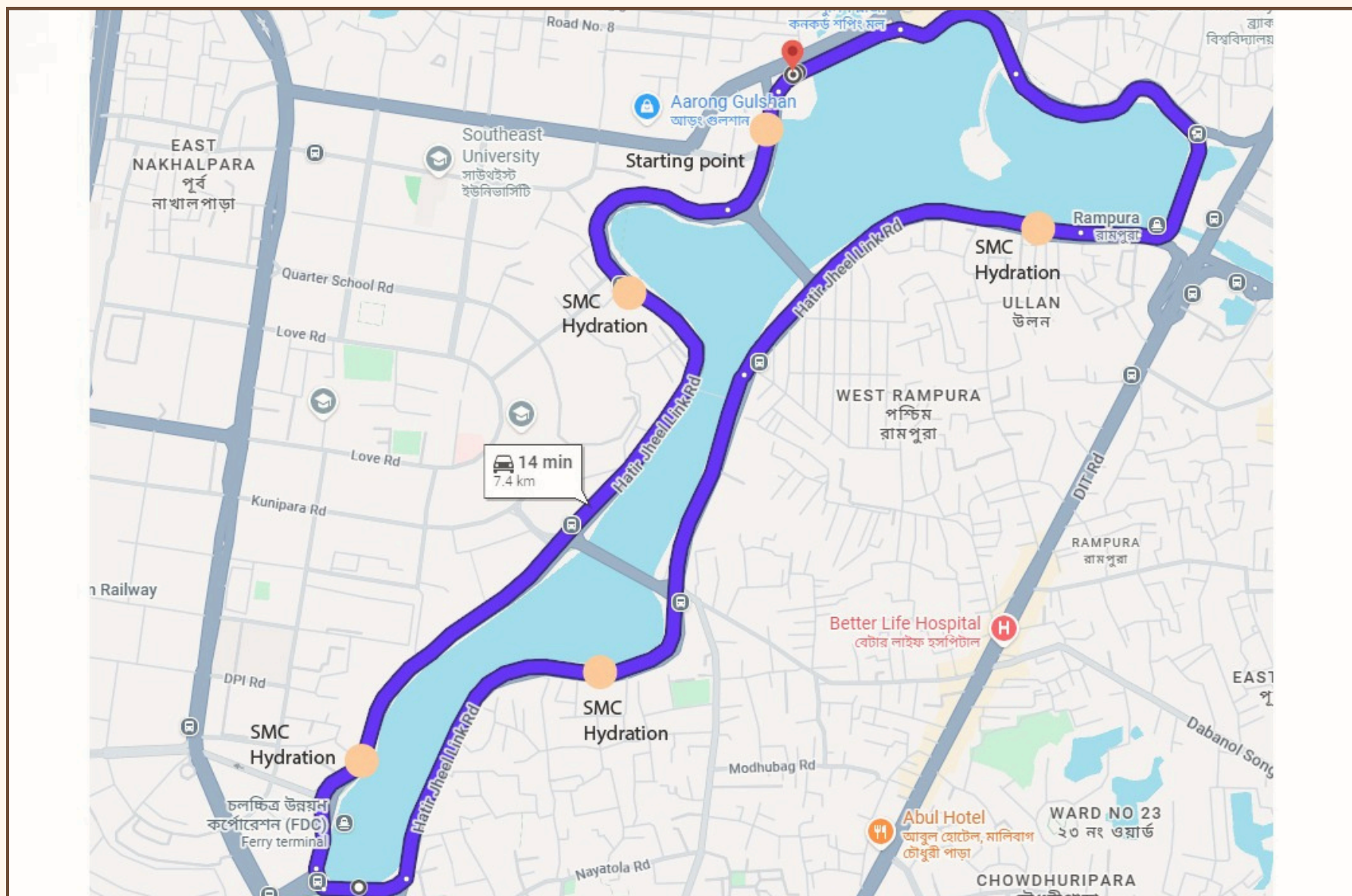


Movement | Mindfulness | Music

Soulful beats, morning movement and community connection.



AUG 21.22 • GULSHAN SHOOTING CLUB



Rave Run

7.5 KM Hatirjheel Magic.

Join us to kick off the day with fresh air, good conversations, and the collective energy of hundreds of people moving in the same direction. Run, walk, dance. Pick your vibration. Register for a bib & kit: theflowfest.com/raverun

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Sound Healing

Slow down, tune in, and reconnect through healing frequencies. Immerse yourself in soothing vibrations and deep relaxation.

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Yoga with Shazzy Om

Align your frequency with some gentle movements and stretching.

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Inner Light: Meditation

Gunjan

Your internal pause button
for modern chaos.



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Lightness of Body: Yoga

Faria

Nourishing the body so the
spirit can float.





Shareapy: Let's Talk About It

Honest conversations around
the challenges we face. Come
join in the conversation.

The Men's Table

Men's Wellbeing

Moderated by Nashid Ali

EGIYE

Women's Wellbeing

Moderated by Tania Ashraf

Alight in Zen

Mental Wellbeing

Moderated by Mahira Habib

Workplace Wellness

Workplace Wellbeing

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Taboo: Poetry Slam by Local Authors

Come listen to words of
inspirations and bring
your poems to read out
loud too.



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Inclusive Wellness: The Rohingya Response

Restoring dignity and building pathways forward for Rohingyas.

Moderated by Ashik Kabir

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Hip-Hop Swagata

Raw vocal percussion meets
fierce urban street dance.



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Smooth Criminal & Hips Don't Lie

Hafsa

Two electric Zumba sessions to
energise your day.



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Nawshin

Nawshin

Joy in Motion: Bharatnatyam

Geometric grace and storytelling alive in every step.

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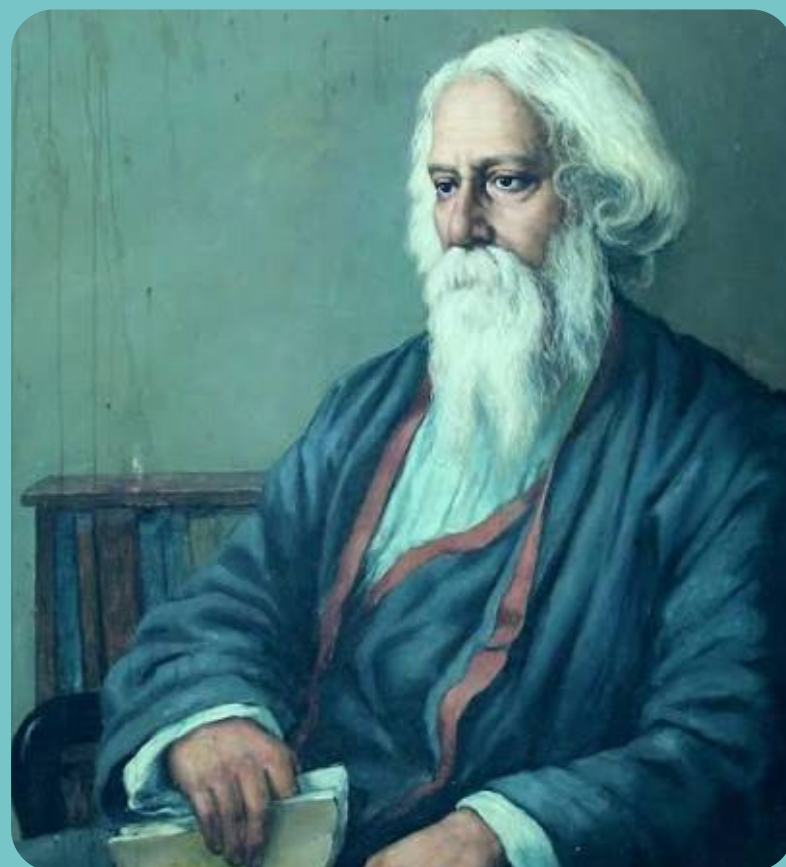
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Elora & Tas

Tagore & Beatles Singalong

Timeless songs woven into one collective, healing melody.



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Forged in Focus: Irons Fencing Club

Precision, discipline and presence, sharpened through movement.



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Nourish to Flourish

A grounded conversation about nourishment, energy and wellbeing. Moderated by Nutrition Coach Nayma Hasan in conversation with Rawan, Abony, Wahida , Nibras & Nishat.





Peace Within: Meditation Tas

An anchor of stillness in a fast-moving world.

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Flow Into Presence: Yoga Mai

Breath-led Vinyasa for strength, mobility, balance
and presence.

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Sway With Havana Salsa

Igniting passion, rhythm and fiery
presence from the ground.



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Musical Soiree

Project DHK Creative

Gathering in harmony and letting
music breathe through us.



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Chase the Heartbeat: Cardio Warrior

Tanvir Hasan

Build muscle, boost metabolism
and chart healthier next steps.



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