

Largest U.S. Mindful Drinking Festival Returns for Second Year in Dry January

Mindful Drinking Fest and ANBA Collaborate to Present a Weekend Celebration of Non-Alcoholic Beverages and Social Wellness at Union Market District in D.C.

WASHINGTON, DISTRICT OF COLUMBIA, UNITED STATES, December 12, 2023 /EINPresswire.com/ -- Dry January, or [Dry\(ish\) January](#) if you're taking it slow, is just around the corner and so is the return of the largest U.S.

mindful drinking festival, [Mindful Drinking Fest](#). Renowned mindful-

drinking advocate Derek Brown and party-pro Maria Bastasch, in collaboration with the Adult Non-Alcoholic Beverage Association (ANBA) and leading wellness and non-alcoholic beverage brands, including Sunnyside the #1 mindful drink app, Töst Sparkling Alcohol-Free Beverages, and Ritual Zero Proof Non-Alcoholic Spirits, are gearing up for a spectacular weekend from January 26-28, 2024.

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Derek Brown

"Dry January is no longer about pouring out the bottle and waiting until the month is over," says Derek Brown, "It's about celebrating social wellness, being together, and the growing alternatives to alcohol. It's really a movement where we take the best parts of social life and make alcohol optional."

Event Highlights:



The Initial Crowd Walking into the Grand Tasting Room 2023

Opening Night Extravaganza: The festivities kick off 5 p.m. Friday night in the Union Market District with an opening toast, bar crawl featuring top D.C. bars with non-alcoholic drink specials, and karaoke party.

Grand Tasting Hall: Saturday and Sunday will feature a Grand Tasting Hall with over 40 producers

offering 120 different non-alcoholic beers, wines, spirits, and cocktails. Seminars on wellness and mindful mixology will be available, along with a Destination Bar featuring bartenders from the U.S. and abroad shaking up the best creative non-alcoholic cocktails in the world.

Non-Alcoholic Rave: Saturday night will transform into an entirely non-alcoholic rave hosted by Maria Bastasch's Disco Mary, featuring DJs, dancing, and delicious non-alcoholic drinks at Culture in Ivy City.

"It's time to take non-alcoholic out of the Church basement and into nightlife. There's nothing incompatible about having fun, drinking delicious drinks, being out with friends, and getting up the next morning with a clear head," says Maria Bastasch.

First-time Partnership: This year marks the first collaboration between Mindful Drinking Fest and the Adult Non-Alcoholic Beverage Association (ANBA).

ANBA founder Marcos Salazar says, "We're thrilled to work with our members and other non-alcoholic and wellness brands to create the premier event for mindful drinking in the United States. There are so many great options out there, and we get the chance to share them with everyone at the festival."

Ticket Information:

Tickets are available for \$149, including samples, access to wellness events, seminars, parties, and the rave. [Link here.](#)

Early bird packages at \$99 are available through December 24th.

Vendor Highlights: The festival will feature an array of vendors showcasing the best in non-alcoholic beverages, creating a diverse and flavorful experience for attendees. Some of the over 40 vendors include:

AF Drinks
Abstinence Spirits
All the Bitter
Amethyst NA Spirits
Athletic Brewing
Audacia Elixirs
Blind Tiger Spirit Free
Boisson
Curious Elixirs
Damrak Vir-Gin
FAUXMOSA
Fluère

Giesen
Grüvi
Hedlum Brewing
Mocktails
Mocktail Club
No Alcohol Company
Pallini
Ritual Zero Proof
Roots Divino
Spiritless
Sunnyside
Surely
Töst
White Claw
The Zero Proof

Press Contact:

For all media inquiries, including interview requests, please contact Derek Brown at derek@drinkcompany.com or (202) 277-3473.

Follow Mindful Drinking Fest on social media for updates:

Instagram: @mindfuldrinkingfest

Facebook: Mindful Drinking Fest

About Mindful Drinking Fest:

Mindful Drinking Fest is an annual celebration dedicated to promoting alternatives to alcohol consumption, fostering social wellness, and introducing the public to a variety of delicious non-alcoholic beverages. For more information, visit www.mindfuldrinkingfest.com.

About ANBA:

The Adult Non-Alcoholic Beverage Association (ANBA) is committed to creating a world where everyone has access to adult non-alcoholic beverages for enjoyment in every social situation. Learn more at www.nabeverages.org.

About Derek Brown:

Derek Brown is an author, NASM-certified wellness coach, and founder of Positive Damage, Inc. Previously, Brown owned Spirited Awards 2017 "Best American Cocktail Bar" Columbia Room in Washington, D.C., and was one of the nation's top bartenders. Learn more at:

www.positivedamageinc.com

About Maria Bastasch:

Maria Bastasch is a multidisciplinary designer, herbalist, NASM-certified wellness coach founder of Playhaus, a experiential arts space in the Union Market District. She is also the founder of Disco Mary Collective. Learn more at: www.discomary.com.

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