



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/bangkok

1st edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

BANGKOK

17-18 March 2016

*« An essential experience
to live and share ! »*



www.facebook.com/festivaldufeminin
bangkok.womenfestival@yahoo.com / tel : +66 (0)85 0204 777



FESTIVAL DU FEMININ

A transformative journey by women for women

Asia premiere of an exceptional for women-only event in Bangkok!

Thailand will host for the first time on March 17-18, 2016 at Anantara Bangkok Riverside Resort and Spa the festival du féminin®. Created and initiated in Paris by Centre Tao, this registered trademark festival today is all over France and in French speaking countries (Quebec, Belgium, Maroc) and it is rapidly developing internationally (Inde, USA,Colombia)

During two days, we the women are invited onto a beautiful inner self- journey to discover, feel, contact and connect the multiple facets and spaces of our Femininity.

The festival du féminin consists of 20 interactive workshops guided by an array of experienced and acclaimed international facilitators, most of them coming from France and Quebec specifically for this event.

They are therapist, ethnologist, sexologist, lecturer, writer, shaman, dancer, painter, energetic healer, coach, midwife or wise women. They all generously share and transmit their long experience to accompany and empower women to trust and follow their own path to reach their essence, their deepest, most sacred and most lively inner world.

This festival is to be physically and spiritually experienced with all senses awakened thanks to participative workshops that expose women to a wide variety of practices of initiation rituals, dance, visualization, meditation, healing modalities, arts.

It is joyful, it is liberating, it is convivial, it is soft, it is powerful, it is communicative, it is fulfilling, it is vibrant, it is pleasurable, and it is swinging!

Where am I at as a woman? How do I live my femininity in my heart, in my body, in my belly?

Come and share in consciousness these unique moments of deep listening and encounters: opening up to oneself and feeling the connection with the higher self. This is a sisterhood movement blossoming across the world. A longing for values and liberty, a longing for grounding and harmony to contribute to the re-enchantment of the world.

Workshops are conducted both in English and in French.

The complete program and useful information about inscription & venue are on line:

- on website : www.festivaldufeminin.com/en/bangkok
- on facebook page : facebook.com/festivaldufeminin
- by email : bangkok.womenfestival@yahoo.com
- by phone tel: +66 85 0204 777



Sylvie Baradel
Organizer of Festival du féminin Bangkok

Be most welcome! Let's celebrate!



FESTIVAL
du FÉMININ®
les éphémènes

THURSDAY 17 MARCH 2016

From 8:30 am to 9 am: Welcome of the participants

From 9 am to 9:15 am: Opening ceremony by the organizing team

From 9:15am to 10:30 am

- Room 1 / **FEMININE WITHOUT TABOO, READY TO REINVENT YOURSELF** with Delphine LHUILLIER
- Room 2 / **CONTACT, EXPERIENCE FEMININE SOFTNESS** with Marie –Hélène SOURD

From 10:45 am to 12 pm

- Room 1 / **SHINE OUR DIVINE ESSENCE** with Ronelle STOESSEL
- Room 2 / **AWAKEN THE SOFT POWER OF YOUR WOMB WITH THE PRACTISE OF WUTAO** with Imanou RUISSELARD

From 12: am to 1:30 pm: lunch break

From 1:30 pm to 2:45 pm

- Room 1 / **THE 12 INITIATORY PATHWAYS TO GIVE BIRTH TO YOUR FEMININTY** with Sylvie BERUBE & Nathalie PICARD
- Room 2 / **WHAT THE MONTHLY CYCLE TEACHES TO THE WOMAN** with Maitie TRE-LAUN

From 3 pm to 4:15 pm

- Room 1 / **THE CIRCLE OF FORGIVNESS** with Corinne GAUDIO
- Room 2 / **SEEDS OF HEROINES A PLAYFUL GAME TO WALK THE PATH FROM ORDINARY LIFE TO LEGENDARY LIFE** with Christine GATINEAU

From 4:15 pm to 4:45 pm: break

From 4:45 pm to 6 pm

- Room1 / **DANCE, EXPRESS, LET GO, VIBRATE** with Gisèle BARADEL
- Room 2 / **PERFUME OF THE SOUL,THE ESSENCE OF THE JOURNEY** with Chantal DUFAG

From 6:15 pm to 6:30 pm: THE ADVENTURE OF THE FESTIVAL DU FEMININ

From 6:30 pm to 7:30 pm: EVENING CELEBRATION: SACRED CHANTS, DANCE, THEATER

FRIDAY 18 MARCH 2016

Doors open at 8:30 am

From 9:00 am to 10:15 am

- Room 1 / **EFT-TUNING IN THE ART OF DAILY SELF CARE** with Shalini J.YAMDAGNI
- Room 2 / **SYMPHONY OF CREATIVITY & PAINTINGS** with Anne THENON

From 10:30 am to 11:45 am

- Room 1 / **FEMINITUDE OR THE EXPLORATION OF THE FEMININE MYSTERY** with Monique GRANDE

- Room 2 / **CONNECTING WITH YOUR INNER GODDESS** with Ame AMELIA

From 11:45 am to 1:15 pm: lunch break

From 1:15 pm to 2:30 pm

- Room 1 / **WOMAN AND SHAKTI YOGA** with Lydia PETETIN
- Room 2 / **LET'S DARE TO OPEN YOUR TANTRIC HEART** with Anne Marie GAILLED RAT

From 2:45 pm to 4 pm

- Room 1 / **FROM PROHIBITION TO PLEASURE** with Sophia LESSARD
- Room 2/ **WOMB RECAPITULATION PURIFICATION** with Yveline HERONT-BAUBAU

From 4:15 pm to 5:30 pm

- Room 1 / **CONNECTING A BEAUTIFUL SACRED SPACE** with Patricia MENETREY
- Room 2 / **WILD WOMAN BURSTING OUT OF JOY** with Sylvie BERUBE and Nathalie PICARD

From 5:45 pm to 6:15 pm: CLOSURE OF THE FESTIVAL

THURSDAY 17 MARCH 2016

From 8:30 to 9 am: Welcome of the participants

From 9 to 9:15 pm: Opening ceremony of the Festival by the Organizing Team

9:15 - 10:30

ROOM 1 / FEMININE WITHOUT TABOO, READY TO REINVENT YOURSELF? with **Delphine LHUILLIER**. Do you have any taboos? What are they? How can you reclaim your body and your sexuality? Wake up your creativity and desires? Let your sexual energy thrive and dare to love? This interactive workshop will invite you in many ways to reinvent yourself. Uplifted and supported by the rhythms of your feet and your hands, by the chant of your breathing, you will connect to your roots, your grounding and power, your lightness and poetic vision, your inner flow and vulnerability, all these dimensions which contribute to what a woman is. Step into a soft trance. Inspiring, creative, generous.



Delphine LHUILLIER has an academic background in ethnology. Editorial manager of Génération Tao, she took part in the creation of the Centre Tao Paris. Cofounder of Festival du Féminin and coordinator of the Festival editions in the world. She is a Wutao teacher and trainer. Author of « Tribal Tarot », a card deck and book, (Le Souffle d'Or) and of the book « Le féminin sans tabou ».

www.festivaldufeminin.com / www.wutao.fr / www.tribal-tarot.fr

ROOM 2 / CONTACT, EXPERIENCE FEMININE SOFTNESS with **Marie-Hélène SOURD**. How do you experience softness in your body and in your life? Do you think it could be transformation energy and the healing source of ancient wounds? This workshop is to experience softness in your body so you can welcome it, pass it on and understand how softness serves life itself. On your own, with a “sister” or within a small group, you’ll be guided through a sensorial journey, moving your body to wake up the healing vibration of this energy and allow your feminine energy to spread its wings while remaining attuned to its fine balance.



Marie-Hélène SOURD is a biodynamic therapist (body mind therapy), dancer, she leads groups dedicated to women to facilitate the blossoming and expression of their femininity. She offers through her "Being in your Body" a global support with seminars and workshops which stimulate body freedom, creative capacity and reveal the feminine beauty of each and every one. www.mariehelenesourd.fr

10:45 - 12:00

ROOM 1 / SHINE OUR DIVINE ESSENCE with Ronelle STOESSEL (South Africa). Aren't you tired to be in control or to be controlled? Be it your external image, your life, your emotions? It is time that those of us who were born female, release our resistance to our own gender and begin to embrace and express our feminine essence. We need to be willing to heal our negative beliefs and emotions related to anything we identify as female to set the femininity within us free. Divine feminine does not need to be cultivated or created within us as women. It just is us. It is the essence of our choice to come into this life as women and so it is an ever-present energy that is always there. It is merely obscured by our thoughts and actions. If we begin to clear our minds and lives of the thoughts and beliefs that are obscuring that essence, it will immediately shine through on its own. It is exhausting suppressing the essence of who we are. And so, it is time to quit suppressing it. It is time to embrace it and let it shine.



Ronelle STOESSEL, a South-African/Swiss has made Bangkok her home for over 16 years. For the past 25 years she has passionately pursued her wellness and personal growth journey, mentored by inspirations including Jim Rohn, John Kehoe, Anthony Robbins, Louise Hay, Deepak Chopra, Dr Wayne Dyer, Denise Linn, Dr John Gray, Vianna Stibal and many more. Her continuing journey led her into the energy healing world which ignited a deep interest to explore the Theta Healing R technique. As a certified Thetahealing Master and Thetahealing Certificate of Science graduate she is guiding women and men to experience this powerful emotional, physical, mental and spiritual healing technique which allows them to empower their lives. <http://facebook.com/lifebydesignwiththeta>.

ROOM 2/ AWAKEN THE SOFT POWER OF YOUR WOMB WITH THE PRACTICE OF WUTAO with Imanou RISSELARD Free your pelvis, rediscover the sensation of your pelvic floor, fill up your womb and build your verticality. This is what the practice of Wutao offers. Wutao puts the focus on various aspects: self-centering, liberation of the breath, beauty of our movement, restoring the wavy motion of our spine. It allows us to awaken our creativity, our inspiration and our vitality. As the energy can flow again, we can feel our femininity in a new way. We connect to the universal feminine. We can embody a centered and sensitive woman. We awake the soul of our body, opening up to ourselves and to the world.



Imanou RISSELARD has followed an artistic path, including theater performance with Theatre mouvement and met Pol Charoy at the end of the 1980's. Together, they created the magazine *Generation Tao* and founded the Centre Tao Paris. They also co-created Wutao and the art of Trans-analyse. Co-author of the book "Wutao, pratiquer l'écologie corporelle" (published by Courrier du Livre), she is now dedicating herself to the transmission of Wutao and the art of Trans-analyse. www.wutao.fr / www.trans-analyse.fr

LUNCH BREAK : 12 :00 - 1:30

1:30 - 2:45

ROOM 1 / THE 12 INITIATORY PATHWAYS TO GIVE BIRTH TO YOUR FEMININITY with Sylvie BERUBE and Nathalie PICARD (Canada). Presentation of The Sacred Way: it is an initiatory path of giving birth to your femininity through an explorative journey to the Sacred Feminine and a healing process of the fundamental feminine injuries. This journey begins at the moment of the conception from the first cell and continues until the woman can fully express all the dimensions of her Sacred Feminine. Until she embodies the Goddess in herself, spread out the great feminine powers, and shines all her beauty, her power, and her feminine wisdom.



Sylvie (LÜNA) BÉRUBÉ- Answering to the great call of the Sacred Femininity in herself, Lüna created the International School of the Sacred Femininity. Author of the books “Dans le ventre d’Ève à la découverte du féminin en soi”, « Dans le ventre de Lüna, l’appel du Féminin sacré sur la voie du corps » and the cards « Les Pouvoirs d’Ève », she delivers international conferences, private consultations, seminars, trainings and initiatory journeys around the world. She is also co-organizer of the Quebec Woman’s Festival and co-trainer of the FÉ-MA© approach for the harmonization of the inner couple FEminine and MAsculine with Nathalie Picard www.femininsacre.com

Nathalie PICARD holds a Bachelor in Criminology, is a former world Olympic class athlete, a body-psycho therapist (Méthode de Libération des Cuirasses MLC© with Marie Lise Labonté , Relation d’Aide), a massage therapist and a Reiki Master. She now works in the multi dimensionality of the human and thus has developed a sensitivity listening to herself and others in the wisdom of the everyday life. She accompanies with respect, compassion and love in the process of self-awareness, transformation and healing.

A four-day-workshop “to be born to its femininity “is scheduled from March 21-24 to allow a deeper approach. Info & inscription: +66 850204777 www.femininsacre.com

ROOM 2 / WHAT THE MONTHLY CYCLE TEACHES TO THE WOMAN with Maitie TRELAUN. Which memories do you have of the day you had your period for the first time? How did you live that moment? Which transmission did you receive from your mum and how did you transmit that to your daughter at your turn? The cycle sculpts and invites the woman to create her own dance to harmonize it. It enables her over the months to open her vulnerability and to release her power. How can she surf with her cycle's energies to respect herself with more accuracy in her everyday life? During this workshop, Maitie will tell you the magic of the Woman's body in connection with the Universe. It will offer you the keys to go to meet your cycle and learn how to read it. Menopausal women too can learn and still benefit from the precious energy of the cycle.



MAITIE TRELAUN: Her unshakeable faith in the Living has led her to be a midwife, her passion for the movement trains her in the exciting maze of the woman's cycle. She becomes Nomad Woman walking her life to the rhythm of her cycle's .Coach, dancer, speaker, trainer and author, she developed an original approach of the woman's cycle, which makes it a real personal development tool that invites women to return to their Source.

www.naitre-femme.com

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ROOM 1 / THE FORGIVENESS CIRCLE with Corinne GAUDIO: The Forgiveness Circle is a beautiful powerful ritual, created by Olivier Clerc, based on his experience with Don Miguel Ruiz (The four Toltec agreements). Being a trans-personal approach, both simple and therapeutic, this ritual gives you the possibility of forgiving. Forgiveness towards yourself & others, towards the situation and the process. A forgiveness circle is a great ritual that makes it possible to reconcile the heart and the mind, it helps to heal the deep hurts inside, consciously and unconsciously, what is denied, what prevents us from moving forward in joy, lightness and simplicity. It definitively touches the feminine dimension of our being, often ill-treated and bullied in our very intellectual society, disconnected from emotions and feelings. This is a beautiful experience to live that resonates deep inside you.



CORINNE GAUDIO started her career as a certified sophrologue and a massage therapist to medical nurses and the public. She is a Tai Chi teacher since 1994 and followed her meditation practices of KG Durkeim with Jacques Castermane. She also followed the teachings of Positive Psychology as well as of the Laughter Yoga with Dr Kataria (India). In 2013 she founded the first official Club du Bonheur (Happiness Club) in Paris. She experiments the Lakota ceremonies (Sioux) while learning the Tatanka mani, Sun dancer teachings. Today she focusses and conducts Forgiveness circles created by Olivier Clerc according to Miguel Ruiz teachings (the four agreements).

ROOM 2 / SEEDS OF HEROINES - A PLAYFUL GAME TO WALK THE PATH FROM ORDINARY LIFE TO LEGENDARY STORY with Christine GATINEAU. We all carry heroine figures and archetypes within us! Our personal history leads us to develop, in a more or less conscious way, resources and strategies to overcome challenges, implement projects and also simply find our path in our daily life as women. Do you really know your own resources and strategies? The Metaphoric Cards of Association are tools which allow you to explore your inner resources and enhance your creativity, communication and emotional intelligence. Come and enjoy the game!



Christine GATINEAU is a recognized specialist in games and tools for self-knowledge and personal development. She has worked as Marketing Manager for books and games publisher Le Souffle d'Or during 13 years. She is collaborating with Moritz Egetmeyer, editor of the Metaphoric Associative Cards and is also a certified facilitator of the Transformation Game. She has founded Zephyr Ludens to organize workshops, coaching sessions and seminars. She is also community manager of Festival du Féminin. www.festivaldufeminin.com / www.zephyr-ludens.com

From 4:15 to 4:45: Break

ROOM 1 / DANCE, EXPRESS, LET GO, VIBRATE! with Gisèle BARADEL: Primitive Expression (PE) is a joyful and dynamic form of dance performed to rousing percussion music and accompanied by an intense liberation of the voice that provides physical and neuropsychological benefits. In this practice, rhythm, dance and song play on a symbolic level. The collective expression is enthusiastic and festive, inspired by both African and European dances. Drawing its symbol from universal archetypes it combines and unifies the dual symbols of body/mind, self/other, visible/invisible, masculine/ feminine in simple, refined yet powerful gesture. Sustained by the energy of the group one explores the multiple facets of one's individuality in an accompanied and benevolent environment. This collective energy is something unique to share. You feel energized and happy!



Gisèle BARADEL, a professional dancer and latin dance teacher for the last 15 years, is a certified Primitive Expression dance therapist following the teachings of France Scott Billman, who initiated and developed the discipline. Gisèle co-fonded CalorDanse school and is the choreographer of a Sambafilles group. She is passionate about percussion music and the powerful opening transformative process that the dance operates within a group, a couple, a person: letting go, daring to move, pelvic fluidity, easiness to guide and acceptance to be guided.. She, today, takes care of groups in Primitive Expression within various medical & social structures. www.calordanse.com

ROOM 2 / PERFUME OF THE SOUL, THE ESSENCE OF A JOURNEY with Chantal DUFAG. Are an intuitive woman? The latin origin "intuitio" means "looking within". According to the Taoist principle of Yin, this inner sight is the archetype of the very principle of femininity. Awaken your intuition with essential oils, allow them to inspire you, and "look within" at the perfume of your soul, in such a meaningful way on this olfactory journey. This deeply personal approach will take you to embrace the essential element of each plant and a unique way of meeting oneself.



Chantal DUFAG has worked in an international environment, including 15 years with a Japanese enterprise. From this background, she has developed motivation for multicultural relationships and a passion to share her experience. As a perfumer and specialist in essential oils, she holds workshops in the creation of individual perfumes and the study of essential oils, inspired by the values of Respect, Freedom, Authenticity and Passion. Chantal invites you to realize the infinite dimension of fragrances, as she guides a small group of participants in the art of sensing and appreciating the evocative power of essential oils. She regularly conducts perfume workshops at the Musée du Parfum de Paris. www.parfumdame.fr

regularly conducts perfume workshops at the Musée du Parfum de Paris. www.parfumdame.fr

6 :15-6 :30 : The aventure of the Festival



Like a wave, a breath, each woman is driven by the desire to dare looking at her dark and bright sides, to heal from her wounds, to reinvent herself and the world. Each woman brings her own uniqueness in a large tribe of women to share a great moment of inner channeling and celebration.

The contemporary woman thrives for deeper meaning and freedom. Embodying the sweet alchemy between the Yin and the Yang, she desires to dance between these two poles of energy and participates to the re-definition of the world. She is in search of herself and of her place in the society. She is confronting and she confronts herself to all sorts of taboos: her femininity, her pleasure, her creativity, and her fulfillment.

Since March 2012, the adventure of the Festival du Féminin answers to these aspirations by creating friendship, meetups, and experiences thanks to its epiphenomena. Entirely dedicated to women and organized by women, practical workshops take place during two to three days to fully experiment our connection to our body and to the world.

What made the Festival possible?

The Festival du Féminin has been created in Paris by the Team of Centre Tao in Paris in March 2012. The first edition was so successful and appreciated by many women than the team decided to create the "Epiphenomena"; a Charta has been created as well to respect the soul and the "magical recipe" of the Festival. The name is protected by the l'INPI. The funding team is therefore in charge to support the organizers of the Epiphenomena with its know-how experience and its network. Agnès Delpech in Dordogne was the first one to

dare engage in this adventure. And soon after, the Festival crossed over continents to land into Quebec at the International School of the Sacred Feminin. Thus several Festivals are flourishing all around the world with the same enthusiasm and spontaneity, with a sensitive, generous and engaged impulse from the heart.

The funding team is at the same time the angel guardians and the coordinators of the Festival du Féminin. Supported by the organizers of the Epiphenomena, the team helps the Festival resonate and shine so as to pass down to future generations the understanding of the Feminine diversity and richness.

To symbolize a soulful link between all the women building connections and community while uniting around the Festival du Féminin worldwide, a necklace, initiated by Loli laurence Vuillard, creator of sacred Link, is handed over to circulate from festival to festival.

6:30 – 7:30 : Art Celebration

ROOM 1 /CONCERT, SACRED CHANTS, DANCE, THEATER PERFORMANCE.

FRIDAY 18 MARCH 2016

Doors open at 8:30 am

9:00 – 10:15

ROOM 1 / EFT (Emotional Freedom Technique) THE ART OF DAILY SELF CARE with Shalini J.YAMDAGNI. EFT is a simple tool to help clear emotional conflicts, stresses and diseases in our mind and body. It combines psychology with some of the principles of Chinese Acupuncture. Do you feel overwhelmed, frustrated, stuck in some area of life? Tap your stuff away! The key to creating deep and long lasting transformations and living our life to the fullest requires self-awareness and self-care. For that to happen it is important that we schedule time for ourselves and tune in daily to see how we are doing physically, emotionally, mentally, spiritually. Caring for others, tied in our many roles, daughter, mother, wife, lover, business entrepreneur. We need time to pause, reflect and know ourselves. You will learn how to tap with your fingertips from this workshop, a simple yet powerful technique.



Shalini J. Yamdagni, co-author of the book “pebbles in the pond” is an international pain relief expert. In 2007 Shalini’s life came to a complete standstill. Diagnosed with an illness and in chronic pain for many months, nothing she tried worked for her and she was asked by doctors to stay on bedrest forever. Fortunately she discovered a tool online by chance and was able to heal herself completely and also discovered her divine purpose. Interestingly, her first ever client was a doctor! Today Shalini works online with people in pain who are feeling stuck who want to feel relief quickly so they can get on with their lives feeling a sense of joy peace and clarity
www.efthailand.com

ROOM 2 / SYMPHONY OF CREATVITY & PAINTINGS with Anne THENON: Drawing from your conscious and subconscious creativity, this workshop invites you to contact, feel and express your emotions and feelings and to experiment with the joyful pleasure of creating to recreate yourself through painting. There is no need to “know” how to paint or draw. Your very desire to follow and feed & nourish your Body-Heart- Consciousness symphony is your only fuel to surprise you with the amazing meaningful lines, the shapes and the colors that will arise. A pleasurable and sweet experience to start the day.

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Anne THENON is by background a high school French teacher. Becoming and claiming the painter artist and art-therapist trained at Irfat, she today specializes in structures for young and adult handicapped public, for whom painting is a means to expression. She also conducts painting workshops in her studio les M.O.BIEUS and keeps finding her greatest grace painting for herself and for exhibitions. Her energetic paintings question the body of the women beyond words. www.lesmobleus.com



10:30 - 11:45

ROOM 1/ FEMINITUDE with Monique GRANDE OR THE EXPLORATION OF THE FEMININE MYSTERY. FEMINITUDE, both a book and a refined card deck, is the best seller publishing success that has strongly influenced and inspired thousands of women since. Monique, the creator, leads you in this workshop to an incomparable poetic journey of discovering unusual and more hidden facets of your interiority which are the true gems of femininity, whenever we allow ourselves or dare or learn to express them: Receptivity, sensuality, raptures and delights. But the inner world also serves to put these qualities into action, into the light, into the outside world. And yourself, how do you honor them?



Daring and innovative, Monique GRANDE's bestseller Féminitude and her books Women which reinvent (ED. The Breath of Gold), "Without love what would we be?" contributed to the emergence of the Circles of Women in France and abroad. Today she specializes in accompanying women towards their own growth. As an NCA (neuro cognitive approach) practitioner, a CT coach, as well as a certified in psycho-corporal and psycho-musical technics, she relentlessly thrives to innovate and transmit collective values to serve the society. Her books highlight our transformation capacity while her latest essay "the 4 brains of happiness" enhances our achievement potential based on the latest neuroscience and cognitive researches.

ROOM 2/ CONNECTING WITH YOUR INNER GODDESS with Ame AMELIA. Ever thought what your own relation to power is? For many women, we have been taught to feel that power is a burden to us. Our relation with power is not a clear one. The more we give the more negativity and stress we seem to take on. However this situation occurs because we are not in touch with our Inner Divinity, our Inner Goddess. When you have connected with your Divine Feminine, you begin to experience your flow on a deep level, letting go of your fears and insecurity. When that happens, Abundance, Love and the life you desire happen naturally and unconditionally. Come connect with your inner Goddess and be initiated into your power now!



AME AMELIA is a Holistic Consultant & Founder of Ame de Lumiere Holistic Consultancy (Singapore). Before Ame Amelia began her career as a healing consultant; she was a successful entrepreneur. In 2011 she went through a spiritual and mystical initiation, tapped into her Divine Feminine and was able to awaken the Inner Goddess within herself. As a clairvoyant, she now dedicates her life to help empower her clients worldwide.

Ame believes that a holistic and balanced feng sui and energetic approach is necessary for women who aspire to success, so that health, love and happiness are not compromised in the pursuit of wealth and vice versa. In order for that to happen, she advocates stepping into our Divine Feminine Goddess Power and taking on the responsibility for all our creations, good & bad, to facilitate self-healing. www.amedelumiere.com.sg

LUNCH BREAK: 11:45 – 1:15

1:15 - 2:30

ROOM 1 / WOMAN AND SHAKTI YOGA with Lydia PETETIN: Every woman holds a treasure in her belly; it is a magical sacred Space...however lots of wounds are taking root in our womb memories, freezing our gifts and our Life Force. These imprints, from our mother's womb and family heritage passed down through DNA, leave lasting invisible patterns. This workshop is an invitation to contact our feminine Lineage. It is based on the latest prenatal psychology researches linked to the most ancient Wisdom.



Lydia PETETIN Oriah Shem, is engaged in an authentic Path in the Feminine Awakening. First French Moon Mother (Miranda Gray) she has been exploring Yoga Wisdom for 25 years (with Christian Tikhomiroff and Michel Leroy) and in 5Rhythms Dance (Gabrielle Roth and Ya'Acov Darling Khan). She is still deeply involved with Quechuas Shamans and Awakening Women (Chameli Ardhag) and passionate about Prenatal Yoga. www.laroseetlecalice.com

ROOM 2 / LET' S DARE TO OPEN OUR TANTRIC HEART with Marie Anne GAILLED RAT. Our love relationships are becoming sacred relationships when we bring total awareness into them as well as intensity and passion. Visualization, chanting, experiencing new relational situations in pairs or in large groups, a firework of encounters full of respect and tenderness. Yes, let's dare together to open our hearts to each other.



Marie ANNE GAILLED RAT has always been passionate about a quest, a search for "something else" beyond the superficiality of her daily life. It is a total acceptance of her emotional life that allowed her to go through and to heal a disease that could have killed her. Since then, she chose to become a life coach on the path of Tantra, a path towards one's own fulfilment, body, sex, mind, emotions, consciousness, and integration of the feminine and of the masculine. The heart is the gate. She has been professionally engaged on this path

for about 15 years, helping people in a self-discovery leading to a true relating with others.

www.meditationfrance.com/therapie/vincent

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ROOM 1 / FROM PROHIBITION TO PLEASURE with Sophia LESSARD. Back when my grandmother was young, sexuality was necessary for reproduction. Outside of this specific context, to find pleasure in sex was forbidden. When my mother was young, a woman's sexuality was often limited to offering her husband pleasure. Oh how times have changed! Today, sexuality is associated to self-expression and fulfilment. This being said sometimes, for all kinds of reasons, there seems to be a world of difference between the image women portray in their intimacy and the image of whom they would hope to be. This workshop is a great opportunity to take a closer look at these differences.



SOPHIA LESSARD is an international Canadian sexologist, a communicator, trainer, public speaker and author of the best-selling book « For The Love of Children... Discovering Sexuality and its Mysteries » and the sexual education program « J'explore ... » She is a woman, a mother and passionate about everything that touches a human's life path, connection with their true self with others, spirituality, intimacy, sexuality, expression of self and our energy both unique and universal of which we are an incarnation. Today, other than appearing in the media, this sexologist leaves her office filled with the richness of the heart to heart consultations and stories that her customers share with her, travelling down her own personal path, pursuing public speaking internationally. www.sophiasoleil.com

ROOM 2 /WOMB RECAPITULATION – PURIFICATION with Yveline HERONT-BAUBAU

As an ancient shamanic practice, womb purification aims at transforming and liberating memories ingrained into the womb, the vagina, the ovaries... related to traumas experienced in this life or handed down through generations and which remain painfully and become unconscious barriers in women's lives, in the expression of their sexuality, their creativity, as well as in the full possession of their power of Life.



Yveline HERONT-BAUBAU, childcare worker, trainer, somatic-psychotherapist and founder of the Festival du Féminin in Rennes. She has been working with women for over 30 years, organizing and conducting workshops and women's circles. Her path in life led her to meet, to be taught and to be initiated by women within different traditions. Today she shares the results of those encounters and her research on the Feminine, women and early childhood. She co-founded the association « Au fil de Soi... » in 1999 and she is the author of a book and a film « Graine d'Hommes » about the free movement in very young children.

www.grainesdhommes.com www.aufildesoi-asso.fr www.uneterredesfemmes.fr

ROOM 1/ MEDITATION: CONNECTING A BEAUTIFUL SILENT SACRED SPACE with Patricia MENETREY. After a two-day festival this intimate workshop invites you to softly integrate all your experiences. Through the Heart connection, meditate and experience the luminous simplicity of being, the bliss of feeling connected to the infinite, to the mystery of life. Remain quiet and peaceful in this graceful presence to enjoy the fullness of the present moment, the encounter with your higher self. No expectation, beyond any word.



Patricia MENETREY has a long experience of meditation, self-discovery and exploring the world of consciousness for the last 30 years. She spent 7 years in India to search for what was hidden inside. She was trained at Osho International Meditation Center in Pune, India. She regularly conducts Vipassana and Zazen meditation retreats. As a correspondent of Meditation France, the online web magazine dedicated to spirituality in France, she was blessed to meet with major contemporary spiritual leaders.

www.meditationsfrance.com

ROOM 2 / WILD WOMAN BURSTING OUT THE JOY with Sylvie BERUBE and Nathalie PICARD

After a two-day immersion isn't the proper mature time to contact and express your wild woman, close to the earth and to your body (animal, instinctive, sensual, sexual)? « If you don't go into the woods, nothing will never happen. You will never start living. Go to the woods. Go » American author Clarissa Pinkola Estes in her best seller « Women who dance with the wolves ». This dynamic workshop calls you to boldly go out the box bypassing your mental habit. Surprise yourself !



Sylvie (LÜNA) BÉRUBÉ- Answering to the great call of the Sacred Femininity in herself, Lüna created the International School of the Sacred Femininity. Author of the books "Dans le ventre d'Ève à la découverte du féminin en soi", « Dans le ventre de Lüna, l'appel du Féminin sacré sur la voie du corps » and the cards « Les Pouvoirs d'Ève », she delivers international conferences, private consultations, seminars, trainings and initiatory journeys around the world. She is also co-organizer of the Quebec Woman's Festival and co-trainer of the FÉ-MA© approach for the harmonization of the inner couple FEMinine and MAsculine with Nathalie Picard www.femininsacre.com

Nathalie PICARD holds a Bachelor in Criminology, is a former world Olympic class athlete, a body-psycho therapist (Méthode de Libération des Cuirasses MLC© with Marie Lise Labonté , Relation d'Aide), a massage therapist and a Reiki Master. She now works in the multi dimensionality of the human and thus has developed a sensitivity listening to herself and others in the wisdom of the everyday life. She accompanies with respect, compassion and love in the process of self-awareness, transformation and healing.

THE RED TENT



Festival participants have the opportunity to participate to a RED TENT. A red tent is an intimate space dedicated to women to allow them to share without judgment nor taboo their experiences at no stake.

The concept comes from a novel written, by American author Anita Diamant. It symbolizes a space where in ancient traditions of women circles or gynaecea, like Moon lodges, women met once a month when they had their menstrues and took care of each other.

It is a sacred space of listening and transmission of the main moments of a woman, from puberty to menopause, through or not maternity. It links women from different generations with each other. The confidentiality of their sharing is ensured and the small group of women (limited to 8 women) welcomes everyone one by one.

THE VENUE



Set on the banks of the grand Chao Phraya River, **Anantara Riverside Bangkok Resort & Spa** is a thriving oasis with lush tropical gardens offering a unique way to experience the City of Angels.

FESTIVAL DU FEMININ BANGKOK 2016

Tel: +66 85 0204 777 email : bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok

Situated on 11 riverside acres of verdant gardens, Anantara Riverside Bangkok Resort seamlessly blends the thrill of urban living with the serene charms of tropical luxury. Imparted with Thai tradition and legendary Anantara service, this exotic Bangkok resort offers a respite from the hustle and bustle of the busy metropolis.

It is an ideal space offering harmony to host this first edition of the Festival du féminin. The workshops will take place in the two large rooms with natural light and carpet.

Address : 257/1-3 Charoennakorn Road, Thonburi, Bangkok 10600, Thailand,+66 2 476 0022

Website: bangkok-riverside.anantara.com

How to get there? by BTS, Silom line, direction Bang Wa, Krung Thon Buri station S7, (one station after Saphan taxi). Take exit 3 then catch a taxi for a 5-to-10-minute ride.



Accommodation: special offer for the guests of the Festival du féminin

Competitive room rates, for a double occupancy including breakfast, are proposed from March 14th to March 21st under booking the reference code "festival du féminin".

- Deluxe premier room: 3 400 thb ++
- Deluxe premier river view: 3 900 thb ++
- Junior premier Suite river view: 5 200 thb ++

We kindly invite you, as much as you can, to immerse yourself completely without interruption by staying overnight at the hotel. By so doing you will enjoy meeting with new friends and the team of the facilitators. It is an appreciated beautiful moment of integration and rest to share under the palm tree breeze.



REGISTRATION

Price:

The two-day pass costs 6 000 thb. It includes:

- Access to the workshops
- Access to the Red Tent
- The evening celebration on Thursday
- A 500 thb –value- voucher to be spent on food and drinks.

Enjoy the early-bird promotion of 5 000 thb only by registering before February, 14th, 2016. Registration is completed upon payment.

Don't miss the special "two-person pass" at 10 000 thb only instead of 12 000 thb. Come with your friends.

How to register ?

Kindly send your name, your nationality, your mobile number and your email address to bangkok.womenfestival@yahoo.com while confirming your choice of payment.

How to pay?

Payment can be made alternatively by ATM or by bank transfer on following account.

TANACHART BANK (logo TBNK)
ACCOUNT NUMBER: 058-6-06538-2
ACCOUNT NAME: Sylvie Laurence Baradel ep Moussey



For cash payment or any further request kindly contact Sylvie Baradel 085 0204 777 sylviebaradel@yahoo.fr ou Isabel De Lestrage 085 9892 897 reiki.isabel.bkk@gmail.com

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FESTIVAL DU FEMININ BANGKOK 2016

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www.festivaldufeminin.com/en/bangkok



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Rêve de Femmes



INREES
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MAGAZINE

SOME of the ACTORS of FESTIVAL DU FÉMININ



**COFOUNDERS of Festival du féminin
et cordinators of Epiphenomena**

Christine GATINEAU, Delphine LHUILLIER
Cécile BERCEGEAY and the Centre Tao Paris



EGG DESIGNER

Imanou
Creator of logos and posters
Cofounder of Centre Tao Paris



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