



Interactive workshops . Red Tent . Celebration evening . Open space

[www.festivaldufeminin.com/en/hongkong2017](http://www.festivaldufeminin.com/en/hongkong2017)

1<sup>st</sup> edition

# FESTIVAL du FÉMININ

*A transformative journey  
for women by women*

## HONG KONG

25-26 November 2017

[fdfin.hk@gmail.com](mailto:fdfin.hk@gmail.com)



facebook event : festival du féminin Hong Kong 2017

creation : Imanou





# FESTIVAL du FÉMININ

Un voyage initiatique créé par des femmes pour des femmes

A transformative journey for women by women

由女人領導女人變化的旅程



## FESTIVAL DU FÉMININ®

A transformative journey by women for women

Festival du Féminin® is an international women-only event dedicated to the exploration of the feminine through interactive workshops, a sisterhood movement blossoming across the world.

Created in Paris by Delphine Lhuillier, Christine Gatineau and Cecile Bergerey, this registered trademark festival is held in cities all over France and French speaking countries (Canada, Belgium, Maroc) and it is rapidly developing internationally (India, Colombia, Singapore, Thailand, Malaysia) with new projects initiated in Mexico, USA, Kenya, Iran.

FESTIVAL DU FÉMININ® links women all over the world to gather and connect with each other: it is about transmitting and sharing in sisterhood, connection, fulfillment and empowerment. It is designed to be experienced fully, body and mind, with all senses awakened, devoted to women's personal growth, healing arts and spirituality. During the two-day festival we as women are invited to experience a beautiful inner self journey to discover, feel, contact and connect the multiple facets and spaces with ourselves, with our femininity.

For the first time in Hong Kong, the FESTIVAL DU FÉMININ® comprises of 24 interactive creative workshops guided by an array of experienced and acclaimed local and international facilitators. Included among them are therapists, lecturers, writers, shamans, dancers, painters, singers, energetic healers, midwives or wise women.. to help guide the woman in her inner path, to challenge her shadows, to heal her wounds, to reinvent herself and the world.

The festival facilitates interactive and participatory workshops that bring women face to face with a wide variety of practises, healing modalities, dance, song, meditation, arts and initiation rituals.

It is joyful, it is liberating, it is soft, it is powerful, it is vibrant and it is in full swing!

## The Festival du Féminin Experience

- Workshops
- Panel discussions
- Embodied practices  
(yoga, qigong...)
- Spiritual practices  
(meditation, sound healing...)
- Music and dance performances
- Arts and crafts

When you  
can't find  
the sunshine,  
be the sunshine



## 2 days of Festival du Féminin Hong Kong 2017

01

LIFE  
AND  
WORK  
SKILLS

Embracing femininity in a masculine world; public speaking, confidence, dealing with fears and crisis; Can a modern woman have it all?

03

SEX  
AND  
SEXUALITY

Answering questions no one asks but everyone googles.  
Pornography vs reality.  
Isn't sex supposed to be pleasurable, why isn't it?  
Sexual shame

05

BODY  
WISDOM

Learning to trust and work with the body's natural wisdom, from the life of treatment to prevention. Learning how to read body messages.

02

SELF  
DISCOVERY


Exploring the softer side of what it means to be a woman.  
Learning about cycles, intuition, self-care, healing traumas, getting over the past.

04

NAVIGATING  
RELATIONSHIPS










Creating healthy, dynamic friendships and partnerships.  
The science of love.  
From bitchiness to sisterhood.  
Mother-daughter bond in adult life.





Create a life that FEELS  
GOOD on the inside,  
not the one that just  
LOOKS GOOD on the  
outside

# 25 SATURDAY NOVEMBER 2017

<b>From 9 am to 10 am</b>	The Terrace	Registration and morning tea mixer
<b>From 10 am to 10:30 am</b> Opening Ritual	The Garden	<b>Welcoming Words</b> by the organizing team and Asia Ambassador of Festival du Féminin.
<b>From 10:30 am to 12 pm</b> Session 1	The Garden	 <b>The Power of the Pause</b> how to slow down when the world around you is speeding up with Natalie Goni
	Sea View Terrace	 <b>Mother-daughter bonding</b> importance of the bond in our adult lives with Monika Wyss
	The Quiet Room	 <b>Why things fall apart</b> dealing with crisis, break-downs and loss of direction with Dr Anastasia Belikova
<b>From 12 pm to 1 pm</b> Break	The Quiet Room	Guided Meditation
	Sea View Terrace	Lunch and refreshments
	The Garden	1-on-1 consultations
	The Lawn	Market
<b>From 1:30 pm to 3 pm</b> Session 2	The Garden	 <b>Raise your voice</b> discover strength, power and confidence of your voice with Athalie de Konig
	Sea View Terrace	 <b>Let's talk about sex, baby</b> questions that nobody asks but everyone googles with Alison McClymont
	The Quiet Room	 <b>Science of Love</b> What happens when the romance novel ends with Dr. Christina Sue-Chan
<b>From 3:30 pm to 5 pm</b> Session 3	The Garden	 <b>The Joy of embodied sexuality</b> get your sexy on! with Devi Novanti
	Sea View Terrace	 <b>Red Tent</b>
	The Quiet Room	 <b>Public Speaking Bootcamp</b> Using yogic tools to shine on stage with Rosalie e'Silva
<b>From 5:30 pm to 7 pm</b> Session 4	The Garden	 <b>What is sound healing</b> how can sounds help with physical and psychological wellbeing with Akiko Igarashi
	Sea View Terrace	 <b>What is your body telling you</b> panel discussion on learning to decode body's signals
	The Quiet Room	 <b>Fear and how to deal with it</b> with Katie Lowe and Alix Farquhar
<b>From 7 pm to 8 pm</b> Break	Sea View Terrace	Dinner and refreshments
	The Garden	1-on-1 consultations, Viewing of The Adventure of FdF
	The Lawn	Market
<b>From 8 pm to 9:30 pm</b> Celebration	The Garden	Live music, dance performances, live shows, dancing

# 26 SUNDAY NOVEMBER 2017

## From 9 am to 10 am

Wake-up session

The Garden

Sea View Terrace

The Quiet Room

Inner balance intuitive movement

Sunday yoga

Grounding Meditation

## From 10 am - 11:30 am

Session 1

The Garden

Sea View Terrace

The Quiet Room

■ **Physiology of dark emotions** learning how they land in our bodies and how to transmute this dark energy with Anne Cousin

■ **Uniting Women** creating powerful sister circles – with Onyx Antara

■ **Body Love** from shame to absolute self-acceptance with Rebecca Hopkins

## From 12 pm to 1:30 pm

Break

The Quiet Room

Sea View Terrace

The Garden

The Lawn

Guided Meditation

Lunch and refreshments

1-on-1 consultations

Market

## From 1:30 pm to 3 pm

Session 2

The Garden

Sea View Terrace

The Quiet Room

■ **Be Wave:** introducing a concept of 5 Dynamics to simplify your life with Maïtie Trelaün

■ **Can a modern woman have it all?** a panel discussion exploring how a modern woman can achieve maximum success in personal and professional life.

■ **The Search for Real Love** and what's stopping you from finding it with Valentina Tudose

## From 3:30 pm to 5 pm

Session 3

The Garden

Sea View Terrace

The Quiet Room

■ **Get unstuck** how to get over the past and move forward in life with Sonia Samtani

■ **Navigating your transformation** understanding the process of self-growth with Dr Katie Larson

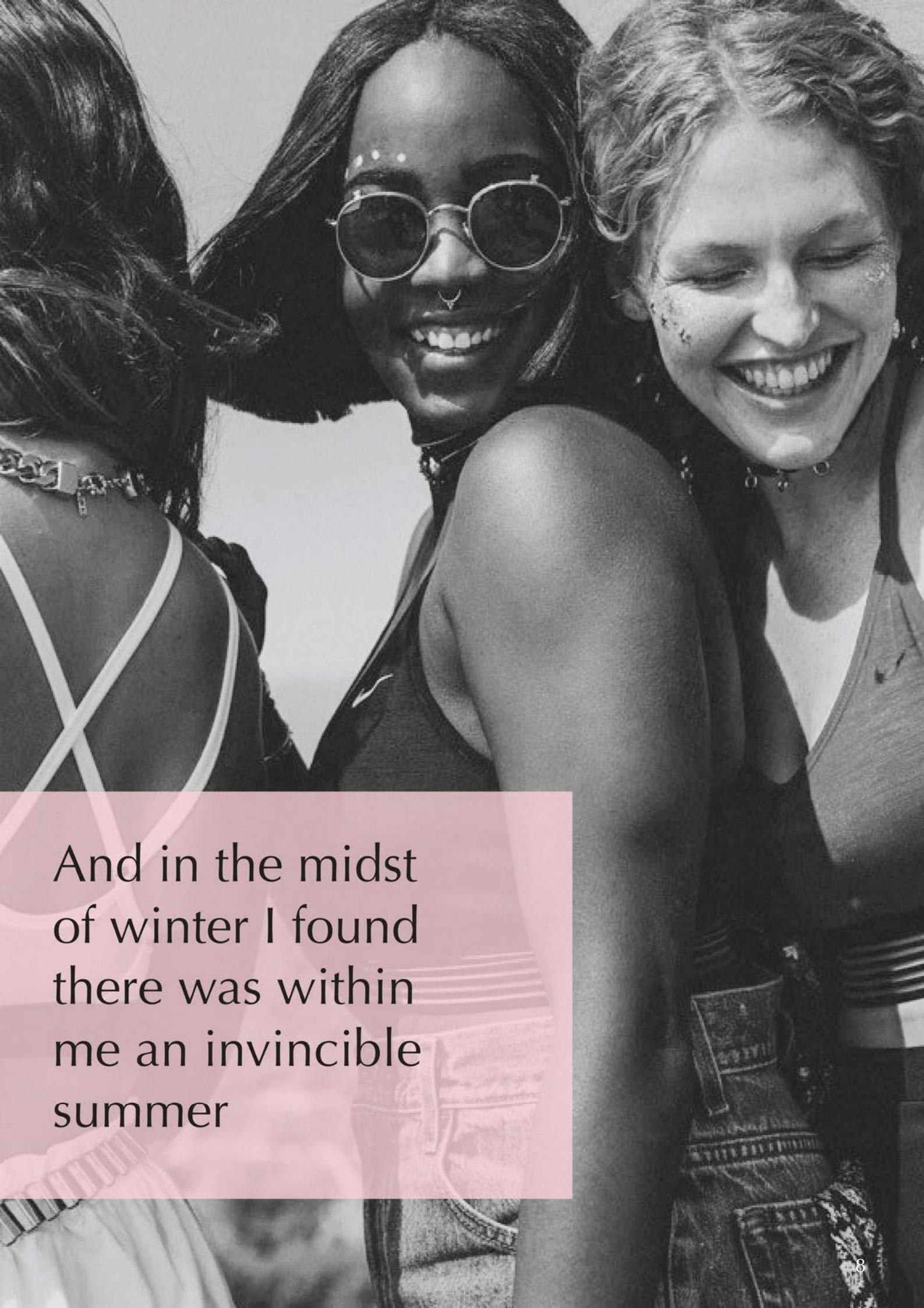
■ **Pornography vs reality** exploring pleasure of sex with Sara Tang

## From 5:30 pm to 6 pm

The Garden

Closing ceremony





And in the midst  
of winter I found  
there was within  
me an invincible  
summer

# The Power of the Pause

with Natalie Goni

## How to slow down when the world around you is speeding up

The philosophy of the Pause is simple: the busier life gets and the more chaotic the world becomes, the more we need to have pit stops in our lives to double-check that we're on the right path. A Pause session is like a deep inhale that allows us to reconnect with ourselves, and an exhale that allows us to listen to our own wisdom. It is a place of reflection, connection and making sense. In this session you learn practical ways to manage stress and tools to support you in listening more deeply to yourself than you ever have before. You learn practical tools to slow down a busy mind, meditate when you just can't meditate, how to let go of what is no longer serving you and get grounded when you feel out of balance.

Session 1  
The Garden

From 10:30 am to 12 pm  
Saturday 25 November 2017

#SelfDiscovery



## Natalie Goni

Natalie understands that our true potential is unlocked when we focus on our mind and body. As a coach and facilitator she merges the conversation about business and life, focusing on the physical, mental and emotional. She brings her corporate background developing leaders, individuals & teams in one of the world's biggest financial institutions, with a deep appreciation of our physical and spiritual well-being, from her yoga and Ayurveda teaching studies. It's an unlikely combination, but it's powerful.

[www.nataliegoni.com](http://www.nataliegoni.com)



# Mother-daughter bonding

with Monika Wyss

## Importance of the bond in our adult lives

The relationship between mothers and daughters is physically, emotionally, and spiritually complex on many levels. The bonding with our biological mothers sets us up for our whole life. It is a catalyst for potential success, abundance, fulfilled relationship with a partner and for spiritual development and growth. At the same time it could be a potential for “failure” as through ‘unhealthy’ bonding we can develop dysfunctional emotional response strategies and patterns to deal with experiences of emotional trauma and stress

This workshop will show you what kind of relationship you truly have with your mother – not only on the surface but deep in your heart, and how to come to peace with your mother, with the mother part in you and with your life. Even if your mother is no longer around a healthy bonding with your mother will have positive influence on all areas of your life especially on your relationship with your partner, children, bosses and with yourself.

Session 1  
Sea View Terrace

From 10:30 am to 12 pm  
Saturday 25 November 2017

#NavigatingRelationships



## Monika Wyss

Monika is a Family Constellation Trainer and Facilitator with many years of experience in various modalities including NLP, SVH, Heal your Life® Coaching, Emotion Code, EFT and others. From living in Malaysia and working in other Asian countries for the past 10 years she got to know the Asian culture and discovered cultural family issues which she had not encountered in Europe. Monika has facilitated hundreds of workshops and private sessions and in addition to that now she is teaching others to facilitate and lead Family Constellations through her one year Family Constellation Training Course held in her own center, Heart Sanctuary, Kuala Lumpur.

# Why things fall apart

with Dr Anastasia Belikova

## Dealing with personal crisis

In this workshop we will descend into some uncomfortable but inevitable states of our lives. Feeling stuck, aimless, lost. Feeling like you are losing sense of control, losing confidence in yourself and your ability to manage your life. Inability to move forward toward your personal or professional goals. We will go through the reasons why things fall apart, why we sometimes get stuck in a rut and work through some common dysfunctional ways we tend to adopt in dealing with a crisis, such as denial or circle of innocent addictions (workaholism, social butterflying, comfort eating etc.) Finally we will discover some cognitive as well as body practices that will become your go-to solutions for coming out of a crisis.

The workshop combines research in psychology on identity, shame and resilience with Eastern philosophy and practices to deliver an effective holistic mind-body foundation for those inevitable unstable periods of our lives. Participants will come out of the workshop with an experience of confidence and understanding that chaos isn't a pit, chaos is a ladder.

Session 1  
The Quiet Room

From 10:30 am to 12 pm  
Saturday 25 November 2017

#LifeAndWorkSkills



## Dr Anastasia Belikova

Anastasia has been a lecturer, an engineering equipment buyer, a premium wine distributor, an author, a failed business owner, a successful business owner, a yogi, a scientist and a Tantra practitioner. In her work that she travels the dark roads working with uncomfortable emotions, addictions (including 'innocent addictions' and numbing out behaviours), break-downs and depression – all those 'unsightly' states of our lives we instinctively try to avoid. Anastasia uses her PhD research in developmental and social psychology and combines it with Eastern practices, and soften rigidities of scientific thinking to arm women with effective tools for moving through challenges towards their goals and their best possible lives.

[www.facebook.com/wakeupandroaryoga](http://www.facebook.com/wakeupandroaryoga)



# Raise your voice

with Athalie de Konig

## Discover strength, power and confidence of your voice

Your voice is your most personal treasure. It's the first thing people hear when they meet you, and it can reveal so much – whether you are healthy or sick, happy or sad, confident or self-conscious, and many other nuances. This is why it is so important to know your voice, not only physically, but also on an emotional level: experiencing that your figurative voice, your opinion is valuable and needs to be heard.

When we are born, we raise our voices naturally. A baby doesn't use a microphone, yet her cry can be heard from far away. We all possess the facilities to use our voices fully, yet along the way through messages from our environment and pressures from the workplace and society about how a woman should behave we build habits that block our natural vocal power. In this workshop, you will go on a journey to release your own voice. You will be invited to go beyond the social and aesthetic expectations, to explore and play, to unleash your personal message and discover how far your voice can reach.

Session 2  
The Garden

From 12 am to 1 pm  
Saturday 25 November 2017

#LifeAndWorkSkills



## Athalie de Koning

Athalie is an international jazz vocalist, voice-over artist, composer, and vocal coach with a Bachelor of Education in Music and a Masters of Arts Education with a specialty in interdisciplinary improvisation. When she is not travelling, Athalie lives in Bangkok, Thailand, where she founded her band, Jazziam, in 2012, which features regularly at The Living Room, Sheraton Grande Sukhumvit and Park Society, SO Sofitel. Athalie has been listed in Thailand Tatler's Top 300 List for three consecutive years as a leading expat in the arts and engages in a wide range of projects and initiatives, including a number of commissions for the Thai Royal Family. Drawn to the arts from an early age, Athalie experienced vocal problems as a teenager, which affected her confidence and blocked her from releasing her potential. In a highly competitive workplace, she had to rediscover her personal sound and the right to speak out. Athalie teaches that the voice is much more than a marketing tool – when fully realized, the voice is an expression of the true self, and a powerful gift to connect in harmony with others

[www.athaliedekoning.com](http://www.athaliedekoning.com)

# Let's talk about sex, baby

with Alison McClymont

## Questions that nobody asks but everyone googles

Let's face it, no matter how open you are with your partner or your girlfriends, some questions are for gOOgles eyes only. With sex still being somewhat of a taboo, there is still a lot of confusion, misunderstanding and shame that prevent most of us from being open about what we REALLY want to know.

This workshop brings you a live version of google – a sex therapist based in Hong Kong, who will tackle some of the most common questions that she gets to deal with, as well as tackling sex FAQs revealed by the google search data analysis. Participants will have an opportunity to ponder on the questions most relevant to them in group discussions, role plays and personal reflection, as well as drop in questions of their own into the anonymous sex questions basket.

Session 2  
Sea View Terrace

From 12 am to 1 pm  
Saturday 25 November 2017

#SexAndSexuality



## Alison McClymont

Alison McClymont provides psychotherapy and counselling to individuals, couples or groups to treat and provide support for conditions such as Autism Spectrum Disorder and Aspergers syndrome, post traumatic stress disorder, depression, anxiety, ADHD and ADD, bereavement, sex and relationship problems, fertility concerns and sexuality questions as well as addiction and eating disorders. Working for a number of years with the major UK charities Solace and Rape Crisis, Alison has extensive experience working with adolescents and adults who have suffered sexual abuse and/or domestic violence.



# Science of Love

with Dr. Christina Sue-Chan

## What happens when the romance novel ends

Why do 40%-50% of marriages in America end in divorce? Why is the divorce rate for second and third marriages even higher? Why, despite a promising beginning, most of relationships we can think of eventually dwindle and fizzle out? What can we do to avoid being another number in the calculation of divorce rates? Movies and romance novels always end of the high note – the kiss at the altar after overcoming initial obstacles, scheming enemies and unfavorable circumstances. How to deal with what comes after?

In this 90 minute workshop that draws heavily from scientific research on the psychology of love and relationships, we will find out what love means in different cultures, how its meaning influences our expectations about relationships, and what we need to do to maintain and deepen our love for each other as our relationship evolves after the roman novel ends.

Session 2  
The Quiet Room

From 12 am to 1 pm  
Saturday 25 November 2017

#NavigatingRelationships



## Dr. Christina Sue-Chan

Christina is the Associate Head and Associate Professor, Department of Management, City University of Hong Kong. She has held visiting positions at the School of Business, Queensland University of Technology; John Molson School of Business, Concordia University (Canada), Hong Kong University of Science and Technology; and Lokey School of Business and Public Policy (Oakland, CA, USA).

Dr. Sue-Chan has presented her work at numerous conferences including the Academy of Management, American Psychological Association, Canadian Psychological Association, European Association of Work and Organizational Psychology, and Society for Industrial and Organizational Psychology.

She serves as the Professional Development Workshop Chair and is the incoming chair of the Diversity & Inclusion Theme Committee of the Academy of Management and as a Board Officer and Communications Coordinator of the International Association of Applied Psychology. Her professional society memberships include the Academy of Management (for which she serves as HR ambassador for Hong Kong), American Psychological Association, International Association of Applied Psychology (IAAP), Society for Industrial and Organizational Psychology, and International Association of Chinese Management Research

# The Joy of embodied sexuality

with Devi Novanti

## Get your sexy on!

As women, we tend to constantly judge ourselves. We judge our body. We judge ourselves for not beautiful enough, attractive enough, etc. And how do you think this judgment is contributing to your life?

In this fun and thought-provocative workshop we will consider the power of the way we think and talk about ourselves. Through access methodology we will look into how we can infuse our daily life with the energy needed to become what we want to become, feel truly comfortable in our own skin and shine sexy from within. We learn how to use music, Bollywood dance and visualization to bring us right where we need to be.

Session 3  
The Garden

From 15 pm to 7 pm  
Saturday 25 November 2017

#SexAndSexuality



## Devi Novanti

Devi is working in the human rights field. Devi believes in gender equality, and everyone has the right to be treated equally and live with dignity. However, during the process of performing her work, she realized that informing people about their rights does not mean that people will be able to assert their rights. This became the starting point for Devi to find a way that truly empowers people. After embarking on her life coaching course Devi discovered Access Bars which proved to be the fastest and most powerful tool in creating changes in her universe. Devi went on to study Access Consciousness further and soon became Access Certified Facilitator as well as Dream Builder Programme facilitator. Devi also loves dancing, and she has been a belly dance instructor at Oasis Dance Studio. Devi now includes empowering dancing in some of her workshops making them more engaging, interactive and liberating.

[www.dynamicliving.com.hk](http://www.dynamicliving.com.hk)



# Red Tent

Festival du Féminin participants have the great opportunity to participate to a Red Tent. The concept comes from a novel written by American author Anita Diamant. This story is a fiction but the description is based on indigenous cultures and traditions of women circles, like Moon Lodges who were taking care of women having their menses or getting ready to give birth. During this unique time women are said to be at closest with their intuition and in connection with the invisible world.

The Red Tent is an un-facilitated, communal space, open to all women. It is a womb space where women can nurture and be nurtured and collectively break the taboo of menstruation. Through support of one another, we break the silence instilled by generations and we explore all aspects of our menstrual experience. It is a safe and sacred place to share our experiences and our feelings, fears, pain, transformation, revelations, discoveries, growth, liberation, triumphs, and empowerment.

The Red Tent is a place for all women, whether they are cycling or not and whether they have a womb or not. It is a place for women to BE. Outside the time of the 1.5 hr red tent circle itself, this space will be open to and welcoming Festival participants in a cozy intimate atmosphere during the -two-day week end to relax, rest, chat or just be quiet and receive comfort.

Session 3  
Sea View Terrace

From 3:30 pm to 5 pm  
Saturday 25 November 2017

#SelfDiscovery

# Public Speaking Boot-camp

with Rosalie e'Silva



## Using yogic tools to shine on stage

Does this sound familiar... Your heart pounds in your chest as you mentally rehearse over and over what you're about to say. Your mouth dries up and out comes a squeaky and shaky voice?

If you're like millions of other people, public speaking is one of your biggest fears – even more so than death!

That can all change as international journalist and yoga teacher Rosalie e'Silva shows you how to create the best possible mindset to become a confident and relaxed speaker.

Rosalie will be sharing some unique tools - including visualisation, breathing techniques and yoga nidra practices - to help you tame your nerves and speak with confidence and clarity.

These yogic tools will greatly enhance your speaking ability in all situations – whether at a work meeting, introducing yourself to a small group or giving a presentation to a large audience.

They will help you feel confident, relaxed and enable you to shine brightly.

Session 3  
Sea View Terrace

From 3:30 pm to 5 pm  
Saturday 25 November 2017

#LifeAndWorkSkills

## Rosalie e'Silva

Rosalie e'Silva is an international journalist and yoga teacher based in Hong Kong. Originally from Namibia, she has lived all over the world and is a firm believer that life is whatever you make it. Rosalie previously worked as a TV journalist for CNN, NBC, Al Jazeera and France 24. It was during this time that she turned to yoga to help her cope with the pressures of working in live television. She now writes for wellness and yoga magazines and websites and is the Mind Body Director for Soulgenic, an online platform.

Rosalie is on a mission to help students live their most extraordinary lives, through the power of yoga, meditation and visualisation. She is also passionate about sharing the transformative power of yoga nidra.

[www.rosalieyoga.com](http://www.rosalieyoga.com)



# What is sound healing

with Akiko Igarashi

## How can sounds help with physical and psychological wellbeing

Discover the therapeutic effects of sound healing with Tibetan singing bowls, a type of bell that rings with a warm and resonant tone when sounded. Learn the history of these singing bowls and their traditional usage in meditation, holistic work and even how they can be used in music. You will also have a chance to experience sound journey at the end of the workshop.

Session 4  
The Garden

From 5:30 pm to 7 pm  
Saturday 25 November 2017

#BodyWisdom



## Akiko Igarashi

Akiko is a native of Hokkaido Japan, and the founder of Shima Healing. She has been a practitioner of Reiki in several lineages which originates in Japan since 2003, obtained her Hatha Yoga teacher training in 2005 and Yoga Therapy teacher training in 2006 in India. In 2009, after 11 years of IT corporate life, she found her passion and discovered her own truth while teaching yoga to 30 children at an orphanage in Kathmandu, Nepal. On that occasion, the harmonic overtone from the sound of Tibetan Singing Bowls resonated with her deeply and shook the very foundation of her being. Ever since that fateful day, she has been teaching yoga full time, ancient Eastern healing modalities such as Singing Bowl Therapy and Reiki. She is currently on the pristine island of Koh Yao Noi running 'Little Elephant projects' which is to empower local ladies and children. Akiko also organises charity concerts to raise funds in local communities and taking it globally with apprentices and affiliate centers around the world. Akiko's first objective is to teach the healing-arts for personal empowerment.

[www.shima-healing.com](http://www.shima-healing.com)

# What is your body telling you

## Panel discussion on learning to decode body's signals

Unfortunately most people don't appreciate their body until something goes wrong with it. Inhabiting and understanding your body tunes you to the natural feedback system through which your body offers valuable information on what it needs. We can learn to listen to the body's reactions to different foods, different environments, different people and get familiar with the meaning of the signals your body is sending to you. Such sensitivity will not only help to intervene and prevent an illness from developing, but also allows building smarter self-care practices as well as a true appreciation of who you really are.

In this session we gather 4 brilliant ladies from different walks of life and with understanding of different aspects of our body – from looking at your body from functional medicine perspective to what are your yoga limitations are telling you. What about your mood? Your cycle? Your skin? We will gather to discuss the most common (-ly ignored) body messages and work through the audience's questions.

Your body is your home. Let's learn to inhabit our home.

Session 4  
Sea View Terrace

From 5:30 pm to 7 pm  
Saturday 25 November 2017

#SelfDiscovery



## Charlotte Douglas

Charlotte has been practicing yoga for 17 years, a devoted student of Angus Ford – Robertson in London, she came to understand how amazing the practice of yoga could allow her to feel. Since arriving to Hong Kong 8 years ago she was lucky enough to be able to study for her 250hr TT under Wanda Hewitt of Yoga Limbs and has been teaching full time now for 6 years. Charlotte teaches Hatha yoga with a firm focus on the therapeutic and anatomical aspect of the practice. Charlotte teaches breath-inspired movement, bringing her students to participate in and enhancing the breath. A licensed homeopath and a trained yoga therapist Charlotte is known in Hong Kong and internationally for the depth of her knowledge on how each individual can be empowered to understand and heal their body.

[www.lovelifehk.com](http://www.lovelifehk.com)





## Louise Buckley

A naturopath and nutritional therapist (ND and NTP) and published author, Louise studied and practiced in London over 12 years ago before coming to Hong Kong with her successful natural health practice called Loula Natural. She is passionate about using nature and natural processes to heal, nurture and strengthen the body, mind and spirit. Louise specializes in family health and has had extensive experience in working with females (and males) of all ages. Her reputation as a highly respected Naturopath and Nutritional therapist has developed over the years through her one to one sessions and her written and delivered popular natural health around the world. Using her understanding of the human body and its connected systems she uses physical, emotional and energetic healing techniques. From food as medicine to Bach Flower Remedies for the emotional starting points, from herbs and supplements to EFT and Reiki – She works with her clients to connect their nervous, immune and hormonal systems and empower them to use these tools to enhance their whole lifetime.



## Corinne Konrad Calder

Corinne is a passionate and devoted Feminine Embodiment Practitioner.

As a Feminine Embodiment Practitioner, she is taking on different roles such as Birth Doula, Women's Cycle & Childbirth Educator, Women's Temple Group Leader and One-on-One Coaching.

She has a deep understanding of women's cycles, pregnancy and childbirth and how they can influence a woman's life.

In her work, Corinne is supporting, helping and teaching women to reconnect with themselves and the feminine so they once again recognize, value and trust the wisdom and intelligence of their female body and their feminine qualities.

Under her guidance, many women have embraced the beauty and power of the feminine.

[www.rawandrich.com](http://www.rawandrich.com).



## Dr Susan Jamieson

An award-winning Scottish and Harvard educated physician, Dr Jamieson's specialty is the integration of science and indigenous healing wisdom. Family doctor, inspirational speaker, author, humanitarian worker, with a background of associate professor at the Chinese University, Hong Kong, Reiki master, EMF and EFT practitioner. Dr Jamieson is also a specialist in integrative health, founding Dr Susan Jamieson Integrative Medical Practice in 1995 to combine the very best of Western and Eastern therapies. Therapies include family medicine, traditional Chinese medicine, psychotherapy, acupuncture, hypnotherapy and much more.

Dr Jamieson has lots of radio hosting experience, having hosted Radiolightworker, has been the Hong Kong's Radio 3 Doctor, and has made a number of guest medical appearances on regional TV and CNN. She also undertakes many inspirational speaking engagements, and runs workshops in six star wellness resorts, and most recently broadcast her message on TEDx. inspirational talk-show.

[www.drSusanJamieson.com](http://www.drSusanJamieson.com)



# Fear and how to deal with it

with Katie Lowes and  
Alix Farquhar

We each have a little something which frightens us. We each have something which we secretly would love to do but that voice, you know the one, stops us from asking for that pay rise, saying I love you or doing that sky dive.

In this session we take a moment to look at the ways in which we, as women may talk ourselves out of or into taking risks and making decisions. In this workshop we address the question, what influences our decision making process? We combine key sociological research on risk, risk perception, gender and personal development tools to look at the external (social influence and expectation and gender norms) and internal (the “I can’t voice”). Finally, we use our insights to work on a desired perceived risk or goal in your life. We hope that the session will not only be fun and insightful but also will introduce a life tool which will enable the participants to deal with decision making around risk with more insight.

Session 4  
The Quiet Room

From 5:30 pm to 7 pm  
Saturday 25 November 2017

#LifeAndWorkSkills



## Katie Lowes

Originally from England, Katie is a qualified criminal barrister in the UK with 10 years' experience in legal search. She has worked in London, Russia, Dubai, Korea, and China and has lived in Hong Kong for the last decade. Katie is a full time, PhD student at HKU Sociology, and is aligned with the HKU Centre for Criminology. She is interested in areas of risk, crime and gender. Katie's thesis focuses on the theory of edgework (voluntary risk taking) and the subculture of cocaine use amongst expatriates exploring notions of deviance, risk, gender and privilege. In addition, she is currently researching the sport of White Collar Boxing and the stigmatization of female fighters (risk takers). She is also interested in the areas of Sexual Harassment and Assault in Hong Kong and India.

Outside of academia, Katie is a certificated SMART recovery addiction facilitator and runs weekly addiction meetings in Hong Kong. She is an active member of Samaritans (24-hour suicide prevention hotline) in both the UK and Hong Kong and currently runs an organization 'Flo' which provides free menstrual products to women in need in Hong Kong.

Katie was an avid martial artist and was the first female to fight in Hong Kong White Collar Boxing and first female in Asia to hold a title belt in White Collar Mixed Martial Arts (MMA). After injury she has now 'hung up her gloves' and enjoys the quieter pursuits of reading, wine and travel.



## Alix Farquhar

Alix is a Consultant for BRIDGE, based in Hong Kong. She is an experienced change consultant and facilitator. She is passionate about making organisational changes which have a positive impact on people's lives and encourage purposeful business. Alix's background is in strategic change management, initially with one of the top consulting firms and subsequently in the financial services, legal and charity sectors. She has over twelve years experience of working with clients across industries to drive large-scale transformations, and has provided end to end support in many of these. Her focus has included CSR, project management, post-merger integration, collaborative development, people strategy, aligning culture to strategy, behavioural change and organization design. Alix is a qualified health coach, has lived in multiple countries and loves exploring new cultures. She has been in Hong Kong for seven years and currently lives in Lamma with husband, dog and cat. She is an avid jazz and blues fan and singer.

# Adventure of Festival du Féminin

Sylvie Baradel, Asia Ambassador of Festival du féminin, shares through a video and testimonies the latest development of this sisterhood movement connecting women from Thailand, Singapore, Hong Kong and Malaysia while initiating and supporting new projects in Iran and Pakistan. It is also a symbolic moment to hand over to the HK women the worldwide Festival du Féminin necklace traveling from one festival to another 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 cofounding team: Delphine Lhuillier, Christine Gatellier, Cecile Bercegeay..

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, when the Festival du Féminin was created in Paris by the Team of Centre Tao, the adventure of the Festival du Féminin answers to these aspirations by creating friendship, meetups, and experiences. Today the Festival du Féminin is blossoming worldwide in the four continents with the same generous enthusiasm and an engaged vibrant heart. From Europe to America, from Asia to Africa, the Festival du Féminin keeps resonating and shining so as to pass down to future generations the understanding of the Feminine diversity and richness.

Break  
The Garden

From 7 pm to 8 pm  
Saturday 25 November 2017



## Sylvie Baradel

Sylvie Baradel, originally from France, has made Bangkok her home over the last ten years, intensively travelling worldwide and passionately enjoying being a business woman in the fashion and jewelry corporate world. Through her participation at the Women's Forum in Myanmar and The Entrepreneur Forum in Singapore, she met committed women and men who inspired her to share her enthusiastic energy to support spiritual values and ideas empowering people to open up to more fulfilling and more conscious relationships and dimensions.



# Physiology of dark emotions

with Anne Cousin

## Learning how they land in our bodies and how to transmute this dark energy

By nature and through pressures of our society women are expected to give a lot, always achieve, nurture and harmonize. We are expected to show certain emotions and behaviours, and suppress others. But long-term suppression results in disconnection from the wisdom that our bodies hold and eventually lead to dysregulation and chronic pains and illnesses, with PMS being just one example of the modern obsession with suppression.

In this workshop we explore how to self-observe and listen to the stories our bodies hold, and connect to the wisdom we can get from our physiology, our innate resources. We will learn to hold space and transform dark emotions such as guilt and shame; coming one step closer toward understanding how to work with our bodies to create health, balance and vitality. The workshop will introduce several tools for understanding and managing emotions, such as somatic movement therapy, relaxation response and TRE (Tension Release Exercise).

Session 1  
The Garden

From 10:00 am to 11:30 am  
Sunday 26 November 2017

#SelfDiscovery



## Anne Cousin

Anne has studied multiple body-based disciplines since 2004 and has been practicing in Hong Kong since 2010. For the past 12 years she has specialized in the vitality framework. As a European Shiatsu Practitioner, registered Somatic Movement Educator, Somatic Experiencing® Practitioner, Tension Release Exercise® Facilitator, she is an expert in the Mind-Body connections. She is passionate about helping individuals feel at home in their body; moving from chronic stresses and discomforts to feeling Body-full: present and energetic.

[www.themovingtouch.com](http://www.themovingtouch.com)

# Uniting Women

with Onyxé Antara

## Creating powerful sister circles

For centuries women have gathered in circles to share their stories and to commune with each other through genuine interest and acceptance. How would the world change TODAY if women came together as sisters undeterred by their differences; to support and empower one another regardless of their age, race, culture, sexuality, religion, socioeconomic status, physical appearance and abilities, or language?

Bonds between women can be some of the most intensely satisfying and unbreakable. When we gather in circles, we create a sacred container that holds us and our stories in a compassionate and intimate way. We learn to see and hear one another and to offer our support without imposing advice or placing judgment, recognizing that each woman is whole and complete even when in the midst of a personal challenge.

In this workshop we will immerse in the meaning of sisterhood, experience how to establish safety and intimacy in order to foster vulnerability and empowerment, satisfy our longing for meaningful connections, and learn to nurture ourselves and other women within the sisterhood of the circle. Together we are powerful beyond measure.

Session 1  
Sea View Terrace

From 10:00 am to 11:30 am  
Sunday 26 November 2017

#NavigatingRelationships



## Onyxé Antara

Onyxé is deeply committed to how sacred witnessing of personal journeys can expand world views and transform lives. She is the founder of HeartSpace, a body of work that focuses on deep listening, clearing emotional tension in the body, connecting with our Divine Essence, and learning to live a purposeFULL life with heart-centered presence. As a Regional Coordinator for Gather the Women, a global sisterhood dedicated to changing the world one woman and one circle at a time, Onyxé facilitates a multi-cultural, multi-ethnic, and multi-faceted women's circle in Bangkok Thailand. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA and offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops.

[www.facebook.com/HeartSpaceLiving/](http://www.facebook.com/HeartSpaceLiving/)

# Body Love

with Rebecca Hopkins

## From shame to absolute self-acceptance

At the heart of loving your body is a collection of small conscious moments of self-kindness. Daily choices to speak to yourself like you would a friend, to share your struggles with people who have earned the right to hear your story and to let your real self be seen; truly seen. When you connect and share with other women about how you feel about your body, you will find that your struggles are not unique. This is common humanity, the powerful experience of knowing you are not alone. In this 90-minute Body Love Workshop you will have the opportunity to explore the relationship between vulnerability and body love. We will work together to challenge and unpick the societal and community expectations around appearance and body image, and stay curious as to who benefits from you feeling not enough in this incredibly important arena. We will finish by giving you knowledge and practical strategies to practice empathy and self-compassion in a meaningful way, essential in the journey towards truly sustainable body love.

Session 1  
The Quiet Room

From 10:00 am to 11:30 am  
Sunday 26 November 2017

#LifeAndWorkSkills



## Rebecca Hopkins

Rebecca is an Executive Coach, Personal Coach, Workshop Facilitator and a Certified Facilitator of the Daring Way™ ; a methodology based on the research of Dr. Brené Brown. Rebecca has spent the last 20+ years running change management and technology transformations and coaching leaders in large corporate organisations. Since relocating to Hong Kong Rebecca has been invited to work with leaders at Cathay Pacific, Fox Media Group, HSBC, DLA Piper, Bloomberg, BlackRock, Goldman Sachs, Baker McKenzie, and more. Rebecca is using her Daring Way™ work build a community of empowered people who want to learn to get to know themselves better and ultimately love themselves. Rebecca believes that who you are as a person is a better predictor of how your kids and the people you lead will turn out and thrive, not any leadership or parenting book you will ever read.

[www.livebraveworkshops.com](http://www.livebraveworkshops.com)



# Be Wave

with Maïtie Trelaün

## Awaken your 5 Dynamics to simplify your life

With the concept of Be Wave, Maïtie uses the ancestral knowledge of the Chinese Traditional Medicine to create a new way to manage your life, your relationships and your business. The 5 dynamics of the life cycle support your fulfillment. With this comprehension you will be able to change what is not progressing in your life. Maïtie will give you tools to awaken your own 5 dynamics and be more confident in yourself. In this workshop, you will discover the 5 dynamics, integrate them in your body to learn how to Be Wave in your everyday life. As a Queen you will come back on your inner lands to respect yourself as a Woman.

Session 2  
The Garden

From 1:30 pm to 3 pm  
Sunday 26 November 2017

#SelfDiscovery



## Maïtie Trelaün

Maïtie's 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, which invites the woman to return to her Source.

[www.metamorphose-birth.life](http://www.metamorphose-birth.life)

# Can a modern woman have it all?

A panel discussion exploring how a modern woman can achieve maximum success in personal and professional life.

Having it all. Haven't we heard it enough already?

Apparently not, given the numbers of successful corporate professionals abandoning their lucrative careers for the sake of less secure worse-paid options.

Apparently not, given the staggering rate of depression among women in menopause, who discover that 'having it all' is perishable with time.

Apparently not, given the burnout, overwhelming feeling of guilt, spendings on alcohol, non-essential food, as well as feelings of inadequacy, fear and burnout an average adult.

Apparently there are a lot of people are discovering that to 'have it all' and to feel truly happy and fulfilled might not be the same thing.

In this panel we discuss the importance of questioning the meaning of 'achievement' in life and the means of getting there. Should success be defined the same for men and women? Is there a more sane way to 'having it all' and do we really need this 'All'. We are joined by 2 high-performing jaw-dropping-ly inspiring successful women, a business coach who specializes on building success of female entrepreneurs and a clinical psychologist.

Session 2  
Sea View Terrace

From 10:00 am to 11:30 am  
Sunday 26 November 2017

#LifeAndWorkSkills



## Pascale Bertoli

Pascale specializes in issues of stress, acute stress, and burnout. She is a coach and mental health professional who has been practicing since 2008. As a long term expatriate, she is experienced in most international and relocation issues after living and working in America, Europe, Asia and the South Pacific. She has worked in private practice in Hong Kong and the USA, in corporate offices, trauma/PTSD units, jails and court system, and behavioral rehabilitation centers. Her experience includes working as an Advocate/Investigator with the State of Colorado Courts. She was a competitive athlete and has had a life-long interest in wellness and sports performance. She has two adolescent children. She is a doctoral candidate in psychology, holds a Masters in Counseling, and is a certified in various methods supporting stress relief and PTSD recovery.

[www.clearmind.today/about-me.html](http://www.clearmind.today/about-me.html)



## Karena Belin

Karena Belin, Co-Founder of WHub, is a pillar of the Hong Kong Startup scene and passionate about technology, entrepreneurship and fostering the ecosystem. Deeply immersed since 2013, she also acts as speaker, mentor and judge at events and organisations such as the Chicago Booth GNVG, Google EYE, NexChange (FinTech), IFLR Conference, RISE Conference, Tech Open Air Berlin, Techstar's StartupWeek-endHK & Startup Next Pre-Accelerator, global Merlin YPO program and Poly U Entrepreneurial Mentorship Network. She holds a diploma in business and administration from the University of Mannheim and a MBA from the business school ESSEC in Paris. Previously, she has worked 15 years for Procter & Gamble in various roles throughout Finance, Sales, Strategy and Management across Europe, North East Asia and Greater China. She also volunteers as President on the board of the Parent Faculty Organisation (PFO) of the Hong Kong International School (HKIS).





## Willo O'Brien

Willo O'Brien is a sought after Transformational Business Coach, keynote speaker and masterful facilitator who empowers visionary entrepreneurs and creative small business owners to birth their big ideas into the world.

With her special mix of Emotional and Strategic Support, she has worked with thousands of ambitious, purpose-driven individuals around the globe – best-selling authors, naturopaths, psychologists, coaches, healers, and conscious creators – helping them feel more aligned, to own their gifts and thrive in their genius.

She's had the pleasure of serving many of the brilliant, conscious business owners in Hong Kong since moving here. You may have seen her videos online, been to one of her workshops at Float On or Garage Society, or on stage, where she has MC'd TEDxWanChai two years in a row.

[www.willolovesyou.com](http://www.willolovesyou.com)



## Clare Lim

Clare Lim is a dancer, teacher, lover of all things movement, and always a student. She is the owner of SharedSpace, a Movement Studio and Platform that provides regular practice, professional support and community to both practitioners and teachers of movement as well as HK's only Katonah Yoga teacher, and ambassador of Float On. Clare is a perfect embodiment of a modern kick-ass millennial woman.

[www.clarelim.com](http://www.clarelim.com)

# The Search for Real Love

with Valentina Tudose

## And what's stopping you from finding it

Did you notice that we tend to fall for the same type of guys over and over again? Or that most relationships end more or less the same way? Are you wondering why there are no good guys out there? In 'The Search for Real Love...' we will look at what's holding you back from finding real love. Many of us are not even aware just how much of who we are we actually reject, are unhappy with or refuse to acknowledge. Lots of women hold limiting beliefs such as 'I am not worthy of love', 'I will never be loved if he sees this side of me', 'I have to be more feminine/outgoing/open... to be attractive' Some even believe that you have to find your life partner by the age of 26 and if you missed that magical age you are essentially a 'left-over woman'...How many of these deep patterns, beliefs and programs are you aware of in yourself? In this workshop, we will explore some of the most common limiting beliefs and patterns that affect your love lives and learn how we can overcome them to achieve the relationship of our dreams.



Session 2  
The Quiet Room:

From 1:30 pm to 3 pm  
Sunday 26 November 2017

#NavigatingRelationships

## Valentina Tudose

Valentina is a Professional Dating Coach and Relationship Expert at Happy Ever After. She is the only Hong Kong graduate and member of the most prestigious organization focused on love and relationships in the world: The Relationship Coaching Institute of San Jose, California and has been helping singles and couples have better, more fulfilling relationships since 2014.

She is passionate about working with successful and motivated singles who want to enhance their dating and relationship skills to attract and keep the love of their life. She has helped many couples wanting to increase their intimacy, get to know each other better and connect on a much deeper level to achieve conflict-free, blissful relationships. Valentina offers individual and group coaching sessions and is regularly organizing workshops and seminars.

[www.happyeveryafter.asia](http://www.happyeveryafter.asia)

# Get unstuck

with Sonia Samtani

## How to get over the past and move forward in life

Healing your Inner Child is one of the most powerful techniques that is available today, as it explicitly addresses the roots of your current problems, whatever they may be. Anxiety, stress and difficulties that we experience today are the result of some unresolved experience in the past. Healing our inner-child means simply accessing that younger version of ourselves who are still stuck in the story and the pain of the past. Once we have understood, remembered and felt that part of us, we will feel more complete, in control and able to face current situations.

In this short and intense workshop Sonia will give participants a whole new dimension and understanding of the mind and how inner children are formed. Through interactive exercises and group meditations, participants will also get the opportunity to go deep within themselves to give love and healing to some of their wounded parts that they may have not been in touch with for years. The result is a deeper sense of peace and completion, effective whether you had a happy or difficult childhood.

Session 3  
The Garden

From 3:30 pm to 5 pm  
Sunday 26 November 2017

#SelfDiscovery



## Sonia Samtani

Sonia is the Managing Director of Sonia Samtani Limited and All About You, a successful Wellness Centre for physical, emotional and spiritual growth. She is the only facilitator in Asia who is also a licensed Clinical Hypnotherapist (Accredited by the IMDHA), qualified life coach, Certified Corporate Trainer under the Heal Your Life Curriculum, accredited Image Expert, and Presentation Coach. Besides collaborating with renowned personalities, Sonia has been a Senior Mentor on the team of Anthony Robbins.

Sonia's success stems from her sincere passion for her work and her ability to reach out to her audience. She fuels the momentum for her clients to take action and accountability for their lives, making their aspirations a reality. Having earned credibility and respect as a leader and motivator amongst both individuals and corporates she has become a sought-after speaker in the Hong Kong circuit for mental, emotional and spiritual transformation. Through her own experience, constant learning, and over 10 years of practice she has now personally trained, coached and healed over fifteen thousand people.



# Navigating your transfor- mation

with Dr Katie Larson

## Understanding the the process of self-growth

Every woman is on her own unique life journey, but she also experiences what experts call a universal “Heroine’s Journey”. Cyclical stages can bring predictable growth spurts personally, professionally, and relationally. Having a map of this journey can not only help with navigating upcoming stages, but can also encourage healthy reflection of the path already traveled. The workshop offers hands-on exploration of your Heroine’s Journey using creative arts as a means to express and reflect on your rite-of-passage. You will be provided with the ancient map of the Heroine’s Journey, create collage-based art to visually express your experience, and discuss the stages that have been the most impactful for you.

Session 3  
Sea View Terrace

From 3:30 pm to 5 pm  
Sunday 26 November 2017

#SelfDiscovery



## Dr. Katie T. Larson

Katie is a journey-woman who has traveled across the globe, within stacks of research, and into the depths of her soul to gain a holistic understanding of how women’s unique experience compares to the universal. She has been a scientist, an educator, a consultant, and even a chef, gaining valuable insights along her journey. She is currently a Growth Coach and is the founder of GrowthQuests--which is devoted to helping women let themselves unfold in order to grow into wholeness.

[www.growthquests.com](http://www.growthquests.com)

# Porno- graphy vs reality

with Sara Tang

## Exploring pleasure of sex

This workshop gives women the opportunity to explore their own feelings about porn and the myths that porn perpetuates vs. the reality. Together, we will learn and identify some techniques and narratives for female pleasure, which are often overlooked in mainstream porn. We will subvert mainstream porn conventions and co-create some happy, horny endings to our own pleasurable porn scripts. Not only will we discuss common myths perpetuated by the porn industry, we will get our hands on some practical tools giving you confidence to manage real tools outside of the workshop.

Session 3  
The Quiet Room

From 3:30 pm to 5 pm  
Sunday 26 November 2017

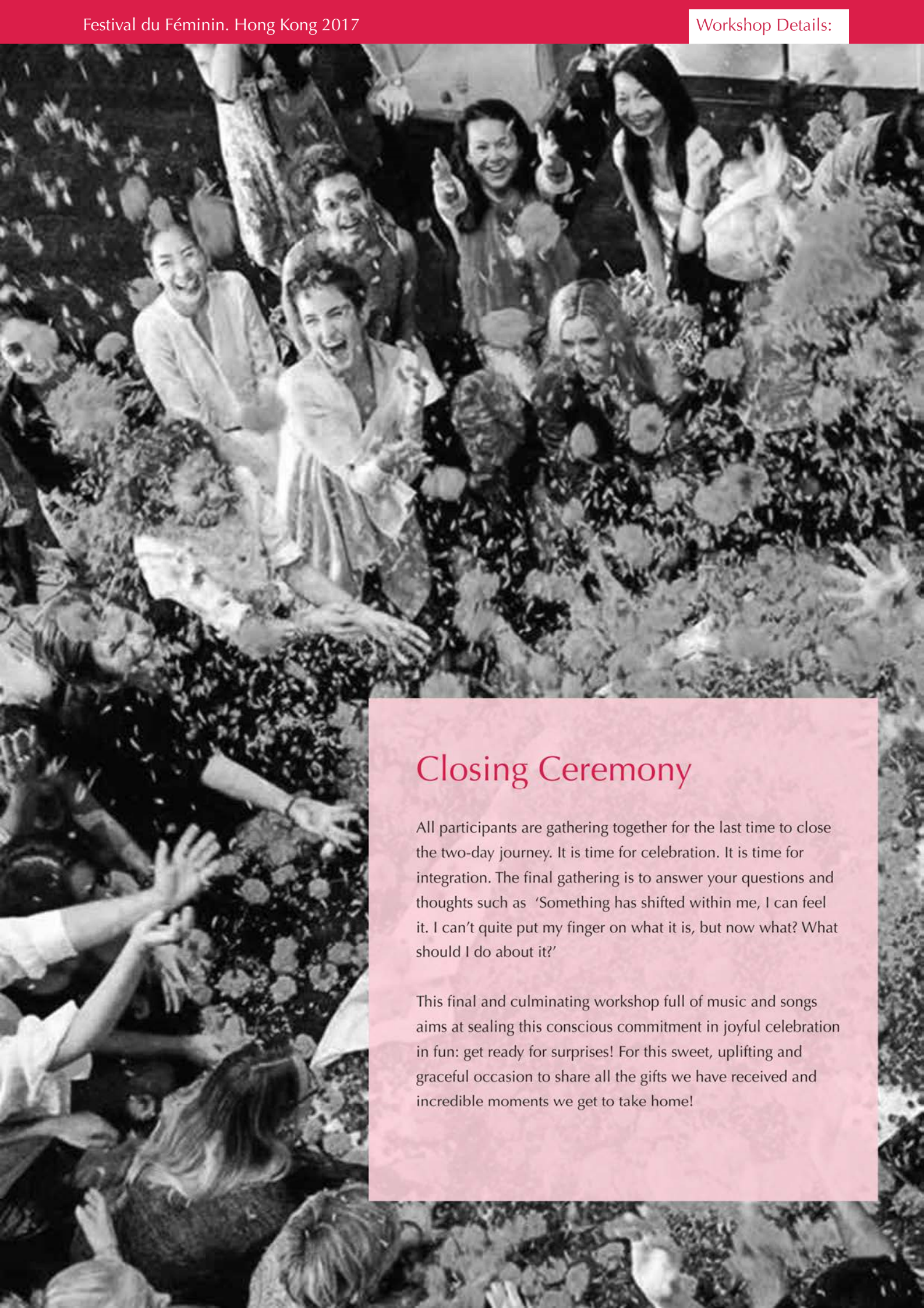
#SexAndSexuality



## Sara Tang

As a sex educator and pleasure coach, Sara is on a mission to give people the information, inspiration and motivation to live more passionate lives. In 2011, she founded Passionately Yours, a boutique selling sex toys and other adult accessories. As part of that platform, she delivered countless parties, workshops and resources to hundreds of curious women in a safe, intimate space. She is currently developing her own online course and coaching material focused on improving bedroom skills for women.

[www.sarasense.com](http://www.sarasense.com)



## Closing Ceremony

All participants are gathering together for the last time to close the two-day journey. It is time for celebration. It is time for integration. The final gathering is to answer your questions and thoughts such as 'Something has shifted within me, I can feel it. I can't quite put my finger on what it is, but now what? What should I do about it?'

This final and culminating workshop full of music and songs aims at sealing this conscious commitment in joyful celebration in fun: get ready for surprises! For this sweet, uplifting and graceful occasion to share all the gifts we have received and incredible moments we get to take home!



## FdF HK – girls' weekend getaway

In addition to building opportunities for spiritual and emotional growth FdF provides luxurious pampering experience and an array of 1-on-1 consultations, sample the latest holistic products. All this is set against the backdrop the artwork and performances of local female artists, live music and the sound of the waves from the beach in front of the festival.

- 1-on-1 consultations including nutritionist, makeup, stylist, grief counselor and many others
- Pampering – mani/pedi, massage and others
- DIYs and Take-aways - boudoir photo, make your own festival souvenir and others
- Healing 1-on-1 sessions: reiki, hypnotherapy, kinesiology and many others
- Market
- Delicious dinners, snacks and refreshments
- Art from local female artists
- A celebration night with Jazz singers, African Drums and Bollywood DJ, dance performances, dance facilitators to guide women into the music and other surprises.



## The venue: Silvermine Beach Resort, Mui Wo (Lantau)

### Getting there:

- FROM CENTRAL

Take the Mui Wo (Lantau) Ferry from Central Pier 6; on arrival turn right and follow the pleasant walk along the sea shore, past cooked food market towards Silvermine Beach.

Registration will be held at the terrace of SilverMine hotel.

- FROM TUNG CHUNG

From Tung Chung MTR station take a bus (3M) or a taxi.

\*note on weekends it can be difficult getting a cab or a bus from Tung Chung, so we recommend taking the ferry as the most reliable option.

- FERRY TIMETABLE

[http://www.nwff.com.hk/eng/-fare\\_table/central-mui\\_wo/](http://www.nwff.com.hk/eng/-fare_table/central-mui_wo/)

- BUS

<http://www.newlantaobus.com/nlb.html>

### LANTAU TAXI

- 2984 1328



## Accommodation

If you would like to stay overnight in MuiWo rooms at discounted rates are available at Silvermine Beach Resort with Girls Weekend Getaway package.

Here's a link to TripAdvisor for you to have a look at the hotel and booking options.



## Tickets and registration

	early bird (HKD)	full price (HKD)	Includes:
1 day pass Saturday	790	990	<ul style="list-style-type: none"> <li>- Access to all ... workshops, consultation booths and market</li> <li>- Dinner</li> <li>- Snacks and refreshments,</li> <li>- Access to evening entertainment with live music and live performances and party</li> <li>- Goodie bag</li> </ul>
1 day pass Sunday	690	890	<ul style="list-style-type: none"> <li>- Access to all ... workshops, consultation booths and market</li> <li>- Snacks and refreshments</li> <li>- Goodie bag</li> </ul>
2 day pass	1290	1590	<ul style="list-style-type: none"> <li>- Access to all workshops, consultation booths and market,</li> <li>- Dinner (SAT)</li> <li>- Snacks and refreshments (SAT and SUN)</li> <li>- Access to evening entertainment with live music and live performances and party (SAT)</li> <li>- Goodie bag</li> </ul>
VIP	1990	2490	<ul style="list-style-type: none"> <li>- Access to all workshops, consultation booths and market</li> <li>- Dinner</li> <li>- Snacks and refreshments</li> <li>- Access to evening entertainment with live music and live performances and party (not available for general admission)</li> <li>- pre-event one-one-one consultation booking</li> <li>- VIP goodie bag</li> <li>- Free glass of wine</li> <li>- Free coupon for lunch (SAT and SUN)</li> <li>- Online access to all video and post-festival materials;</li> <li>- Free beauty treatment at leading HK beauty spa</li> </ul>

How to register: reserve your ticket here.  
Any questions, send us an email to [fdfin.hk@gmail.com](mailto:fdfin.hk@gmail.com)