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# KARACHI WELLNESS FESTIVAL 2024

30<sup>th</sup> Nov & 1<sup>st</sup> Dec



## Plan Your Day

Digital partner



Radio partner



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# Plan your Saturday!

30th November | 10:00 am - 8:00 pm

## Opening Ceremony 10:00 am

11:00 am

<p><b>Age 12+</b></p> <p><b>Who Am I</b> Asif Ali Azad</p> <p>11:00 - 12:00</p>	<p><b>Age 12+</b></p> <p><b>Yoga at work - let yoga work for you (ladies only)</b> Dr. Shehnaz Tapal</p> <p>11:00 - 12:00</p>	<p><b>Sound Healing Ceremony</b> Mehla Sarki</p> <p>11:00 - 12:00</p>	<p><b>Paint your path: Tote Bag Art for Self Growth</b> Alizeh Imam &amp; Sana Mehboob</p> <p>11:00 - 12:00</p>	<p><b>Maa ke Dil ki Batein</b> Sabina Khatri</p> <p>11:00 - 12:30</p>	<p><b>All Ages</b></p> <p><b>Ao Sub Mil Ke Khailein</b> Play Therapy Pakistan</p> <p>11:00 - 5:30</p>
<p><b>Clayful Sculpting: Crafting Inner Growth and Self Love, A connect common</b> Fatimeh Arif &amp; Hiba Saleem</p> <p>11:00 - 12:30</p>	<p><b>All Ages</b></p> <p><b>Sense</b> CPPD Pakistan Counselling School</p> <p>11:00 - 5:30</p>	<p><b>All Ages</b></p> <p><b>Magic Mapping</b> Bhawna Lohana and Centre for Arts Based Methodologies</p> <p>11:00 - 5:30</p>	<p><b>Finding Inner Calm: A Guided Meditation for Peace and Presence</b> Sarah Zaidi</p> <p>11:45 - 12:30</p>		

Swipe to see more

12:00 pm

<p><b>Age 13+</b></p> <p><b>Talk to the manufacturer: Un-shaming myself: Body, Mind &amp; Soul</b> Natasha Shammul Khan</p> <p>12:00 - 12:45</p>	<p><b>Wealth Initiation</b> Andrea Danche Perez &amp; Dr. Saad Khan</p> <p>12:00 - 1:00</p>	<p><b>Individual</b></p> <p><b>Aqal ka Dawakhana: Socratic Therapy</b> Hijaz Naqvi and Bint e Zehra</p> <p>12:00 - 3:00</p>	<p><b>Age 12+</b></p> <p><b>Cracking the code of emotions</b> Madha Soomro</p> <p>12:00 - 1:00</p>	
<p><b>Individual</b></p> <p><b>Partner with a Physio</b> Physical Wellness Centre (PWC)</p> <p>12:00 - 4:00</p>	<p><b>Individual</b></p> <p><b>Free Therapy</b> CPPD Pakistan Counselling School</p> <p>12:00 - 5:30</p>	<p><b>All Ages</b></p> <p><b>Seeds of Resistance</b> Hero Shero Kids, Tofiq Mooraj &amp; Namra Khalid</p> <p>12:00 - 5:00</p>	<p><b>The Ride of your Life- an exploration of the blood sugar roller coaster</b> Nazish Chagla</p> <p>12:15 - 1:00</p>	
<p><b>Age 13+</b></p> <p><b>Calm in crisis: Psychological first aid workshop</b> Shaheerah Fatima Siddiqui</p> <p>12:30 - 1:15</p>	<p><b>Age 12+</b></p> <p><b>Unlock your Ikigai Find your daily drive</b> Batool Jafry</p> <p>12:30 - 1:30</p>	<p><b>Age 12+</b></p> <p><b>Breath Play</b> Fiza Chaudhri</p> <p>12:30 - 1:15</p>	<p><b>Tamarkoz, The art and science of self knowledge through meditation and concentration</b> Nargess Murtaza</p> <p>12:30 - 1:30</p>	<p><b>First Aid Toolkit for Anxiety</b> Tasaduq Hussain</p> <p>12:30 - 2:00</p>

KEY ■ Red Zone ■ Yellow Zone ■ Blue Zone ■ Purple Zone



# Plan your Saturday!

30th November | 10:00 am - 8:00 pm

1:00 pm

<p><b>Holy Sit! Everyone should meditate!</b> Abbas Akhtar 1:00 - 2:00</p>	<p><b>Love and Light to our Furbabies: A support circle for Pet Loss.</b> Manahil Noman 1:00 - 2:00</p>	<p><b>Age 13 - 30</b> <b>Beyond Mirrors; Expressive Portrait Art Workshop</b> Rutaba Syed &amp; Abeer Ahmed 1:00 - 2:00</p>	<p><b>Compassionate Classrooms impact of trauma informed education</b> Tooba Ashraf Ali Khan 1:00 - 1:45</p>	<p><b>Age 3 - 9</b> <b>Tennis Tots: Get Ready to Raquet and Roll</b> Zain Nawab 1:15 - 2:00</p>	<p><b>The Magic of Boundaries</b> Sarah Dawood 1:15 - 2:15</p>
<p><b>CircElle: Ladies of the Ring</b> Aqsa Tariq 1:30 - 2:30</p>	<p><b>Heartfelt Nourishment: Finding Unity in Food Challenges</b> Sidra Rahim 1:30 - 2:30</p>	<p><b>Age 13+</b> <b>Vibe Check: Mind, Body &amp; Soul</b> Fatima Ejaz, Asad Zia &amp; Mehreen Khalid 1:30 - 2:30</p>	<p><b>Age 8+</b> <b>The Magic of Mandalas</b> Faizan Hussain 1:45 - 2:45</p>	<p><b>Resilience Revival: Harnessing the power within</b> Amna Lakhani &amp; Hadia Naved 1:45 - 2:30</p>	

Swipe to see more

2:00 pm

<p><b>Raw Rhythm: Primal Mobility</b> Mehreen Haider 2:00 - 3:00</p>	<p><b>Yoga at work - let yoga work for you</b> Dr. Shehnaz Tapal 2:00 - 3:00</p>	<p><b>Fizzle or Sizzle? Navigating Burnout</b> Amra Mubashir 2:00 - 3:00</p>	<p><b>Age 12+</b> <b>Art Explorers</b> Khushbu Shaukat 2:00 - 3:00</p>	<p><b>Individual</b> <b>Speech Support Hub - Chatty Kids, Happy Parents</b> Samia Bilal Khan 2:00 - 4:00</p>
<p><b>WIN Your Finances: A Financial Wellbeing Session from EFU Life WIN powered by GenMo</b> Mohsen Siddiqui 2:15 - 3:15</p>	<p><b>Mandala Art Therapy</b> Areeba Talha 2:30 - 3:15</p>	<p><b>Age 13 - 18</b> <b>Embrace your Inner peace. Journey to emotional well-being (teens)</b> Aisha Akhlaq (SehatYab) 2:30 - 3:30</p>	<p><b>Ancestral Healing</b> Sikander Burney 2:30 - 3:30</p>	<p><b>Age 10+</b> <b>Oipist fusion! Where Movement Meets Fun</b> Noorulain Sheikh &amp; Dr. Khadija tul Kubra Yaseen 2:30 - 3:30</p>
<p><b>Postpartum depression - the unexpected</b> Shield Corp feat. Sahar Habib 2:30 - 4:00</p>	<p><b>Loneliness in Men</b> Hussnain Qamar Shah 2:45 - 3:45</p>	<p><b>Age 10+</b> <b>Nature &amp; Wellness</b> Ali F. Mooraj &amp; Tofiq Pasha Mooraj 2:45 - 3:45</p>		

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# Plan your Saturday!

30th November | 10:00 am - 8:00 pm

3:00 pm

<p><b>All Ages</b></p> <p><b>Laughter Circle</b> Maheen Mohammed &amp; Nida Khan 3:00 - 3:45</p>	<p><b>Gestalt Therapy in the Here and Now</b> Shazia Israr 3:00 - 4:00</p>	<p><b>Reclaiming Roots: Unearthing Ancestral Shame</b> Sidrat Asim 3:00 - 4:00</p>	<p><b>Parents of 5-12</b></p> <p><b>How resilient are you feeling as a caregiver?</b> Nina Siddiqui 3:00 - 4:00</p>	<p><b>From Kitchen to Cognition</b> Madiha Saeed 3:15 - 4:00</p>	<p><b>All Ages</b></p> <p><b>Pilates Body Conditioning</b> Maryam Hidayatullah 3:30 - 4:15</p>
<p><b>Age 8-13</b></p> <p><b>Create your own seed bombs!</b> Ayesha Mehboob 3:30 - 4:15</p>	<p><b>Shake it off</b> Saba Javed 3:30 - 4:30</p>	<p><b>Death &amp; its beauty</b> Shehla Alvi 3:30 - 5:00</p>	<p><b>Individual</b></p> <p><b>Smile for a Lifetime (Dental Consultation)</b> Dr. Seema Shahid 3:30 - 5:00</p>	<p><b>Personifying Emotions: Emotion Monsters</b> Abeer Ahmed 3:45 - 5:15</p>	<p><b>Age 10+ girls &amp; moms</b></p> <p><b>Period Matters</b> Samita Khoja (Aahung) 3:45 - 4:30</p>

4:00 pm

<p><b>Movement as Medicine</b> Adnan Malik 4:00 - 4:45</p>	<p><b>Discover the power of face yoga!</b> Mariam Asad 4:00 - 4:45</p>	<p><b>Healing the inner child</b> Tooba Tahir 4:00 - 5:00</p>	<p><b>Age 13+</b></p> <p><b>The Clown in You (A trip into the Silly)</b> Muneeb ur Rehman 4:15 - 5:15</p>	<p><b>Ages 5-10</b></p> <p><b>Brain Bang/ Brain Gym</b> Anna Khan 4:15 - 5:15</p>	<p><b>Age 6+</b></p> <p><b>We Call it Brain Training; Clients Call it Life-Changing</b> Najia Anis Rahman 4:15 - 5:00</p>
<p><b>Time Travel: An Immersive experience in cultural healing practices</b> Ramsha Nassr 4:30 - 5:30</p>	<p><b>You can be miserable or you can be funny</b> Zainab Agha 4:30 - 5:15</p>	<p><b>Breast Cancer Awareness - Focus on the Fight Not the Fright</b> Dr. Rafeah Khan &amp; Dr. Mahreen Rasool 4:30 - 5:30</p>	<p><b>Age 12+</b></p> <p><b>Balancing the inner and outer worlds</b> Fatimah Agha 4:30 - 5:30</p>	<p><b>Benchmark your Fitness</b> Mehreen Hussain 4:45 - 5:30</p>	<p><b>Age 3-5</b></p> <p><b>Sensory Safari</b> Zubia Asif 4:45 - 5:30</p>

5:00 pm

<p><b>All Ages</b></p> <p><b>Tapal presents Drum Circle</b> Hamza Moosa 5:00 - 5:30</p>	<p><b>Age 10+</b></p> <p><b>Journey to Joy (Ladies only)</b> Mahawash Ashar 5:00 - 5:45</p>	<p><b>All Ages</b></p> <p><b>Family-Friendly Improv Comedy</b> We Are Improverted 5:45 - 6:15</p>	<p><b>All Ages</b></p> <p><b>Shades of Blue</b> Pireh 6:30 - 7:00</p>	<p><b>All Ages</b></p> <p><b>Melodies of Unity - Sufi Music</b> MTO Zende Delan 7:15 - 7:45</p>
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KEY ■ Red Zone ■ Yellow Zone ■ Blue Zone ■ Purple Zone



# Plan your Sunday!

1st December | 10:00 am - 8:00 pm

11:00 am

**Shifting from 'DOING' to 'BEING'**  
(Mindfulness ka Maza)  
Shahbano Lodhi  
11:00 - 12:00

**Magic pill of breath**  
Saba Amir  
11:00 - 12:00

**Emotions Unleashed: Art Therapy for Self-Discovery**  
Rimsha Asif  
11:00 - 12:30

**Getting Comfortable with being uncomfortable**  
Alizeh Razvi & Nimrah Sattar  
11:00 - 12:30

**Ao Sub Mil Ke Khailein**  
Play Therapy Pakistan  
11:00 - 5:30

**Board Games**  
Boardgame Buff  
11:00 - 5:30

**Sense**  
CPPD Pakistan Counselling School  
11:00 - 5:30

**Alchemize**  
Fiza Chaudhri  
11:00 - 12:00

**Heavenly Sleep**  
Dr. Shehnaz Tapal  
11:30 - 12:30

**Magic Mapping**  
Bhawna Lohana and Centre for Arts Based Methodologies  
11:00 - 5:30

**A quest for life purpose - Why am I here?**  
Sharjeel Ahmed  
11:30 - 1:00

**Life Coaching**  
Ayesha Samad  
11:30 - 3:00

**Somatic Mapping**  
Saba Javed  
11:45 - 12:45

Swipe to see more

12:00 pm

**The birds begin to sing**  
Sara Abbasi & Zara Madani  
12:00 - 12:45

**Golden Stitches - Kintsugi Healing Journey**  
Shaheer Jawaid & Anushay Shehzad  
12:00 - 1:00

**Soundscaping Karachi**  
Maheen Mohammed & Nida Khan  
12:00 - 1:00

**Owning all the parts: An introduction to conscious masculinity**  
Adnan Malik  
12:00 - 1:30

**Free Therapy!**  
CPPD Pakistan Counselling School  
12:00 - 5:30

**Parenting Cheat Phrases: Transforming Stress Into Connection**  
Alizeh Imam & Sana Mehboob  
12:15 - 1:00

**Find your balance: Yoga for longevity**  
Lana Vajzovic  
12:30 - 1:15

**Dialogue with the Divine: A Devotional Breath-Work Journey**  
Masooma Kachelo  
12:30 - 1:30

**Writing through the body**  
Shameneh Majid & Mariam Paracha  
12:30 - 2:00

**Aqua Glow: Water and Candle Therapy**  
Dr. Tamazur Karim & Umme Salma  
12:30 - 1:30

**Inside Our Marvellous Minds: Exploring the Brain & Emotions with Kids**  
Rida Asad & Sania Sohail (Saaya Health)  
12:45 - 1:30

**Body Talk!**  
Samia Chundrigar  
12:45 - 2:15

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# Plan your Sunday!

1st December | 10:00 am - 8:00 pm

1:00 pm

How to train your inner dragon 2.0  
Suhaib A. Serai  
1:00 - 2:00

Age 12+  
Kal ki fiqr aj nahi, nail it with sadhu boards  
Husain Anas  
1:00 - 2:00

Embrace your Inner peace. Journey to emotional well-being  
Aisha Akhlaq (SehatYab)  
1:15 - 2:15

Age 12+  
Resourcefulness: Managing Stress with EFT Tapping  
Saba Umair  
1:30 - 2:30

Age 12+  
Navigating the stigma: a teen with a mental illness  
Aaminah Japanwala & Fatima Haider  
1:30 - 2:30

Yes You Can  
Sharmeen Aftab  
1:30 - 2:15

Heartfully Present: Trauma-Informed Tools for Emotional Regulation  
Qintra Aisha Nizami  
1:30 - 2:30

Age 10+  
Cheekho mat - samjho  
Ruqayya Rizwan  
1:30 - 2:30

Age 10+  
Little Chefs: A Mindful Journey from the Plate to the Palate  
Brendan Noronha  
1:45 - 2:30

Parents  
Safe Kids: An inclusive body boundaries workshop  
Faiza Wahab  
1:45 - 2:30

Swipe to see more

2:00 pm

Meditation and our happiness  
Dr. Badar Abbasi  
2:00 - 3:00

Missing ingredients in your relationship recipe  
Madiha Soomro  
2:00 - 3:00

Age 8+  
If I were a Super Hero!  
Sidra Rahim  
2:00 - 3:00

All Ages  
Melodies of Unity - Sufi Music  
MTO Zende Delan  
2:00 - 2:30

Prenatal Yoga  
Shield Corp feat. Shazray Tabani  
2:30 - 3:30

Brain Health Blueprint  
Dr. Sadaf Ahmed  
2:30 - 3:30

Beyond the Bars: How Solitary Confinement Led to Inner Freedom  
Uzair Paracha  
2:30 - 3:30

Age 3-4  
Tennis Tots: Get Ready to Raquet and Roll  
Zain Nawab  
2:30 - 3:15

Active Consciousness Meditation  
Abbas Akhtar  
2:30 - 3:30

Tired of getting deceived? Master deception detection  
Sumbul Shabbir & Alishba Naveed  
2:45 - 3:30

Hum sub aik hain: Just like me - Group Meditation  
Shahbano Lodhi  
2:45 - 3:30

Zehani Baithak: An open discussion on Mental Health  
Mahnoor Shah  
2:45 - 3:30



# Plan your Sunday!

1st December | 10:00 am - 8:00 pm

3:00 pm

<p><b>All Ages</b></p> <p>Seaweed Paper Making Rabea Shahid Ali</p> <p>3:00 - 4:00</p>	<p>Meet your Marvelous YOU: A Process work paradigm Dr. Saad Khan &amp; Andrea Danahe Perez</p> <p>3:00 - 4:30</p>	<p>Let's set healthy boundaries! Sharmeen Ammad</p> <p>3:00 - 4:00</p>	<p>Spontaneous Combustion - Improv Skills for Life Faris Khalid</p> <p>3:00 - 4:00</p>	<p><b>Age 12+</b></p> <p>Yogurt - The "Culture" of Good Health Soheba Mohammed</p> <p>3:00 - 4:00</p>	<p>Your Spine's Story Dr. Amnah Bhatti</p> <p>3:00 - 4:00</p>	<p><b>Age 7+</b></p> <p>Partner Yoga Hassan Najam &amp; Mariam Awais</p> <p>3:15 - 4:00</p>
<p>Gestalt Therapy 'In the Here and Now' Shazia Israr</p> <p>3:30 - 5:00</p>	<p><b>Age 12+</b></p> <p>Unwind, Have Peace of Mind (with mindfulness of Allah) Safwan Ullah Khan</p> <p>3:30 - 4:15</p>	<p><b>Individual</b></p> <p>Ruh Corner: Let's Talk! (Individual Therapy Sessions) Uzma Iqbal &amp; Sana Enam (Ruhbaru)</p> <p>3:30 - 5:30</p>	<p>Names as Compasses: A freedom-dreaming workshop Asad Ali Zulfiqar</p> <p>3:30 - 5:00</p>	<p><b>Age 4-12</b></p> <p>Tooth Tales with Aunty Tabinda! Shield Corp Feat. Aunty Tabinda</p> <p>3:30 - 4:30</p>		

4:00 pm

<p>Forgiving Ourselves and Others: A Guided Meditation Mashal Chaudhri</p> <p>4:00 - 5:00</p>	<p>Tamarkoz, The art and science of self knowledge through meditation and concentration Nargess Murtaza</p> <p>4:00 - 5:00</p>	<p><b>Age 12+</b></p> <p>Vocal Wellness Retreat Quaid Ahmed</p> <p>4:00 - 5:00</p>	<p>Rewrite your money story Saman Ghani Khan</p> <p>4:00 - 5:00</p>	<p>LoveLink: Couple's Connection Quest Dr. Tamazur Karim &amp; Umme Salma</p> <p>4:00 - 5:30</p>		
<p>Tum Karti Kya Ho? Unwrapping caregiver burnout Rabia Aziz</p> <p>4:00 - 5:00</p>	<p>Understanding to love Imran Zafar</p> <p>4:00 - 5:00</p>	<p>Mindset Makeover: Taming the emotional rollercoaster Ayesha Arshad</p> <p>4:30 - 5:30</p>	<p>Life Beyond Trauma Faraz Parekh</p> <p>4:30 - 5:30</p>	<p><b>Age 5-10</b></p> <p>Clown Town: Your Very Own Goof Sanctuary Muneeb ur Rehman</p> <p>4:30 - 5:15</p>	<p><b>Age 13+</b></p> <p>Salsa &amp; Merengue Magic: Energize your Body &amp; Soul Faryal Diwan</p> <p>4:30 - 5:30</p>	
<p><b>All Ages</b></p> <p>DDP Yoga - Not yo Mama's yoga Danial Muzaffar</p> <p>4:30 - 5:15</p>	<p>Discover the power of face yogal Marium Asad</p> <p>4:45 - 5:30</p>					

5:00 pm

<p><b>All Ages</b></p> <p>Khel Khel Mein Puppet Palooza</p> <p>5:00 - 5:30</p>	<p><b>All Ages</b></p> <p>Sing Along with Umair Ali Umair Ali</p> <p>5:45 - 6:15</p>	<p><b>All Ages</b></p> <p>An Ode to Well-Being Duo Nova</p> <p>6:30 - 7:00</p>	<p><b>All Ages</b></p> <p>Stories in Song with Saif Samejo Saif Samejo</p> <p>7:15 - 7:45</p>
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KEY ■ Red Zone ■ Yellow Zone ■ Blue Zone ■ Purple Zone



# Plan your Evening!

30th November to 1st December | 5:00 pm onwards

## Stage Performances

### Saturday

Drum Circle presented by Tapal  
Hamza Moosa

Family-Friendly Improv Comedy  
We are Improverted

Shades of Blue  
Pireh

Melodies of Unity- Sufi Music  
MTO ZendeH Delan

### Sunday

Khel Khel Mein  
Puppet Palooza

Sing Along with  
Umair Ali

Ode to Well-Being  
Duo Nova

Stories in Song  
Saif Samejo

Please refer to full schedule for days and timings





# Plan Fun Ways To Connect!

30th November to 1st December | 10:00 am - 8:00 pm

## Community Spaces

### Ao Sub Mil Ke Khailein

Anum M. Malik

We will set up a community space where we will psycho-educate the public on Play Therapy and other creative interventions. These interventions target children, teenagers, adults and families. Different play therapists from the community will read books, put on puppet shows and have discussions with anyone attending KWF.

### Boardgames Boardgame Buff

We will be conducting engaging board game sessions throughout the day. Join us to experience the joy of tabletop gaming, connect with fellow enthusiasts, and discover how board games can be a fun way to relax, bond, and unwind!

### Magic Mapping Bhawna Lohana

Creating a personalised map of Karachi as a collective by mapping personal moments of magic, the extraordinary and the unbelievable one may have experienced within the city. It can be a dog and a camel becoming friends at Sea View, a piece of graffiti that spoke to you, or a ghost bride waiting for you on a certain street. Anything that you found magical. Write your personal moment of magic and add it to our map of a magical Karachi.

### Seeds of Resistance: Palestine, Climate and Land

Hero Shero Kids, Tofiq Mooraj, Namra Khalid

An immersive community building experience to spread awareness amongst children and their families, around the themes of war, genocide and its impact on agriculture, land and climate. Preparing our children for saving climate and earth, while expressing our solidarity with Palestine.

Please refer to full schedule for days and timings

And More...!



# Plan One-on-Ones!

30th November to 1st December | 10:00 am - 8:00 pm

## Individual Consultations

Smile For A Lifetime (Dental Consultation)

Dr. Seema Shahid

Aqal Ka Dawa-Khana: Socratic Therapy

Bint e Zehra and Hijaz Naqvi

Speech Support Hub - Chatty Kids, Happy Parents

Saamia Bilal Khan

Life Coaching

Ayesha Samad

Free Therapy!

CPPD Counselling School

Partner With A Physio

Physical Wellness Centre

Ruh Corner: Let's Talk

Uzma Iqbal and Sana Enam

Please refer to full schedule for days and timings



In Partnership with



# 30<sup>th</sup> Nov & 1<sup>st</sup> Dec

Single Day Ticket Rs. 1200

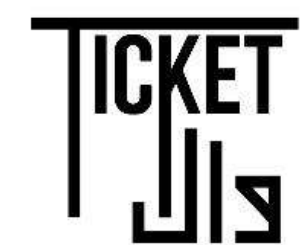
Two Day Ticket Rs. 1800  
\*This offer is only valid on Ticketwala

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