

THE
FLOW FEST

Summer Flow

Body

Mind

Movement

Mindfulness

Creativity

Connection

Spirit

Heart

August 21.22, 2026
Gulshan Shooting Club

BEING WELL IN DHAKA

Join us for a weekend intentionally curated to elevate your wellness.

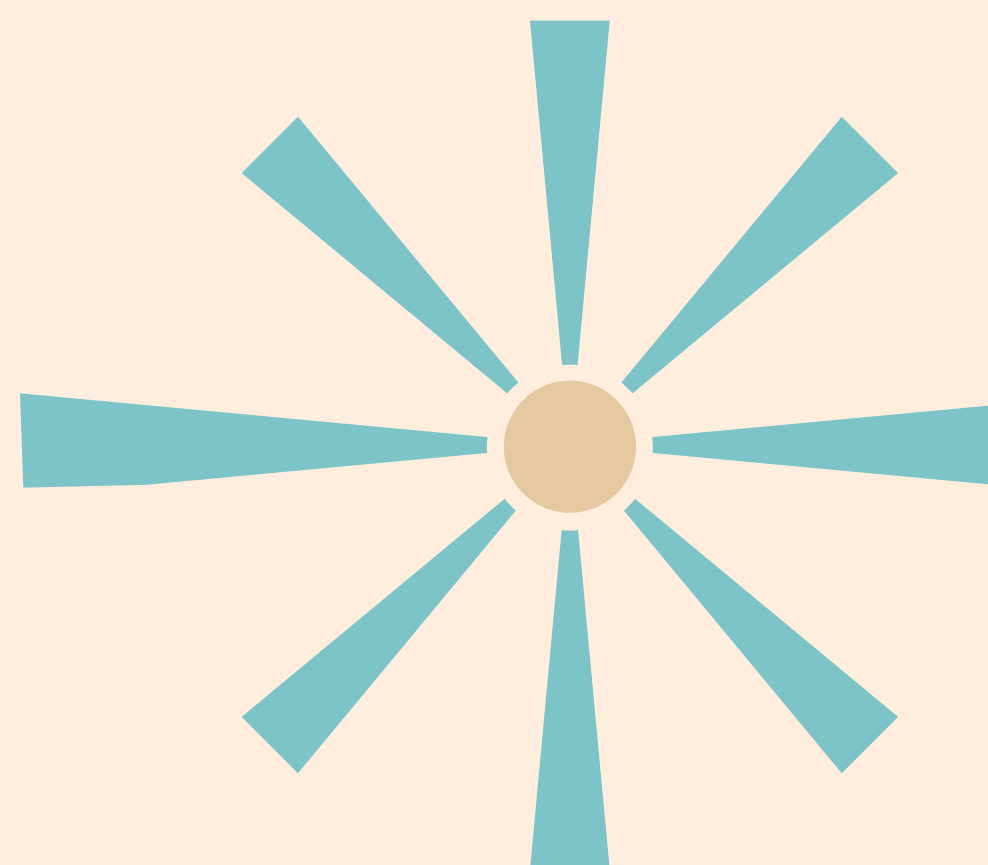
Find here the itinerary we have prepared for you. Look within, see what you discover.

FLOW Score

Eight pillars. A mirror to yourself.

Find your FLOW score and let it guide you through some self discovery.

theflowfest.com/flowscore



When did you last sit with your own thoughts
without reaching for your phone?



Mind

For the noise upstairs.

MINDFULNESS & MENTAL HEALTH

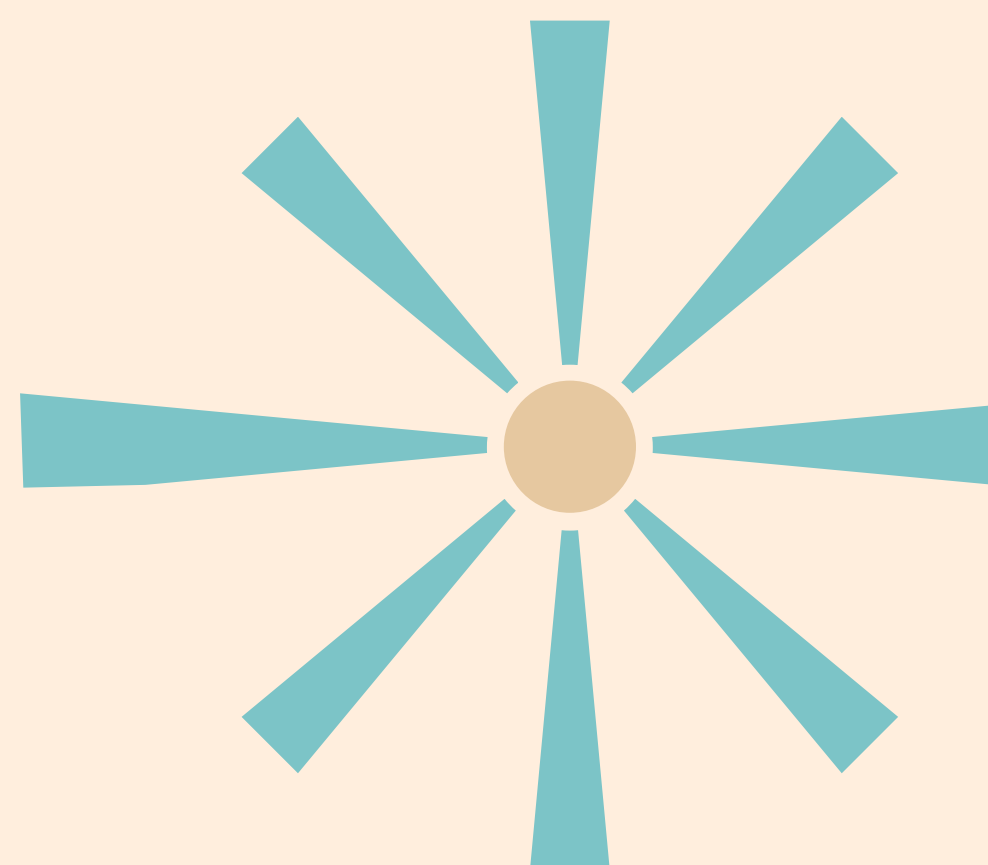
Meditation & Yoga

Come back to yourself.

A quiet space between breaths.

Shareapy

What happens when we say it out loud? Honest conversations about the things we carry as a man or woman surviving in our city.





Body

Your Temple. Feel it.

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MOVEMENT & NUTRITION

Because healthy feels good.

Rave Run

7.5K run or walk through the waking city, with music carrying you. Starting at Hatirjheel amphitheatre. Map on website. Registister to run.

Yoga with Shazzy Om

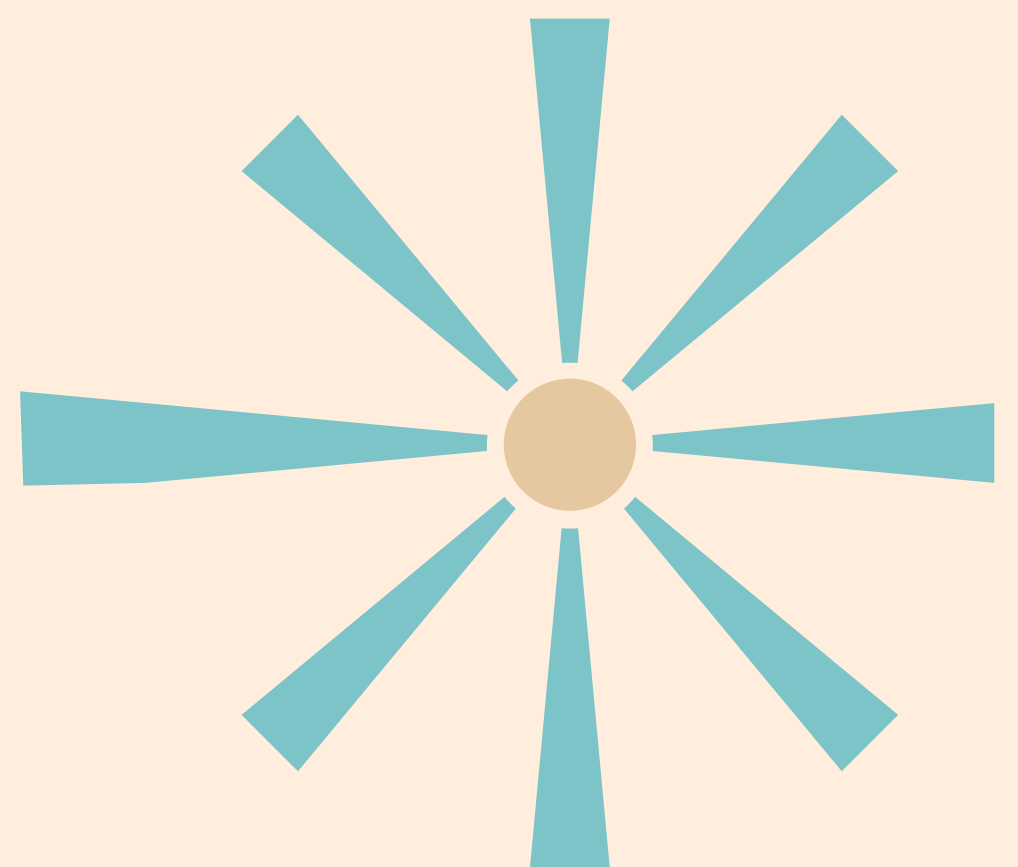
Music, movement, and community meet with your morning coffee. No performance. No pressure. Just rhythm, joy, and movement. Enjoy a special session of stretch to the beat with Shazzy Om.

Embodied Practices

Moving meditations. Dance. Sword swinging.

What are you made of?

Muscle and metabolism talks. Hanging Bar Challenge. Bone Density Scan. Body Mass Index Assessment. Nutrition panel. Know yourself.





Spirit

Love yourself. Love others. Love the planet.

S P I R I T

What you seek is seeking you.

Gratitude Circle

Leave a thought behind. Come back on day two and find what others wrote too.

Breaking Taboos with Words

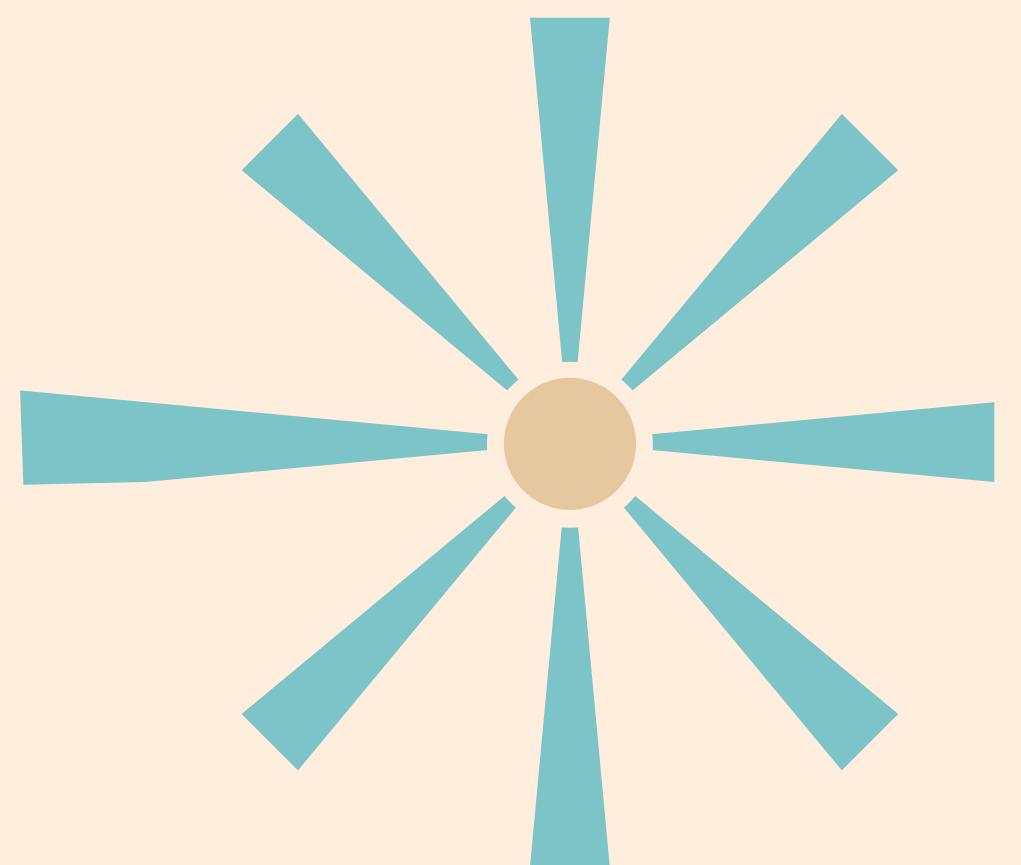
Stories, poetry and reflections by local authors with the quiet courage of becoming.

Inclusive Wellness

Every rescue starts with someone who chose to act. Join us, and see where you fit in.

Singalongs with Tagore & Beatles

We gather in music and celebration, for the joy of it.



Heart

You came alone. You won't leave that way.

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H E A R T

Align with the frequency of love.

Lila Shakti: Creativity Corner

Make something with your hands while your head catches up. An hour for curiosity, play, and creating simply because it feels good.

Speed Friending

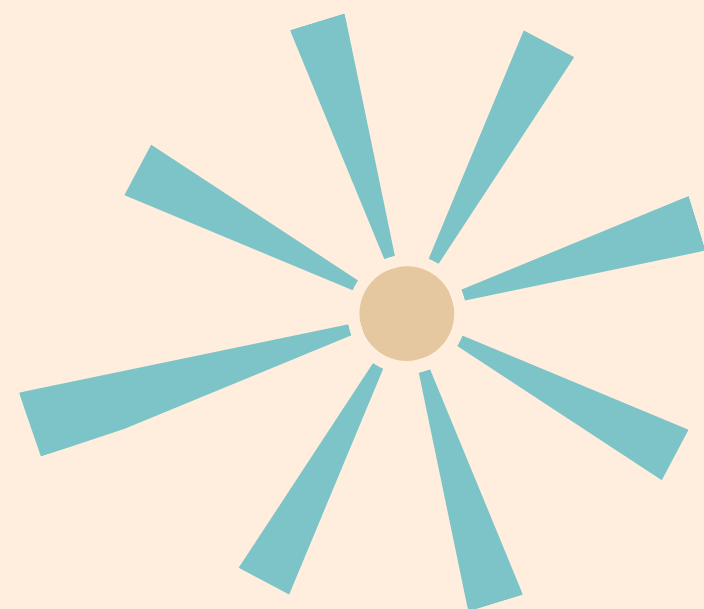
Fifty strangers, four minutes each. A chance encounter. A meaningful conversation. A connection waiting to happen..

Project DHK Creative

Let music shift your vibration.

Compassion

Meditate on forgiveness. Be kind. Lend a hand where you can. Exercise your heart muscles.





Program

Your energy is everything.

Align your frequency with our program.

Friday August 21

Movement

- 6 am . Rave Run . 7.5 km Hatirjheel Marathon
- 9 am . Sound Healing
- 10 am . Aligning with Shazzy Om

Mindfulness

- 11 am . Inner Light: Meditation by Gunjan
- 11.30 pm . Lightness of Body: Yoga by Faria
- 12 pm . Shareapy: Men’s Table with Nashid
- 12.30 pm . Shareapy: Women’s Growth with Tania

Gratitude

- 1 pm . Prayer
- 2 pm – Gratitude Circle

Creativity

- 3 pm . Art Healing + Writing

Connection

- 4 pm . Inclusive Wellness: Rohingya Response Panel
- 5 pm . Speed Friending

Music

- 6 pm . Hip.Hop by Swagata
- 6.30 pm . Smooth Criminal: MJ by Hafsa
- 7 pm . Tagore & Beatles Singalong by Elora & Tas

Saturday August 22

Movement

- 9 am . Dance with Nawshin + Kolpotoru
- 10 am . Animal Yoga for Kids with Faria
- 10:30 am . Forged in Focus with Irons Fencing Club

Mindfulness

- 11 am . Peace Within: Meditation by Tas
- 11.30 pm . Flow Into Presence Yoga by Mai
- 12 pm Shareapy: Mental Wellbeing with Aight in Zen
- 12.30 pm . Shareapy: Workplace Wellness

Wisdom

- 1 pm – Nourish to Flourish: Nutrition Panel
- 2 pm . The Bigger Conversation: Partners Panel

Creativity

- 3 pm . Art Healing + Writing

Connection

- 4 pm . Taboo: Poetry Slam by Local Authors
- 5 pm . Speed Friending

Music

- 6 pm . Hips Don’t Lie by Hafsa
- 6:30 pm . Sway with Hips by Havana Salsa
- 7 pm . Project Dhk Creative Open Mic

CREATIVITY CORNER

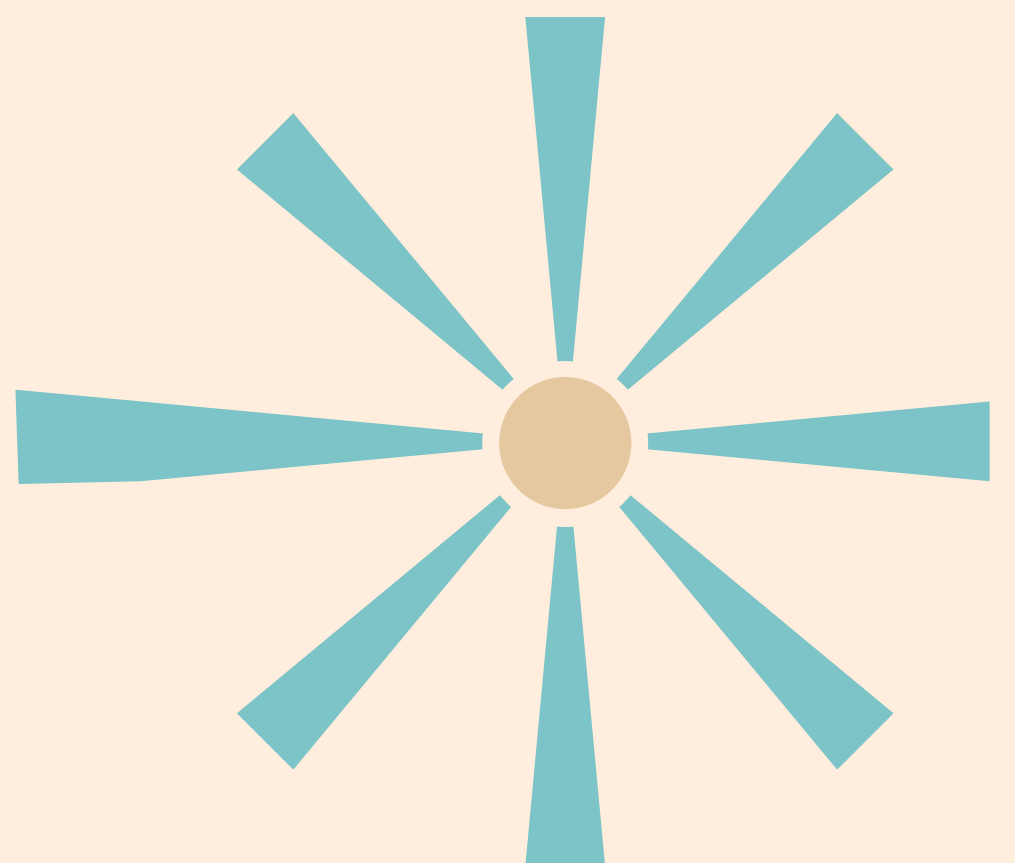
Schedule for both days

3 pm

- 1.Shadows & Mirrors x Venessa
- 2.Doodle & Mandala x Nishita
- 3.Facepaint & Caricature x Visage Inture
- 4.Sketch Your Story x Dharasketches
- 5.Brushstory for Kids x Fatema
- 6.Photography x Tanjila Munia
- 7.Creative Writing X Sal

4 pm

- 1.Write to Release x Kashfy
- 2.Art Healing x Diti
- 3.Bracelet Making x Zainab
- 4.Origami x Mehedi Hasan
- 5.Basics of Painting x Studio6by6
- 6.Kids Ice Cream Making Social x Atika
- 7.Starry Night x Sip & Paint



P A N E L S

Dialogues on wellness.

Inclusive Wellness

Restoring dignity, building pathways forward for Rohingyas, featuring top voices supporting the response in Bangladesh. Featuring UN Women, Action Aid, Prottiyashi, EBL, Cox's Bazar Chamber of Commerce and Industries

Nourish to Flourish

Immerse in the wisdom of people who have figured it out. Draw tips from eastern and western traditions to create a combination that best suits you. Every body is unique. Learn to self.care. Moderated by Nayma Husain, Nutrition Coach, featuring wellness experts and fitness influencers.

The Bigger Conversation

Where do we go from here? How do we build a healthy nation? How do we ensure holistic wellbeing for all?

S H A R E A P Y

Seeking help is courageous, not shameful.

The Men's Table

Grow stronger, rise together with Nashid.

Women's Growth

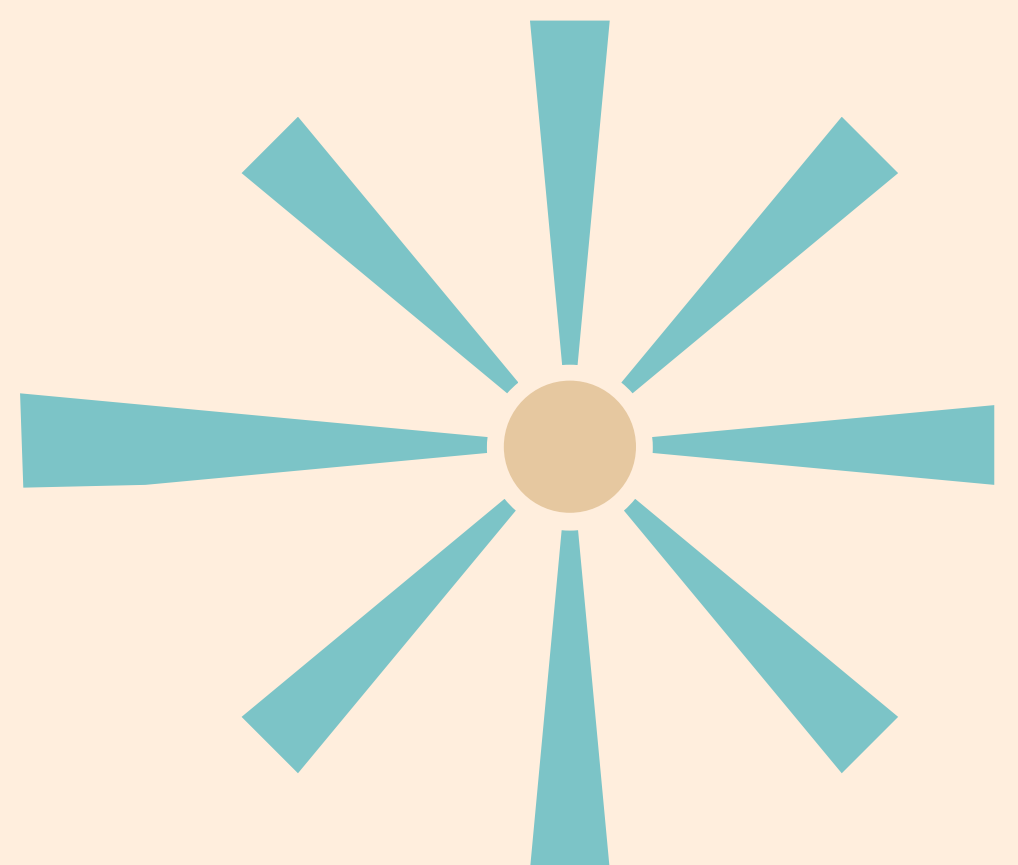
Calling all young women to come hear words from women leaders and mentors with with Tania from EGIYE.

Mental Wellbeing

Nurture your mind, heal at your own pace with Mahira from Alight in Zen.

Workplace Wellness

Build balance, thrive on the Job, let's hear from HR heads in our community.



CHILDRENS PLAYGROUND

Creativity is intelligence at play.

Animal Kingdom

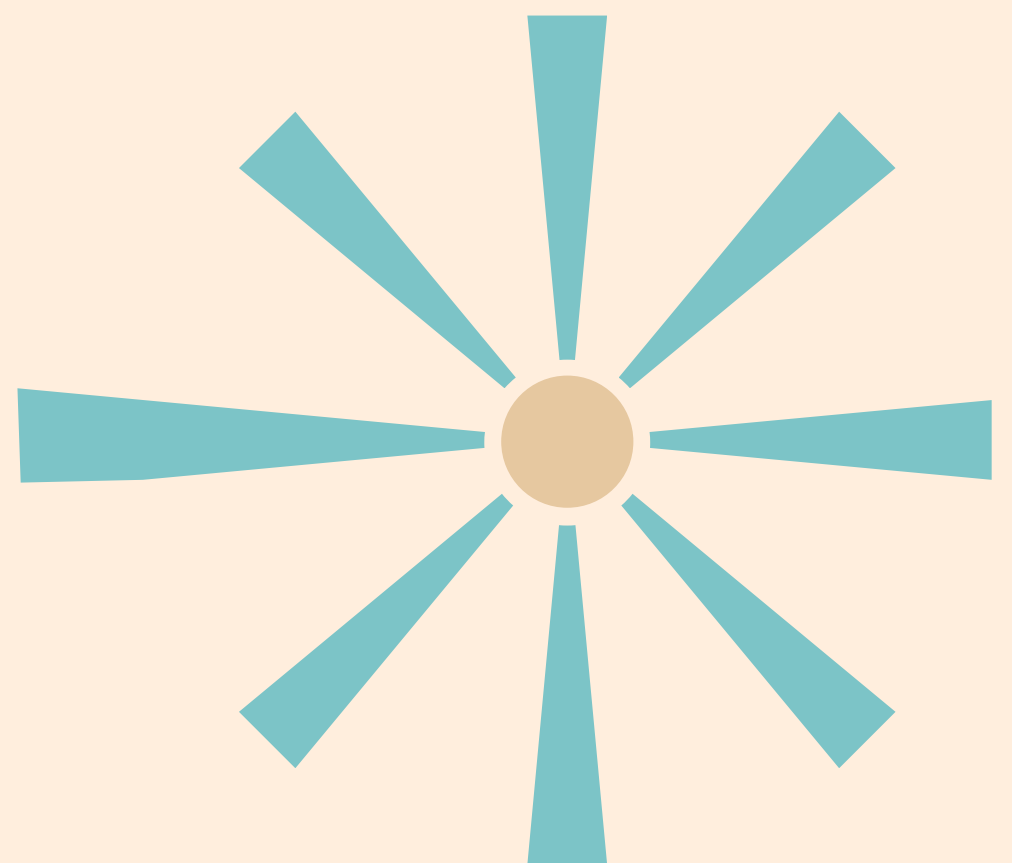
Introducing children to movement and their bodies through animal asanas.

Kids Ice Cream Making Social

Fun flavors for everyone.

Art for Kids

Spark creativity through color. Paint and splash with us.



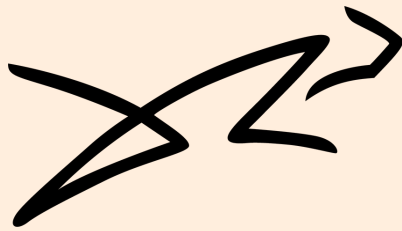


Community

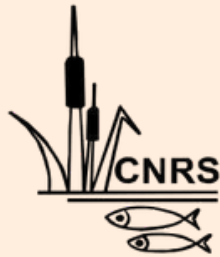
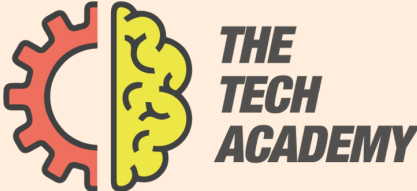
Made by our community, for our community.

THE FLOW MARKET

Twenty four conscious brands, real food, people who care what's in it. Discover dreamers and brands built with intention.



Art Hub



CORPORATE PARTNERS

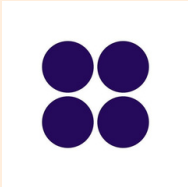
We heal through connection, not in isolation.



IMAGINISTS



Bizzmakr



WITH GRATITUDE TO OUR PARTNERS

It is our community that empowers us.





Join The Flow

Tickets: theflowfest.com/summerflow

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