



Interactive workshops . Red Tent . Celebration evening . Open space

[www.festivaldufeminin.com/en/bangkok2018](http://www.festivaldufeminin.com/en/bangkok2018)

3<sup>rd</sup> edition

# FESTIVAL du FÉMININ

*A transformative journey  
for women by women*

## BANGKOK

23-24 March 2018

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

facebook event : festival du féminin Bangkok 2018

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swissôtel LE CONCORDE  
BANGKOK





**FESTIVAL DU FÉMININ®**  
**A transformative journey by women for women**

Asia's third year to host an exceptional 'for women only' event in Bangkok!

Thailand will host for the third time the Festival du Féminin® from March 23-24, 2018 hosted at Swissôtel Le Concorde Bangkok. Created and started in Paris by the Centre Tao, this registered trademark festival is held in cities all over France and in French-speaking countries (Quebec, Belgium, Morocco) and it is rapidly developing internationally (India, USA, Colombia, Thailand, Singapore, Hong Kong) with new projects starting in Malaysia, New Caledonia, Mexico and initiated in Iran. The Festival du Féminin® links women all over the world to gather and connect with each other.

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 within ourselves, with our femininity.

The Festival du Féminin® comprises 20 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, coaches, midwives and wise women. They all generously share and convey their deep experience to accompany and empower women to trust and follow their own path to reach their essence, their deepest, their most sacred and vibrant inner world. They will guide us to discover our strengths and vulnerability, our sensitivity and our power.

This festival is designed to be experienced fully, body and mind, with all senses awakened. The festival facilitates interactive and participatory workshops that bring women face to face with a wide variety of practices, healing modalities, dance, songs, visualization, meditation, arts and initiation rituals.

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 in full swing!

Where am I 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 to the other, becoming an agent of change for the world we wish to build. This is a sisterhood movement blossoming across the world. It thoughtfully considers a longing for values and liberty, a longing for grounding and harmony to contribute to the re-enchantment of the world. Join us, connect, laugh, cry and be your authentic self. We are all unique women and we will honour that during the festival.

Workshops are conducted in English.



- find us on Facebook page: [Festival du Féminin Bangkok 2018](#)
- contact us by email: [bangkok.womenfestival@yahoo.com](mailto:bangkok.womenfestival@yahoo.com)
- call us on: +66 85 0204 777 or line ID: Onyxé Antara

Sylvie Baradel & Onyxé Antara  
Co-Organizers of Festival du Féminin® Bangkok

You are all most welcome! Let's celebrate!



## FRIDAY 23 MARCH 2018

**From 8:30 am to 9:00 am:** Welcome participants and registration

**From 9:00 am to 10:00 am**

- Room 1 / **WELCOMING WORDS** by the organizing team followed by an **OPENING CEREMONY CIRCLE** for blessing and anchoring

**From 10:00 am to 11:15 am**

- Room 1 / **PELVIC FLOOR – SAFETY ANCHORING** with Anne MORIN
- Room 2 / **RE-WILDING ECOFEMINISM** with Maria Eduarda SOUZA

**From 11:30 am to 12:45 pm**

- Room 1 / **CELEBRATING YOUR WOW – WOMEN OF WISDOM** with Onyxe ANTARA
- Room 2 / **SACRED SEXUALITY, YONI EGGS, CONTRACEPTION AND NATURAL FERTILITY** with Lydia VASQUEZ

**From 12:45 pm to 2:00 pm: lunch break**

**From 2:00 pm to 3:15 pm**

- Room 1 / **THE WOMAN AND HER NINE PEARLS** with Monique GRANDE
- Room 2 / **VIBRANT AND ALIVE** with Caroline COMBELLES

**From 3:30 pm to 4:45 pm**

- Room 1 / **ENOUGH?** with Masooma KACHELO
- Room 2 / **FINDING OUR OWN VOICE** with Maéva MICHEL

**From 5:00 pm to 6:15 pm**

- Room 1 / **PRIMITIVE EXPRESSION®: DANCE, EXPRESS, LET GO, VIBRATE!** with Gisèle BARADEL
- Room 2 / **RED TENT**

**From 6:30 pm to 7:30 pm**

- Room 1 / **THE ADVENTURE OF THE FESTIVAL DU FEMININ®** followed by a laughter-filled **IMPROVISATION PLAYTIME**

## SATURDAY 24 MARCH 2018

**From 8:30 am to 9:00 am:** Welcome participants

**From 9:00 am to 10:15 am**

- Room 1 / **JOURNEY ON THE SHAKTI PATH: REUNITING WITH COLLECTIVE FEMININE WISDOM** with Akiko IGARASHI and Amelia KANG
- Room 2 / **WOW! WAS THAT ME WHO DID THAT? CREATIVE PAINTINGS** with Anne THENON

**From 10:30 am to 11:45 am**

- Room 1 / **REFLECTING SELF LOVE TO ONE ANOTHER** with Cristy APHIMONTHOL
- Room 2 / **LETTING GO OF FEARS AND RECLAIMING PLEASURE** with Catherine OBERLÉ

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

**From 1:30 pm to 3:00 pm**

- Room 1 / **PANEL DISCUSSION:** inspirational leaders share their insights, thoughts and experiences of how to empower Thai women today

**From 3:15 pm to 4:30 pm**

- Room 1 / **A JOURNEY FROM GUILT TO FORGIVENESS** with Catherine BARBIER and Stephanie LACROIX
- Room 2 / **NATURAL TECHNIQUES TO UNDERSTANDING AND BALANCING YOUR HORMONES** with Mamouchka SIMON

**From 4:45 pm to 6:00 pm**

- Room 1 / **INTEGRATION AND CLOSING CEROMONY** led by the team of facilitators

ROOM 1: UBONCHARD ROOM

ROOM 2: SATABUD ROOM

**FRIDAY 23 MARCH 2018**

*8:30 – 9:00: Registration*

## *Opening Ceremony*

**ROOM 1 / 9:00 – 10:00**

Welcoming words by the organizing team of Festival du Féminin®. An opening ceremony to anchor and ground our shared space as a safe container in order to satisfy our longing for meaningful connections, to foster vulnerability & empowerment, and encourage us to nurture ourselves with compassion.

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?

For centuries women have gathered in circle to commune with each other through genuine interest and acceptance. Bonds between women can be some of the most intensely satisfying and unbreakable. 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.



**ROOM 1 / PELVIC FLOOR – SAFETY ANCHORING with Anne MORIN**

The perineum muscle structure is our basis. It contributes to our respiration, our corporal safety, our verticality and our solidity on earth. It's a place where our intimacy is unknown, unexplored and unfelt. Our pelvis is thus forsaken by feeling of life. The workshop will bring the discovery of where we stand, what we can consolidate, stretch, unravel and connect. We will discover this birthplace. We will visit our pelvic, osseous, joint and abdominal anatomy via an "inside feel". We will discover which moves, life and presence "in itself", to the self and to others, can raise when we find the security in our basis. We will go the discovery of our new breath, deployed thanks to a better connection with our pelvis and perineum. A new basis, soft and powerful, will thus envelop ourselves as a foundation to connect our strength.



**Anne Morin** (France) is a Midwife, yoga teacher, trained in eutony, naturopathy, sophrology, dance. Her major tools are the sounds of vowels and the shamanic drum. The sound vibrations enable to go and touch the deepest emotions within oneself, then allowing healing of the mind-body at a cellular level. Anne creates a very safe space, a quality coming from her long experience of being a midwife in home births, and of being a sailor. She guides you in the birth of your essence, your sacred sexuality, the recognition of your inner child to allow your life force to emerge, to be released in the pleasure of being deeply with a joyful heart.

Facebook: [La Santé Enchantée](#)

**ROOM 2 / RE-WILDING ECOFEMINISM with Maria Eduarda SOUZA**

How do we reclaim the sovereignty of women and nature in contemporary life?

What are the qualities that nature embraces and how do women become one with it? From the power of creation, diversity and resilience we will journey through our minds and hearts to rediscover the place of the wild women.

The workshop is an inquiry of what knowledge and wisdom nature can share with us. We will investigate how do we heal the subjugation of the past, how do we stop the oppression of the present and how can we move forward into a world together, human and non-human community.

The workshop is a sensorial experience through the elements and its qualities. Earth, Air, Water and Fire will be felt physically and emotionally. Connecting to the feminine principle that women and nature are associated not is passivity but in creativity and in the maintenance of life. Together we will inquire what part can each of us play in making this world a home for all?

The workshop is held as a sacred ceremony through a mandala where meaningful reflection, sharing, deep prayer and meditation is offered as a threshold to the natural world and our indigenous soul. Once in the place of creation, connected to our birth-rite of sacred life, how do we act in the world to create empowerment?



**Maria Eduarda Souza** (Brazil) is a researcher, activist and educator. Her mission is to engage people with the natural world and foster a reflection about our presence on Earth. Originally from Brazil she has worked in the Amazon Rainforest with indigenous tribes and the United Nations. Maria Eduarda holds a Master's Degree in Ecology and Spirituality from Schumacher College in partnership with Trinity Saint David University in the UK. Maria is based in Bangkok working as an environmental



educator at Traidhos Tree-Generation Barge Program. She is currently facilitating a study group programme on the book "Women Who Run With The Wolves" by Dr Clarissa Pinkola Estes.

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

11:30 – 12:45

### **ROOM 1 / CELEBRATING YOUR WOW – Women of Wisdom with Onyxe ANTARA**

Wisdom is passed down through experience and through teachings. Our lives are a tapestry of experiences, woven together with threads that connect us to other women as our teachers, our guides, and our mentors.

Think of a significant woman in your life, past or present, who helped shape you into the woman you are today. These are our mothers, grandmothers, teachers, mentors, and sisters, by birth and by choice. Sometimes we have grown through their loving acceptance. Sometimes we have grown through the challenges they presented, intentionally or not. Even the Great Mother, our Earth, has been a source of nourishment, support, and wisdom.

Bring a photograph\* of a significant woman in your life, or Mother Earth. We will honour her and her teachings through a meditation and gratitude ceremony.

\*If you do not have a printed photograph, feel free to use a photo on your smart phone or other electronic device.



**Onyxe Antara** (USA) is deeply committed to how sacred witnessing of personal journeys can expand world views and transform lives. She believes that to end global suffering we must begin with our own healing. 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, Onyxe facilitates a multi-cultural, multi-ethnic, and multi-faceted women's circle in Bangkok. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA. An international presenter now living in Bangkok, Thailand, she offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops around the world.

Facebook: [HeartSpace](https://www.facebook.com/HeartSpace)

### **ROOM 2 / FROM FEMININE AND SACRED SEXUALITY TO CONTRACEPTION AND NATURAL FERTILITY with Lydia VASQUEZ**

A woman's womb is the centre of her health, her life force, her sexuality and the creation of her sexual and feminine energy. At this moment the energies of the Sacred Feminine are very present on Earth and many women hear this call.

This workshop is an invitation on connecting to discovering the inner forces and creativity that nourishes us. It proposes an introduction to the amazing yoni eggs that women are reported to have been practicing for over 5000 years, namely at Royal Palace in China. Yoni is a Sanskrit word for the female genitalia that means "sacred space" The multiple benefits of Yoni eggs are today available to all and not anymore kept secret in more closed circles of Taoist practitioners: by awakening the tissues, organs and muscles, Yoni eggs awaken and increase overall sensitivity (among which libido, sensuality and new types of sensations are just only one aspect) while it also helps to overcome some issues of infertility and incontinence. The methods of combined indices

(symptotermia) as an alternative to hormonal contraception will also be addressed as well as the dances of fertility of the work of Aviva Steiner, (recognized by the WHO), the method of Dr. Mieusset (natural contraception masculine).

Maximum capacity: 25 people



*A former professional dancer, **Lydia Vasquez** (Spain) has been since ever passionate about medicinal plants. Her 20-year- Taoist practises enabled her to develop her own personal method to retain her menstrual flux, to get rid of sanitary napkins and to enjoy the numerous advantages of this new way of knowing, respecting and naturally controlling her body. She set up Free Moon to accompany women to journey on their femininity through individual session, workshops and online training and shop.*

<http://free.moon.free.fr>

**LUNCH BREAK: 12:45 – 2:00**

**2:00 – 3:15**

### **ROOM 1 / THE WOMAN AND HER NINE PEARLS with Monique GRANDE**

Women are all beautiful souls, but they do not know it. If they knew just a little of the magnitude of their own value, no doubt the whole world would shiver with a new clairvoyant and nurturing breath. Through the diversity of its approaches - body, emotional, mental, energetic and spiritual - this workshop proposes to reunify your lunar nature and your solar essence. The symbol of pearls here joins the idea of beauty and self-care. Nine pearls to awaken your femininity. Energy exploration, dance, transformation practice, olfactory meditation, creative visualization... A unique journey for all those who want to enjoy their freedom through millennium-old rituals and meditations that we can all re-experience daily.



***Monique Grande** (France), Author of the bestseller *Femininity* (Ed. Le Souffle d'Or) and Speaker on the subject of female identity and gender issues, facilitates trainings, trips and intensive seminars. Relaxologist Graduate, Certified CT Coach and ANC Practitioner (Neurocognitive and Behavioral Approach), she is specialized in women and talent coaching. Her works offer an original vision of women's empowerment as a driver of change in today's society. Her latest books include *The 9 Pearls of the Goddess* Ed. Jouvence and *FeminiLune* Ed The Courier du Livre*

[www.feminitude.fr](http://www.feminitude.fr)

### **ROOM 2 / VIBRANT AND ALIVE with Caroline COMBELLES**

Tension Release Exercise (TRE) is an innovative method designed to release tension and stress from body and mind. Consisting of 7 simple exercises, it reactivates the innate capacity, common to all mammals, to spontaneously tremor while deeply relaxing. By experiencing this physiological response, you have the opportunity to feel the inner wisdom of your own body, its resiliency and ability to move towards more freedom. As a woman, TRE helps you to connect to your inner femininity: it can bring your pelvis and womb to a new sense of aliveness and vibrancy, and facilitate the release of patterns of contraction. This workshop is an initiation to the concepts and

practice of TRE, and by giving a little taste of its deeply soothing power, an invitation to explore it further.

Important note: the method is gentle, however it works with the nervous system and is not recommended in the context of a group setting for participants with one of the following conditions: pregnancy, blood pressure or heart condition, significant physical handicap or mental disorder.

Maximum capacity: 20 people (priority given to women who have never practiced it before).



*Living in Bangkok for 7 years, **Caroline Combelles** (France) teaches meditation, hatha yoga, yin yoga, stress release and a wide array of mindful movement methods. Having a keen interest in stress and trauma, she has been developing knowledge of their imprints on the body and efficient ways to release them. Combining meditation, mindful movements and tension release exercises (TRE) she helps her students to free themselves from depressive and anxiety symptoms. Caroline thrives at holding a safe, kind and generous space for her students, leading them to express their true selves and find their way to happiness.*

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

3:30 - 4:45

### **ROOM 1 / "Enough?" with Masooma KACHELO**

Self-compassion is the antidote to the "not enoughness" that lives in all of us. Self-compassion is no longer an idea but instead an active practice. A practice that is simple and powerful. Come spend a meditative session practicing and exploring how self-compassion can create the soft net, no matter how painful and compelling our story of not enoughness may present itself to be.



***Masooma Kachelo** (Pakistan) knows the feeling of "not enoughness" in many areas of her life. The one practice that has helped her through the depths of shame is the practice of self-compassion. She has trained to teach mindfulness through Mindful Schools in California, UVA Minds Amsterdam, and Centrum Voor Mindfulness Amsterdam. Masooma teaches a mindful parenting course, mindfulness to children in schools, and privately to adults. She has a Master's in Marriage and Family Therapy from the US and has worked in 4 different countries providing therapy.*

Facebook: [MindfulTurn](https://www.facebook.com/MindfulTurn)

### **ROOM 2 / FINDING OUR OWN VOICE with Maéva MICHEL**

Femininity, vibrations, circle songs, singing... your voice is a treasure: have you ever heard and carefully listened to your voice, not only physically but also on an emotional level? Where does it touch you? How does your body enter in vibration by singing? How does this vibration travel inside?

Find an answer to all these questions in this experience of singing through consciousness, guided by Maéva. Sharing improvised songs, being in the present moment and open to what is happening inside through the different exercises and games together.





**Maéva Michel** (France) is a singer who grew up with music, especially singing. In her early childhood, with her first experience of live concert in the choir "La Villannelle", she had a mystical experience: feeling energy passing from the public to the choir during the silences between the pieces, and from the choir to the public during the pieces. She was able to put words to this experience much later in her life. Since then she realizes that all her life she tried to feel this again. Now she knows where she can find it, and her goal is to share it.

[www.maevamichel.com](http://www.maevamichel.com) [www.soundcloud.com/maevamichel](https://www.soundcloud.com/maevamichel)

5:00 – 6:15

## **ROOM 1 / PRIMITIVE EXPRESSION®: DANCE, EXPRESS, LET GO, VIBRATE! with Gisèle BARADEL**

Primitive Expression® 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 a simple, refined, yet powerful movement. Sustained by the energy of the group one explores the multiple facets of one's individuality in an accompanied and benevolent environment. Truly amazing. This collective energy is something unique to be experienced, felt and shared in a group setting. You feel energized and happy!



**Gisèle Baradel** (France), a professional dancer and Latin dance teacher for the last 15 years, is currently a Primitive Expression dance therapist following the teachings of France Scott Billman, who initiated and developed the discipline. Gisèle co-founded CalorDanse school and is the choreographer of a Samba filles group. She is passionate about percussion music and the powerful opening transformative process that dance creates within a group, between a couple, and inside a person: letting go, daring to move, pelvic fluidity, easiness to guide and acceptance to be guided. Today she runs group sessions in Primitive Expression across a wide range of societal structures (elderly clubs).

<https://dansetherapie.co/expression-primitive> [www.calordanse.org](http://www.calordanse.org)

Facebook: [Expression Primitive Montpellier](https://www.facebook.com/ExpressionPrimitiveMontpellier)

## **ROOM 2 / RED TENT** (name of the facilitator to be confirmed later)

A Red Tent is a space where we honor our journey of womanhood. Your story is uniquely yours, yet intimately familiar in its essence to every woman in this safe space and in the world. Join in circle for this time of sharing, witnessing, cleansing, and releasing so that we can reclaim and rewrite our stories.

Limited to 10 people upon registration.

## ROOM 1 / THE ADVENTURE OF THE FESTIVAL and IMPROVISATION PLAYTIME

*"Like a wave, a breath, each woman is driven by the desire to dare to look 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.*

We gather the full group together again for a light, relaxing, **FUN** and entertaining finish to our day.

- The first quarter hour will present the Adventure of Festival du Féminin® through **a video and the beautiful story of the necklace** touring from one country to another country, from one city to another city.

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 feminine diversity and richness.



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, Japan and Vietnam.

- We invite you then to **incredible moments of pure fun** where we will form several teams and PLAY around with a few improvisation rounds: guaranteed laughter, crazy scripts, unleashed imagination. Who would deny her own fun & pleasure?! Who doesn't want to burst out of laughter? Participate, support, encourage, cheer, and have fun! It is SURE to be a relaxing and joyous end to the day!



**Sylvie Baradel** (France) has made Bangkok her home over the last ten years, intensively travelling worldwide and passionately enjoying being a businesswoman in the fashion and jewelry corporate world. Through her participation at the Women's Forum for the economy and society in Myanmar and The Worldwide Entrepreneurship 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.

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

For info about new Festival du Féminin® development in Asia: [bangkok.womenfestival@yahoo.com](mailto:bangkok.womenfestival@yahoo.com)

Doors open at 8:30 am

9:00 – 10:15

## ROOM 1/ JOURNEY ON THE SHAKTI PATH: REUNITING WITH COLLECTIVE FEMININE WISDOM with Akiko IGARASHI and Amelia KANG

There is an intuitive knowing in all women of a wisdom that has been buried, oppressed, and hidden since the advent of modern society. This wisdom stems from the power of our Sacred Feminine, the Goddess energy, that allows us to co-create deeper and more meaningful relationships that can evolve humanity collectively, to heal our bodies & emotions, to heal the split between mind and body and in so doing heal our communities and our world.

Through the healing vibrations of the Tibetan singing bowls and channeled meditation, Akiko and Amelia will take you on a meditative journey on the Shakti path to reconnect with the sacred inner paths of spiritual workings, healing and empowerment. When we learn to live from our feminine wisdom we cultivate the power to shift consciousness on both an individual and collective level.



*Founded by **Akiko Igarashi** (Japan), Shima Healing is a collective of independent holistic wellness practitioners and sound healing enthusiast students trained in Tibetan singing bowls. Each practitioner specializes in different healing modalities and holistic arts.*

*She has been a student of energy medicine and holistic healing since 2003. Whilst teaching yoga to 30 children at an orphanage in Kathmandu, Nepal, she encountered the harmonic overtone of Tibetan Singing Bowls, which led her to transition from a corporate life to being a full-time healing practitioner. Her first objective is to teach the healing-arts for personal empowerment. Akiko travels extensively through Europe and Asia, offering training and retreats that are fun yet deeply transformative.*

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



***Amelia Kang** (Singapore) is an Energy Medicine Practitioner, Metaphysician and Holistic Consultant. She is trained in Chinese metaphysics under the Four Pillars of Destiny and the Flying Star system. Her Western metaphysics specialties include Crystal Therapy, Aromatherapy, Sound Healing, Attunement, Regression, Channeling and Energy Medicine. She combines her East-West training to assist clients to diagnose and develop integrative healing strategies. Using a balanced approach of practical & metaphysical methods, she empowers her clients to deal with issues related to personal power, relationship dynamics, business decisions, self-development and health and wellness.*

[www.amedelumiere.com.sg](http://www.amedelumiere.com.sg)

## ROOM 2/ WAS THAT ME WHO DID THAT? CREATIVE PAINTINGS with Anne THENON

Drawing from your conscious and subconscious creativity, this workshop softly invites you to contact, feel and express your emotions and feelings and to experiment with the joyful incomparable pleasure of creating. There is no need to "know" how to paint or draw, as we all possess amazing facilities beyond aesthetic expectations.

Making use of the material, you journey to explore, listen, play, and surprise yourself with meaningful lines, shapes and colors that will arise. You will be amazed to discover whatever you can unleash while enjoying the moment. Starting with two guided individual proposals you are then invited to take part in an amazing collective work! A pleasurable and rewarding experience to start the day.

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**Anne Thenon** (France), a former high school teacher of French literature, embraced becoming a painter artist and art-therapist trained at Irfat. She created spaces and opportunities for young and adult handicapped people, for whom painting is a means to expression. She also conducts painting workshops at school and at her studio les M.O.BLEUS while she keeps finding her greatest grace painting for herself and for exhibitions while collaborating in other artistic poetic projects.

[www.anne-baradel.odexpo.com](http://www.anne-baradel.odexpo.com) Facebook: [lesmableus](https://www.facebook.com/lesmableus)

10:30 - 11:45

### **ROOM 1 / REFLECTING SELF-LOVE TO ONE ANOTHER with Cristy APHIMONTHOL**

Truelove is self-love. In order to thrive and move to where we deserve to be, we need to be aware of what we need to fully love our inner self in all its aspects. When we truly fill with our own love we will naturally show others how to love themselves and be able to serve and support them. Complete inner self-love means accepting every good, bad, ugly and best in ourselves. Without it, we only reflect what we lack. Instead of doing good we may do harm to one another.

This workshop illuminates the elements of self-love, acceptance, and kindness to heal the parts where we have insecurity, doubts, and fear, to love at both the conscious and subconscious level.

I am filled with passion to walk with you on this personal development journey to thoroughly, fully love and accept every good bit and flaw as the way we are.



**Cristy Aphimonthol** (Thailand), a serial entrepreneur, consultant, executive coach, life transformer and spiritual healer, provides multiple consulting, coaching methodologies within various industries and other energy healing properties through science and spiritual practice.

Educated internationally, she studied Economics, Business and Marketing with a Bachelor and Master's Degree along with ICF & NLP Coaching. She received her Therapist and Spiritual Science in Master Practitioner NLP & Master Coaching credentials, Advance Hypnotherapy and Kinesiology with energy points that work directly with the subconscious mind. Further education in Ph.D. integrated medicine at Quantum healing.

She specializes in helping her clients resolve inner conflict: Depression, OCD, anxiety, trauma, and addictions, and to achieve life goals and release where they are stuck in life. Cristy is passionate about helping companies and groups to improve communication and conflict resolution strategies. She has worked throughout Australia, Turkey, Thailand and Qatar. As a volunteer, Cristy worked in Qatar for more than a year, to support reducing human trafficking and provided support to women affected.

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

### **ROOM 2 / LETTING GO OF FEARS AND RECLAIMING PLEASURE with Catherine OBERLE**

Pleasure is surely both our best gift and the best indicator at our disposal to allow us to achieve and live an intense and exciting life. But often this pleasure is blocked by our conditioning, our beliefs, and our fears.

During this workshop Catherine invites and leads you to connect to your body and your feelings in order to release all your energy. Get ready for a bigger awareness and understanding of what is

holding you back. The workshop intends to give you tracks, tools, and exercises to overcome these resistances, improve your life, deploy your sovereign power and have fun.



**Catherine Oberlé** (France) is a Gestalt therapist, coach and speaker specializing in the accompaniment of women.

She regularly contributes to articles for INREES, Doctissimo and Psychologies Magazine.

She is the founder of the Women's Academy – a Women's Network and expert platform to help women take their place, flourish and shine.

[www.catherine-oberle.com](http://www.catherine-oberle.com) [www.academie-du-feminin.com](http://www.academie-du-feminin.com)

**LUNCH BREAK: 11:45 – 13:15**

**1:30 – 3:00**

### **ROOM 1/ PANEL DISCUSSION:**

### **THAI INSPIRATIONAL LEADERS GATHER TO SHARE THEIR INSIGHTS, THOUGHTS AND EXPERIENCES OF HOW TO EMPOWER THAI WOMEN TODAY**



We feel incredibly blessed, happy and grateful beyond words to welcome **Venerable Mae Chee Sansanee Sthirasuta** who kindly accepted our invitation to share her profound wisdom at the Panel Discussion.

**Venerable Mae Chee Sansanee Sthirasuta**, a familiar face in Thai society, is a Buddhist nun, and the founder of Sathira-Dhammasathan, a learning community for peace and harmony, in Bangkok. She has infused the living vibrant nature of Buddhist dharma into every aspect of Thai society, including some previously unexamined facets.

Since being ordained over 37 years ago, her remarkable teachings and humanitarian efforts have helped break the cycle of violence and have changed thousands of lives.

Her hard work has helped many people to attain better mental well-being from the original conception of the spirit to the final return to nature.

From encouraging consciousness of pregnant mothers and early childhood education, to visiting the dying and Hospice staffs in every major hospital in Thailand, she has brought light, life and energy of loving kindness to the entire circle of life, here and all around the world.

Sathira-Dhammasathan is a home where people of diverse backgrounds, ages, languages, races and religions come together. This is a community of all ages: infant, teenager, young adult (Generation Alpha), as well as parents and the elderly. A learning community where older generations pass their knowledge and experience on to the young, the new generation of the digital communication era.

"All human beings have the innate potential to benefit the world. Everyone can use the gift of being born into this life to go beyond themselves to help others" Ven. Mae Chee Sansanee Sthirasuta



Asst. Prof. **Dr. Nilarat Premmanisakul** (Thailand), Managing Director and Physician at Global Doctor Clinic Bangkok and founder of Meditrina Wellness Center. She is passionate about treating patients with chronic ailments and autoimmune disorders through holistic approach and helping patients find the tools to cope with their chronic ailments as well as be involved in their own healing.

With over 25 years of medical practice and over 10 years of teaching epidemiology at Faculty of Tropical Medicine Mahidol University...she had evolved from being a physician who was focusing on treating the diseases to a physician who addresses her patients' needs holistically. By employing the integrated approach thru incorporating multiple state-of-the-art medical facilities she focuses on the mind, body and spirit approach to help Patient achieve true healing.



Out of twenty global markets, **Waewkanee Assoratgoon** (Thailand) is one of five female Managing Directors for Yum Restaurants International and the only one from Asia among eleven nationalities. Married, with an 11-year old son, Waewkanee understands and overcomes the stress and challenges that women leaders face, which is significantly amplified in a high-performance organization environment. She firmly believes that it is possible for women to have a successful career in high-profile professional management while being authentic and true to themselves, valuing and

keeping in touch with relationships, and following their passion. She is passionate about empowering and coaching other women leaders to reach their full potential, encouraging others to keep dreaming and working towards higher goals while maintaining a healthy work-life balance. Waewkanee holds a bachelor's degree in Business Administration from Yokohama National University and a Master's in Business Administration from California State University.



**Saovane Noppaprach** (Thailand) provides counseling and psychotherapy to help adults and adolescents cope with Depression, Anxiety, Stress, Childhood Trauma, problematic Interpersonal relationships, Crosscultural communication, and Life Transitions. She works with a diverse range of clients from around the world. In addition, she also conducts Strategic Workshop to empower business, brands, and human resource potentials. Bigg was born and raised in Thailand. At the same time, she has extensive international exposure from living and working in the corporate

business world both in the U.S. and in Thailand. Her experiences have helped her learn and benefit from two different world views. Like many people who come from Western cultures, she treasures individual autonomy, self-determination and empowerment. At the same time, she is proud of her Thai roots and values like respect, gratitude and a regard for the profound value of collectivism e.g. family and connections.



**Rasee Govindani** (Thailand) is a certified birth and postpartum doula and childbirth educator who has been serving families in Bangkok since 2008. She was born and raised in Bangkok, spent a few years in the United States, and moved back home in 2011 to fill the need for birth support and education. She spent five years teaching childbirth education classes at Bumrungrad International Hospital and has helped run Breastfeeding Cafe, a weekly support group for mothers, for many years. She is passionate about supporting families as they transition into parenthood and believes it

is essential that women understand and embrace the power of their bodies. Most recently Rasee is a breast cancer survivor and along with a friend who is also a breast cancer fighter, she founded Beyond Boobs (Facebook: [Beyond Boobs Bangkok](https://www.facebook.com/BeyondBoobsBangkok)) to provide information and support to those dealing with breast cancer in Bangkok. [www.doularasee.com](http://www.doularasee.com)





**Orapun Parapob** (Thailand) is a people management consultant and Creating Director of a new community in Thailand, the Iconic Women Alliance or IWA. After working as a consultant with top corporates in Thailand for almost 15 years she feels that development and success at the corporate level alone may not be enough to move the society and economy upward. Orapun believes that the next generation in our society depends on the active contribution, and the realization of the full potential, of every individual in it. In 2017 Orapun pitched her idea of establishing the IWA as a life-long learning community for Thai women, whom she believes have 'untapped and underrated' power and capabilities. Her IWA community feeds content and provides development workshops for women with subjects covering life planning, finding inner strengths, developing personality, relationship improvement, and leading as a woman. Orapun believes that when women hone these skills they can become successful without sacrificing the satisfaction of a balanced professional and personal life.

3:15 – 4:30

### **ROOM 1 / A JOURNEY FROM GUILT TO FORGIVENESS with Catherine BARBIER and Stephanie LACROIX**

Based on the tools and teaching of Don Miguel Ruiz and Olivier Clerc, this workshop is first and foremost a journey about Women and their guilt. Since the beginning, Women have carried a huge amount of guilt like heavy, awkward baggage that we sling on our shoulders and which seems to continue generation after generation. As life goes on, it becomes bigger and heavier baggage. From not good enough daughters, sisters, or friends to not good enough mothers, wives, and professionals. This is a burden that we, as counselors, try to heal with most of our patients. And one of the answers to that is the gift of forgiveness. Because forgiveness is not merely forgiving the person who made us suffer, but forgiving ourselves and life itself.



**Catherine Barbier** (France) interests are counseling and consulting. She spent 32 years in South Asia and South East Asia which gives her a sensitive approach to transcultural questions. She developed a lot of experience in the corporate world during her stay in India and has started consultancy on transcultural management. She also provides psychotherapy for Adults, couples, adolescents and children. She was trained in France in Clinical psychology and Human Resources and registered in England as a hypnotherapist. Her therapeutic approach today is based on transgenerational, transcultural psychotherapy using tools such as talk therapy, gestalt, hypnosis and coaching methods.

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



**Stephanie Lacroix** (France) has discovered the world of alternative medicine through a chronic illness that doctors and general medicine could not cure. She was trained in Traditional Chinese Medicine (Acupuncture, Tuina, Cupping, Therapeutic foot reflexology, cranio therapy, Auriculotherapy), Reiki (Reiki Master Usui and Karuna), Feng Shui, Qi Gong master, wellness and therapeutic massage and hypnosis. All those technics are tools and have one strong link: Energy. And Energy is linked with the Universe. Everything is about energy and vibration.

## ROOM 2 / NATURAL TECHNIQUES TO UNDERSTANDING AND BALANCING YOUR HORMONES with Mamouchka SIMON

Hormones undoubtedly have a huge influence on a woman's life. Hormones are chemical messengers that travel throughout the body, secreted and stored by glands located on specific areas in our body, and they influence growth, metabolism, behavior, stress, appetite, fertility, period and menopause. The more we understand them and how they can affect the woman's body, mind and emotions, the better we can minimize their negative effects and enhance their positive ones. In this workshop, we will practice natural methods like acupuncture, breathing exercises, body postures, and visualization to help us avoid roller-coasters or mood swings and stay in perfect homeostasis.



**Mamouchka Simon** (France) is the owner of "Blue Eden Holistic Room" in Ekkamai, Bangkok where she offers Chinese Medicine, Cranio-Sacral Therapy (CST), Emotionally Focused Transformation techniques, Naturopathy and Reiki for people from all over the world dealing with any kind of physical or emotional issues. She published articles for different Thai, English and French magazines and travels regularly to Vietnam to work and learn at the hospital of traditional medicine.

Mamouchka is a huge fan and student of 82 years old French Naturopath Dr "Irene Grosjean" who has been practicing for 55 years and finds natural solutions for all sicknesses.

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

4:45 – 6:00

## Integration & Closing Ceremony

*Led by the team of facilitators*



All participants are gathering for the final workshop that completes the two-day journey. It is time for celebration. It is time for integration.

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? I've just experienced two extremely powerful days and it is in this vein that this precious seed has been planted.

I recognize it, I welcome it and I honor it right away, through the festivity and joy that our festival goers have created and supported. I am grateful for having touched this chord that resonates to the very core of my being and connects me to others.

Wow it is fun! This essence of being alive feels so good, so vibrant, brimming to the full. Could this be oxytocin?! So, is this what sisterhood feels like?! This is a precious treasure I am committed to looking after.

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! At this sweet, uplifting and graceful occasion, we share all the gifts we have received and incredible moments we get to take home!

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FESTIVAL DU FEMININ BANGKOK 2018

Tel: +66 85 0204 777 email: [bangkok.womenfestival@yahoo.com](mailto:bangkok.womenfestival@yahoo.com)

[www.festivaldufeminin.com/en/bangkok2018](http://www.festivaldufeminin.com/en/bangkok2018)

Facebook event: Festival du Féminin® Bangkok 2018

# The Red Tent

Festival du Féminin® participants have the great opportunity to participate in a Red Tent.

The concept comes from a novel written by American author, Anita Diamant. This story is fictional, but the description is based on indigenous cultures & traditions of women's circles or gynaecea, like Moon Lodges, where women having their menses or getting ready to give birth were taken care of.

During this unique time women are said to be most closely linked to their intuition and connection with the invisible world.

*"In ancient times - women never did it alone! Because we share a core, fundamental experience of cycling every month (whether we still cycle, or have stopped after years of cycling) - we do better together - in the shared realm of the Red Tent."*

*"It evokes in women a cellular memory of an experience we all shared for millenia around the globe."*

*Once awakened this memory becomes a need, a yearning, a birthright"*

*DeAnna L'am, Founding Director*

*Red Moon School of Empowerment for Women and Girls*



The Red Tent is a communal space, open to all women. It is a womb space where women can nurture, 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.

Other than the 75 minute red tent workshop on Friday evening, this space will be open to and welcoming Festival participants in a cozy intimate atmosphere during the two-day event to relax, rest, chat or just be quiet and receive comfort.

For red tent workshop registration kindly contact the organizer. It lasts 1 hour, 15 minutes and is scheduled at same time as afternoon workshops.

The confidentiality of the sharing is ensured. Accommodates a small group of women only (maximum of 10).



Festival du Féminin® Bangkok is happy to let you discover more of two exceptional communities.

## GAMS



GAMS is an international NGO committed to and battling against the GFM Genital Female Mutilation and forced marriages.

Still today 120 to 150 million women are suffering from excision and infibulation yearly. Where women's issues are concerned, there is neither a more crucial priority nor more urgent need than to respect the full integrity of the body of little girls. It is a fundamental, intrinsic Human

Right of the Universal Constitution Chart.

[www.federationgams.org](http://www.federationgams.org) [www.endfgm.eu](http://www.endfgm.eu)



## Sathira Dhammasathan



The heart of Sathira Dhammasthan is a beautiful garden: seven acres of trees, with lotus ponds, winding paths, places that radiate peace and invite the visitors to stay and meditate. Groups of visitors spend time in the garden together with the nuns of Sathira-Dhammasthan and are visiting the community center where courses and classes are held.

## GRATITUDE TO VENERABLE MAE CHEE SANSANEE STHIRASUTA

Ask any Thai about Venerable Mae Chee Sansanee Sthirasuta and you will notice that not only does everyone know of her but they hold her in the highest regards.

Her remarkable teachings and humanitarian efforts to help break the cycle of violence in communities soon caught the attention of the Thai Government, which has since appointed her in several important and influential positions. In all her work, Mae Chee Sansanee uses Dhamma to bring peace, harmony, respect and open heart, without discrimination or bias into the chaotic world of high power meetings.



She has been frequently invited to attend well known and widely accepted summits in several countries, as the country representative of Buddhist ordained women, a nun. Currently, she is Co-Chair for the Global Peace Initiative of Women an organization committed to engaging in inter-faith dialogue as a means of creating world peace, and dedicated to creating both inner and outer peace and harmony in "hot-spots" around the world.

## **DHARMASHRAM: mindfulness Hospital**



When the much-revered King Bhumibol Adulyadej passed away on October 13, 2016, Ven. Mae Chee Sansanee had the thought of expressing great gratitude by creating DHARMASHRAM, a mindfulness hospital that offers the innovation of spiritual help from birth to death. Dharmashram's concept is "living with meaning and dying with nobility". It is also a five-floor ecological building. It has 100 rooms to accommodate pregnant mothers, infants, children, the elderly, the handicapped and anyone who seeks spiritual healing and end of life care.

The newly emerging Mindfulness Hospital for Dharma Healing has the intention to help people live meaningful lives, with a minimum of suffering. They don't need to be Buddhist. Families can now come visit together and study family dynamics of communication, or alternative healing methods if someone is sick. Pregnant mothers and their partners can consciously and peacefully study their own minds and how this conditions the unborn child, with full support of the community. We can also live consciously even if we have a terminal illness and die a peaceful non-combative death. So consciousness is possible from birth to death.

## **THE VENUE**



**swissôtel** **LE CONCORDE**  
BANGKOK



### **Welcome to Swissôtel Le Concorde, Bangkok**

The luxurious Swissôtel Le Concorde, Bangkok, member of the AccorHotels Group, is a five-star hotel located on Rachadapisek Road, Bangkok's new thriving central business and entertainment district.

The Huai Kwang train station is a two-minute walk from the hotel just 4 train stations away from Sukhumvit MRT.

The 22-storey hotel offers travellers affordable luxury with 407 elegantly spacious rooms and suites and impeccable Swiss hospitality.

The luxurious Spa De Concorde is the perfect place to unwind and revitalize, offering a wide range of modern and traditional spa treatments in a relaxing, contemporary Thai environment. The spa includes a beautiful outdoor swimming pool with sweeping views and a large, state-of-the-art fitness center with steam rooms.

Secure hotel parking is also available for your vehicle during your stay.

[www.swissotel.com/hotels/bangkok-concorde](http://www.swissotel.com/hotels/bangkok-concorde)

## REGISTRATION

### Prices:

- EARLY BIRD PASS **valid before 22 February**  
**Two-day pass** for **ONE** person --- **5 400 THB**
- INDIVIDUAL PASS **valid AFTER 22 February**  
**Two-day pass** for **ONE** person --- **6 000 THB**
- BUDDY PASS **valid until 23 March**  
**Two-day pass** for **TWO** people --- **10 800 THB** (instead of 12 000 THB)

Priority is given to the two-day pass to allow a whole immersion.

- Alternative Individual Pass  
**One-day pass** for **ONE** person --- **3 000 THB**
- Alternative Buddy Pass *valid until 23 March*  
**One-day pass** for **TWO** people --- **5 400 THB** (instead of 6 000 THB)

Registration is completed upon payment.

### How to register?

Kindly send your name, your nationality, your mobile number and your email address to [bangkok.womenfestival@yahoo.com](mailto:bangkok.womenfestival@yahoo.com) while confirming your 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

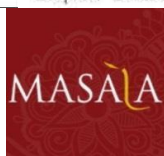
ACCOUNT NAME: Sylvie Baradel

For cash payment or any further request kindly contact: 085 0204 777





## SUPPORTING PARTNERS 2017-2018 in Thailand



## SUPPORTING PARTNERS in France

