

THE FLOW FEST

Wellness Fest @ GC

May 22 – 23, 2026 | 10 am – 8 pm
Gulshan Club | Lamda & Patio

Mindfulness · Movement · Creativity · Connection

2
Days

20+
Speakers

50+
Sessions

100
ways to heal yourself.



“You don’t have to have it figured out.
You just have to show up.”

— Shazia Omar, Founder, The Flow Fest

www.theflowfest.com

Pillars of Wellbeing

Your body is your temple

Wellness is not one thing. It is a constellation of practices, habits, and ways of being that together create a life that feels whole. Here are the eight pillars we return to — the ones that hold everything else up.



Movement

Embodied practices help us process stress, shake off illness, and metabolise trauma. When the body moves, the mind follows. Yoga, dance, walking, swimming — find what makes you want to come back.



Creativity

We are wired to make things. Art, writing, music, cooking, movement — creativity is not a luxury. It is how we process what words cannot hold. Expression is medicine.



Nutrition

Food is information. What we eat shapes how we think, feel, and show up. Nourishing the body is an act of self-respect — not deprivation, not perfection, just care.



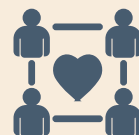
Relaxation

The parasympathetic nervous system — our rest-and-digest mode — needs regular activation. Relaxation is not earned through exhaustion. It is a practice. Build it in before you need it.



Mindfulness

The practice of returning — to your breath, to this moment, to yourself. Mindfulness is not about emptying the mind. It is about noticing what is there without being swept away by it.



Connection

Loneliness is one of the great health crises of our time. Belonging — to a community, a friend, a circle of people who see you — is as essential as food and water. Healing happens in relationship.



Sleep

Rest is not laziness. Sleep is when the brain consolidates memory, the body repairs itself, and the nervous system resets. Without it, everything else falls apart. Protect your sleep like it matters — because it does.



Attitude of Gratitude

Gratitude rewires the brain toward abundance. It is not toxic positivity or ignoring pain — it is the practice of noticing what is good alongside what is hard. A few moments each day can shift everything.

Wellness Fest 2026

@Gulshan Club

Program

Fri, May 22 **Day 1**

	Lamda	Patio
10 am	Ecstatic Dance x Inara	Meditation x Gunjan
11 am	Odyssey by Erin	Yoga x Namit
12 pm	Zumba x Sabriena	Wellness Panel
1 pm	Prayer Time	Prayer Time
2 pm	Movement Hour <ul style="list-style-type: none">• Fitness Challenge• Arm Wrestling• Deep Stretch• Sparring• Poi Spinning• Jujitsu• Dance	Creativity Hour <ul style="list-style-type: none">• Express Yourself• Art Healing• Kids Dance• Sketch Your Story• Portrait Art• Creative Writing• Bracelet Making
4 pm	Sound Healing x Swayambhu	Shareapy x Prottoy
5 pm	Self Defence x Shadman & Nishat	Speed Friending
5.30 pm	Hiphop x Swagata	Speed Friending
6 pm	Musical Soiree Butternote x DHKcreative	-

Program

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Sat, May 23 **Day 2**

	Lamda	Patio
10 am	Zumba x Sabriena	Meditation x Tas
11 am	Dance x Ridy Sheikh	Yoga x Mai
12 pm	Vayu x Shazzy Om	Partner Panel
1 pm	Poi Spinning	Speed Friending
2 pm	Movement Hour <ul style="list-style-type: none">• Fitness Challenge• Arm Wrestling• Deep Stretch• Sparring• Poi Spinning• Jujitsu• Dance	Creativity Hour <ul style="list-style-type: none">• Express Yourself• Art Healing• Kids Dance• Sketche Your Story• Portrait Art• Creative Writing• Bracelet Making
4 pm	Cardio x Yasmin Karachiwala	Shareapy x Prottoy
5 pm	Jujitsu x Ed	Comedy X Tashdid and Neelima
5.30 pm	Salsa x Havana Salsa	Gratitute & Closing Speech
6 pm	Fuad & Friends	-

For all ages and stages.



Youth

Concerts, hip hop, salsa, speed friending, tech academy



Elderly

Breathwork, sound healing, yoga, comedy, poetry slam



Kids

Art, zumba, poi spinning



Professionals

Sharing sessions on burnout & balance, reset yoga, healing meditation, Self-defence, music



Panel Discussions

Listen to stories by wellness visionaries and get inspired



Mothers/ Women

Salsa, Zumba, Yoga, Meditation, Comedy



Looking to Learn

Collect new tips and techniques to healthy up your life



Fitness Lovers & Gym Buffs

MMA, self-defence, jujitsu, contests

Hundreds of ways to be healthier.



Creativity

Paint, write, and craft ideas to life



Meditation & Yoga

Breathe, move and open up to the rhythm of your body



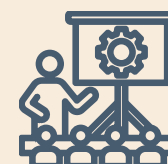
Kids Zone

Explore tech, art, poi, dance, yoga



Movement

Find your flow through MMA, jujitsu, and cardio



Latest Wellness Trends

Listen to stories by wellness visionaries and get inspired



Body in Motion

Groove through zumba, hip hop, salsa, ecstatic dance & more



Music, Story & Soul

Friday: Butternote Cafe x DHKcreative present Jazz
Saturday: the one and only FUAD



Comedy

Experience the joy of laughter with Nimila & Tashdid

What We Believe

Healing happens through connection, not isolation.

We are not meant to suffer alone. The moment we reach out — to a friend, a stranger, a community — something shifts. The Flow Fest was built on this truth: that the most profound transformations happen not in solitude, but in the presence of others who show up.

Healthy feels good.

Wellness is not punishment. It is not deprivation or discipline or white-knuckling through life. When we move, breathe, create, and rest in ways that are true to us — it feels good. That feeling is the compass. Follow it.

Seeking help is courageous, not shameful.

In a culture that asks us to hold it together, choosing to ask for support is one of the bravest things a person can do. You are not broken. You are human. And you deserve care.

What we do, and why it matters



Wellness Retreats

Step away from the noise. Our retreats are designed for individuals and corporate teams who need space — real space — to reconnect, reflect, and return renewed.



Wellness Festivals

The Flow Fest brings communities together through joyful, immersive events centered on holistic wellbeing.



Workplace Wellness

When your team feels well, they work well. Our corporate wellness programs bring mindfulness, movement, and mental health support to your office.



Studio & Online Classes

Regular classes for every body and every level. From slow flows to stronger practices, our studio is a place to come home to yourself — week after week.



Inner Pages

Take five minutes.
Just for you.

Gratitude

Right now, in this moment, i am grateful for...

Forgiveness

Something i am ready to release or forgive
– in myself or someone else – is...

You do not have to be ready. Just write.

Self-love

One thing i love, respect, or appreciate
about myself today is...

Say it even if it feels strange, especially then.

I leave today's festival feeling...

One thing i will carry home with me:

Healing Passport

14 ways to improve your wellness

Visit each station. Get your stamp.

Write one word – how it made you feel.

1.
Yoga
I feel: _____

8.
Jujitsu
I feel: _____

2.
Zumba
I feel: _____

9.
Sketching
I feel: _____

3.
Salsa
I feel: _____

10.
Arm Wrestling
I feel: _____

4.
Painting
I feel: _____

11.
Music
I feel: _____

5.
Meditation
I feel: _____

12.
Sound Healing
I feel: _____

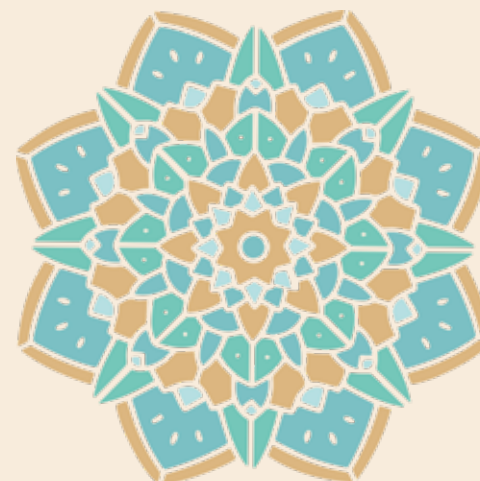
6.
Poi Spinning
I feel: _____

13.
Odyssey
I feel: _____

7.
Martial Arts
I feel: _____

14.
Creative Writing
I feel: _____

Healing happens through connection,
not in isolation.



Lightness of Body, Freedom of Mind

Wellness Audit

8 pillars of wellness

Rate yourself 1–5 today

Movement
Physical Activity + Strength 1 2 3 4 5

Creativity
Joy + Expression 1 2 3 4 5

Nutrition
Fuel + Nourishment 1 2 3 4 5

Relaxation
Rest + Recovery 1 2 3 4 5

Mindfulness
Awareness + Presence 1 2 3 4 5

Connection
Relationships + Belonging 1 2 3 4 5

Sleep
Rest + Restoration 1 2 3 4 5

Attitude of Gratitude
Appreciation + Positivity 1 2 3 4 5

Circle one number per row. No right answers, just honesty.
Come back to this in 30 days and see what has shifted.

Which pillar needs the most love today?

One small thing i can do this week:

Sign Up Now

Manifest your wellness dream.

Retreats
5 locations coming up 1 2 3 4 5

Studio
Yoga & dance 1 2 3 4 5

Workplace
5 modules for your team 1 2 3 4 5

Online
Breathwork & meditation 1 2 3 4 5

Footy Camp
For youths, June 6-12 1 2 3 4 5

Merch
Go with the Flow 1 2 3 4 5



This doesn't end here. Wellness Wednesdays:
join us for tips on healthy living.
Learn dance and yoga at our studio.
Try out our wellness retreats.
Come as you are. Find your flow.

Follow us.

-  @theflowfestglobal
-  @theflowfestglobal
-  @theflowfest
-  @theflowfest

To join the Flow, email hello@theflowfest.com



Shazia Omar is the founder of The Flow Fest, Bangladesh's premier wellness platform. A yogini, novelist and positive psychologist, she has been teaching yoga in Dhaka for over twenty years and is widely known as the Yoga Mama of Bangladesh. She is the author of two novels and a lifelong advocate for mental health, mindful living, and community-led healing. Through The Flow Fest, she has built a movement of forty thousand people across yoga classes, retreats, workplace wellness programs and festivals. Her mission is simply to remind people that healing happens through connection, not in isolation.

With gratitude to our partners

