

LIVELIHOODS
SKILLS DEVELOPMENT
SECTOR

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DHAKA FLOW

Festival of Yoga & Wellness

*Presentation at the at the LSDS JRP planning workshop
30 October 2024, Cox's Bazar*

ABOUT US

DHAKA FLOW

is a wellness platform promoting a healthy lifestyle in Bangladesh. We aim to create awareness around and access to holistic wellbeing through yoga, meditation, mindfulness, functional fitness, nutrition, mental health, and nature's healing powers to nurture the body, mind, and spirit.

OUR VISION

Empowering lives through holistic wellness, we guide journeys towards balance in mind, body, and spirit to lead healthier, more purposeful lives, ensuring they thrive in every aspect of their being.

OUR MISSION

Make wellness accessible to all and promote physical vitality, mental resilience, and emotional balance. and create a culture where individuals thrive in vibrant and fulfilling lives.

GET IN TOUCH

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15K+

DHAKA FLOW MEMBERS

11K+

FACEBOOK

6800+

INSTAGRAM

30

COACHES

9

FESTIVALS

27

RETREATS

120+

PARTNERED COMPANY

BANGLADESH REIMAGINED



**DEC
6 & 7**

**GULSHAN SOCIETY
LAKE PARK**




**DHAKA FLOW
YOGA & WELLNESS
FESTIVAL**

BACKGROUND

Introducing our 3rd annual Yoga & Wellness Festival designed to celebrate and promote holistic health. This premier event is set to attract a diverse audience from across the region, ranging from wellness enthusiasts to wellness professionals.

Our festival is a gathering that offers a 360 degree experience in wellness, featuring a broad spectrum of activities, including yoga sessions, meditation workshops, mindfulness practices, functional fitness classes, and nutritional seminars. Attendees will have the opportunity to engage with renowned instructors, explore cutting-edge wellness products, and participate in interactive sessions that cater to all levels of experience.

The festival is not just a celebration of physical health, but also a platform for mental and emotional rejuvenation. By incorporating elements such as guided nature walks and talks on mental resilience, we aim to create a comprehensive experience that nurtures the body, mind, and spirit.

We hope to inspire and build a community of wellness, where people can connect, learn and grow. We offer you to take part of this event as a sponsor.



1 Kids & Art Zone

2 Main Stage

3 Food Court

4 Kid's Playground

5 Mela

6 Healing Zone

7 Amphitheatre



GULSHAN LAKE PARK

Gulshan Lake Park Society offers a lush, calm and natural cove away from the bustling city life.

Its natural beauty makes it an ideal venue for outdoor yoga and wellness activities.

The calming atmosphere allows participants to fully immerse themselves, while the park's pathways encourage walking and active engagement.

PROMOTE HOLISTIC WELLBEING

Dhaka Flow encourages all facets of well-being, offering wellness activities ranging from physical to emotional.

GOAL 1

COMMUNITY-BUILDING

Create a supportive environment for networking and connecting with like-minded individuals.

GOAL 2

EDUCATE AND INSPIRE

Provide expert insights and practical tips on wellness to motivate attendees toward a healthier lifestyle.

GOAL 3

HIGHLIGHTS

WELLNESS CLASSES & ACTIVITIES

Mind

- Meditation
- Breath-work
- Sound Healing
- Journaling

Body

- Yoga
- Zumba
- Boot Camp
- Self-Defense
- Boxing
- Marathon

Spirit

- Dancing
- Community Discussion
- Art
- Music
- Reiki Healing
- Nutrition

THIS EVENT WILL ALSO FEATURE



Similar engagements

- *Cox Bazar arts & crafts cultural festival 2021*
- *Dhaka Lit Fest 2023*
- *Dhaka Art Summit 2023*
- *Liberation War Museum exhibit 2022, 2023*

"The Renaissance of Rohingya Culture: The Light"

Rohingyár Rosomór Fitti-dour: Foór

The UN Refugee Agency
ARTOLUTION
Transforming Lives Through Public Art
Terre des hommes

Rohingya art at the Dhaka Lit Fest in 2023

Three large and 79 small canvases depicting snippets of life in the Rohingya refugee camps located at Cox's Bazar have been featured in the exhibition at Bangla Academy premises.



Rohingya art at the Dhaka Art Summit in 2023
Embroidered tapestries from the Rohingya Cultural Memory Centre (RCMC)

Why participate?

- *Need to improve the public narrative*
- *All people know about the Rohingya is what they see/hear in the news*
- *Showcase Rohingya talent & skills*
- *Bangladesh 2.0 offers an opportunity to do things differently – to engage with open hearts & minds*