



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/kualalumpur2018

1st edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

KUALA LUMPUR

17-18 March 2018


impiana
Hotel
KLCC • Kuala Lumpur

monika@monikawyss.com

facebook event : festival du feminin kuala lumpur 2018

creation : Imanou

 Imanou

FESTIVAL DU FÉMININ®

A transformative journey for women by women

We welcome you wholeheartedly to the first edition of Festival du Féminin® in Kuala Lumpur 17-18 March 2018, in Impiana KLCC Hotel, right in the heart of Kuala Lumpur. 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 Mexico, New Caledonia and Iran. The Festival du Féminin® links women all over the world to gather and connect with one another.

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.

The Festival du Féminin® is offering 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 or 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 vulnerabilities, 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, visualisation, 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 heeds 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.

The complete program, how to register and more about the venue, can be found online:

Contact us by e-mail: monika@monikawyss.com

Find us on Facebook: <https://www.facebook.com/FestivaldufemininKL2018/>

Register for tickets at: <http://www.heartsanctuary.center/festival-du-feminin>

Website: <http://www.festivaldufeminin.com>

Call us on: [+6012 961 0150](tel:+60129610150)

Monika WYSS & Organising Team

FESTIVAL du FÉMININ® KL 2018

IMPIANA HOTEL KLCC

CONTACT: +6012 961 0150

EMAIL: monika@monikawyss.com

WEBSITE: <http://www.festivaldufeminin.com>

FB: <https://www.facebook.com/FestivaldufemininKL2018/>

TICKETS: <http://www.heartsanctuary.center/festival-du-feminin>



Your Support Matters

All participants will leave the Festival feeling empowered through personal development and self-awareness. An important aspect of this event is raising money for local charities. All the facilitators and organisers that will be conducting workshops are donating their time and expertise in the commitment to empower women. Additionally the proceeds from this event will be donated to local charity.

Home of Peace has been selected as one of the charities. The Home of Peace ("the Home") was registered in 1995, under the Register of Societies, and became a recognised (Girls') Children's Welfare Home under the purview of the Welfare Department (JKM), Ministry of Women, Family and Community Development. The vision is to assist the child to exit from the cycle of poverty, by giving access to education, till the child has the capacity to sustain adult independence and livelihood. The child is supported as far as her goals are.

For more than twenty-three years, the girls in the Home have had a safe place to grow and be strongly supported in their education and development. Six girls have grown out of the Home and are living independently. Two of these are currently serving on the oversight Board, voluntarily giving service and support back to the Home. One girl is in her fourth and final year of undergraduate studies in Early Childhood Education.

To date, there are nineteen child residents in the Home between the ages of five months to 18 years. Fundraising is done on a continual basis as financial support over the years has come from mostly individuals who usually find it a challenge to commit support to a period longer than a year. The JKM gives a grant which goes towards food alone, and the balance of the food needs is made up of donations in kind and cash from individuals. Growing girls cost more to feed with nutritious meals to counter the lack in their family of origin, as well as to address increasing appetite needs in the teen years.



We only have what we give.

- Isabel Allende

FESTIVAL du FÉMININ® Kuala Lumpur, 17 & 18 March 2018: DAY 1 SCHEDULE

From 8:30 am to 9:00 am	Foyer	Registration
From 9:00 am to 10:00 am	Orchid Room	OPENING CEREMONY by Asia Ambassador for Festival du Feminin®, Sylvie BARADEL
From 10:15 am to 11:30 am	Orchid Room	BONDING BETWEEN MOTHERS AND DAUGHTERS with Monika WYSS
	Jasmine Room	EM-BODY- EXPLORING THE LINK BETWEEN EMOTIONS AND THE PHYSICAL BODY with Onyxe ANTARA
From 11:30 am to 11:45 am		Break
From 11:45 am to 1:00 pm	Orchid Room	WOW HOW DID I DO THAT ? CREATIVE EXPRESSION through PAINTING with Anne THENON
	Jasmine Room	FINDING OUR OWN VOICE with Maéva MICHEL
	Red Tent	RED TENT: DEEPENING SELF-LOVE with Claudia SUN-GERBER
From 1:00 am to 2:30 pm		Lunch Break
From 2:30 pm to 3:45 pm	Orchid Room	SURRENDERING TO YOUR HIGHER POTENTIAL with Jaclyn BAIN
	Jasmine Room	EXPRESSING YOUR AUTHENTIC VOICE with Madeleine YONG
From 3:45 am to 4:00 pm		Break
From 4:00 pm to 5:15 pm	Orchid Room	PRIMITIVE EXPRESSION*: DANCE, EXPRESS, LET GO, VIBRATE! with Gisèle BARADEL
	Jasmine Room	WAVES OF COMPASSION led by Han Ni CHOONG
	Red Tent	RED TENT: WOMEN'S CIRCLE with Audrey REIS
From 5:15pm to 5:45 pm		Coffee/Tea Break
From 5:45pm to 6:15pm	Orchid Room	DIAPORAMA OF THE ONGOING ADVENTURE OF FESTIVAL DU FÉMININ* with Sylvie BARADEL
From 6:15 pm to 7:15 pm	Orchid Room	ARTISTIC DANCE PERFORMANCE: "CENSORED" by Celest

FESTIVAL du FÉMININ® Kuala Lumpur, 17 & 18 March 2018: DAY 1 SCHEDULE

From 8:30 am to 9:00 am	Foyer	Registration / Welcome
From 9:00 am to 9:30 am	Orchid Room	HEALING THROUGH THE ENERGY OF GRATITUDE AND LOVE with Adelina HAYDEN
From 9:45 am to 11:00 am	Orchid Room	ARE YOU THE LEADING LADY OF YOUR OWN LIFE? with Linnet TAN
	Jasmine Room	AWAKEN YOUR SEXUALITY AND RECONNECT WITH THE SENSUAL WOMAN WITHIN with Rosalind MARIE
From 11:00 am to 11:15 am		Break
From 11:15 am to 12:30 pm		PANEL DISCUSSION: CAN THE MODERN WOMAN HAVE IT ALL?
From 12:30 pm to 2:00 pm		Lunch Break
From 2:00 pm to 3:15 pm	Orchid Room	HEART TO HEART with Dharamjot Kaur KHALSA
	Jasmine Room	PELVIC FLOOR - SAFETY ANCHORING with Anne MORIN
	Red Tent	RED TENT: FIRST MOON STORIES with Onyxe ANTARA
From 3:15 pm to 3:30 pm		Break
From 3:30 pm to 4:45 pm	Orchid Room	WHAT IS SOUND HEALING HOW CAN SOUNDS HELP WITH PHYSICAL AND PSYCHOLOGICAL WELLBEING with Akiko IGARASHI
	Jasmine Room	ACHIEVING A RELAXED STATE THROUGH BODY MOVEMENT with Dileri SADHANA
From 4:45 pm to 5:00 pm		Break
From 5:00 pm to 6:15 pm	Orchid Room	INTEGRATION AND CLOSING CEREMONY Led by the whole team of facilitators

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 a fiction but the description is based on indigenous cultures & traditions of women circles or gynaecea, 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 most closely linked to their intuition and connection with the invisible world.

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.



"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

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 cosy intimate atmosphere during the -two-day week end to relax, rest, chat or just be quiet and receive comfort.

For red tent registration kindly contact the organiser. 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).

Opening Ceremony

Welcoming words by the organising team and the Asia Ambassador of Festival du féminin®. An opening ceremony follows to anchor and ground a safe container in order to satisfy our longing for meaningful connections, to foster vulnerability & empowerment and encourage us to nurture ourselves with compassion.

DAY 1

9:00 AM – 10:00 AM

ORCHID ROOM



When women support each other, incredible things happen.

The bond between mother & daughter

with Monika WYSS

*T*he relationship between mothers and daughters is physically, emotionally, and spiritually complex on many levels. It is meant to be that way. The bonding with our biological mothers sets us up for our whole life. It is the first and the most significant relationship that we have in our lives. It is a catalyst for potential success, abundance, a fulfilling relationship with a partner and for spiritual development and growth. At the same time it could be a potential for “failure”.

Family Constellation (or systemic constellation) is able to show you what kind of relationship you truly have with your mother – not only on the surface but deep in your heart. Healthy bonding with your mother has a positive influence on all areas of your life especially on your relationship with your partner, children, bosses and with YOURSELF.

Mother is Life, Mother is Abundance, Mother is Love.

The workshop will show you how to come to peace with your own mother, with the mother part in you and with your LIFE. Healing the relationship with your mother and your female lineage makes you a strong, loving, confident and compassionate woman who knows what she wants and how to get it, and all this happens while you are coming from the heart.

DAY 1

10:15 AM – 11:30 AM

ORCHID ROOM



Monika WYSS (Poland) is a Family Constellation Trainer and Facilitator and has been following the path of personal development since 17 years. Coming from a dysfunctional family she was always looking for ways to improve and heal her relationship with her parents. Family constellations brought her enormous insight and healing and she dedicated her work to help others to improve their lives starting with their own family especially mother. Monika has been working passionately with people from all walks of life helping them to find their place in the family, their life and discover their purpose.

www.monikawyss.com

Em-body: exploring the link between emotions and the physical body

with Onyx ANTARA



*B*efore we can heal, we must become aware of and acknowledge our pain. In today's fast-paced, technology-driven culture, we often don't have time or take time to notice how we are feeling physically or emotionally. We are on the go from morning to night, taking care of others, working to get ahead in the world, fulfill our dreams, and make a difference. We are often externally focused and lose touch with our felt sense, our internal barometer, the body that communicates with us, whether we are listening or not.

As women, we often nurture others and forget to nurture ourselves. Or we are singularly focused in our desire to get ahead that we don't stay in touch with our needs for self-care. Unresolved, unexpressed, and unacknowledged stress, tension, and emotions become stored in the body. This can result in emotional and physical pain and dis-ease. By the time we notice, we have no choice but to stop and listen.

Take the first steps to become more present with yourself, with others, and to facilitate physical and emotional healing. We will learn and practice a tool to recognise, identify, and source emotions in our bodies. It will help you to reconnect with your own body and to activate your resonance sensors to be more tuned in to your environment and yourself. This awareness will bring you insight into the mechanics of the mind-body connection so that you can listen easier and hear sooner.

DAY 1

10:15 AM – 11:30 AM

JASMINE ROOM

Onyx 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, Onyx 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.
<https://www.facebook.com/HeartSpaceLiving/>

*Wow, how
did I do
that?
Creative
expression
through
painting*

with Anne THENON



*D*rawing 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.

(Limited to 20 people)

DAY 1

11:45 AM – 1:00 PM

ORCHID ROOM

Anne THENON, 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, for exhibitions while collaborating in other artistic poetic projects.

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

Finding our own voice

with Maéva MICHEL

*F*emininity, vibrations, circle songs, singing... your voice is a treasure: have u ever heard & 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.

DAY 1

11:45 AM – 1:00 PM

JASMINE ROOM



***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 www.soundcloud.com/maevamichel

Red Tent: Deepening self-love

*with Claudia SUN-
GERBER*

*S*elf-love is a word which is often used but do we really know what it means? Is it to express our own truth towards others? Is it when we forgive ourselves and others? Or does it mean something totally different?

Together we will explore what self-love means for you. If we care for ourselves as much as we do for others, I believe we become better mothers, daughters, wives, friends and so on. Self-love creates an alignment within us that brings greater awareness of healthy boundaries. Only if we care about our own wellbeing are we able to fully give and to remain in our own power.

In this workshop we will explore with exercises what self-love is for you, and what it is for others. Each participant will receive an empowering affirmation and an energising boost through an unconditional self-love meditation.

(Limited to 10 people)

DAY 1

11:45 AM – 1:00 PM

RED TENT



***Claudia SUN-GERBER** is from Switzerland and living in Shanghai since 2006 with her daughter. Back home she worked in the corporate world for around 5 years as a Co-CEO. Before she became a practitioner she had a retail store but soon realised that this wasn't her passion. Wondering how to overcome some old habits and patterns she discovered EFT. Fascinated by the amazing results and the empowering benefits, her interest for alternative healing techniques was awakened. Since then her toolbox has expanded and she loves to share her knowledge to empower others. She is a seeker of truth, a sacred space holder and a catalyst for others.*

Surrendering to your higher potential

with Jaclyn BAIN

*S*ur means above or higher, and render – to yield. To surrender then, is to yield to that which is higher. Surrendering is the feminine movement of opening up to our authentic nature and to Life as it gloriously is. By surrendering to Life rather than resisting it, we become one with its magnificence and truth, easing the flow from where we are, to our greater potential.

In this workshop you will be gently guided into the movement of surrendering – letting go of that which holds you back, letting go of the past and of programmed expectations of the way things should be, opening up instead to Life as it is now. Learn how to harness the fresh energy you need to propel yourself to your higher potential, to truly enjoy creativity, productivity and pleasure, and come to experience more deeply the delights of being alive in your womanhood.

DAY 1

2:30 PM – 3:45 PM

ORCHID ROOM



***Jaclyn BAIN** (Malaysia) is a certified Reiki Practitioner, Family Constellation Facilitator and Yoga Instructor. She also has an affinity for the arts, with a portfolio that includes interior design in Melbourne, interior decorating in Kuala Lumpur, and art exhibitions in Bangkok. Jaclyn experienced her own healing as a child and came into healing work about 11 years ago. She has since journeyed on a path of learning, self-healing, and personal discovery through The Yoga Institute of Mumbai, Family Constellation and Transformational Coaching Course, Malaysia, Certified Reiki Master Teachers in Thailand, and other workshops and courses in personal transformation. She serves individuals through one-on-one emotional and energetic clearing, group family constellation sessions, workshops and events.*

www.jaclynbain.com

Expressing your authentic voice

with Madeleine YONG

*A*re you successful and living from your fullness? To live from our fullness, you must have access to a whole range and depth of human capacities. We feel both joy and sorrow, we have discipline and playfulness, we practice discriminating intellect and spontaneous intuition. It is through our fullness, that we find deep love.

If you want true, deep love, the journey is not an outside-in job. It must be from the inside, out! The relationship that most defines the quality of your life is your relationship to yourself! Here, you'll find that you can open to deeper love, greater acceptance and more creativity in that most precious relationship of all – your relationship to yourself. Learn to value, trust and express the authentic YOU.

How do we bring forth who we really are and become more available to whatever life presents?

This workshop :

Identifies your values and what you give and receive.

Identifies and clears your blocks.

Offers techniques to express your authenticity, which will improve relationships.

Manifest the relationship you want.

DAY 1

2:30 PM – 3:45 PM

JASMINE ROOM



Madeleine YONG (Malaysia) is an intuitive healer, teacher of many modalities, and Serenity Vibration Healing instructor. Over 20 years, Madeleine advocated for the prevention and treatment of childhood trauma. She founded a non-profit organization specialising in sexual childhood trauma. Madeleine travelled extensively around the world from South America to Europe and Asia to seek and study from outstanding play therapists, child psychologists, powerful energy healers and spiritual master teachers. She participated in profound healing ceremonies, and became certified in a variety of healing modalities. Madeleine is committed to facilitate people to embrace their truth and full potential, to sing their own soul song, and to being a catalyst for change. She creates a unique fusion in both her classes and healing practice that is alchemical.

www.madeleineyong.com

Primitive Expression®: Dance, express, let go, vibrate!

with Gisèle BARADEL:



*P*rimitive Expression® (PE) is a joyful and dynamic form of movements 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 our healing ancestors' societal arts.

Drawing its symbol from universal archetypes, it combines and unifies the dual symbols of body/mind, self/other, visible/invisible, masculine/ feminine in simple, refined yet powerful gestures.

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 energised and happy!

DAY 1
4:00 PM – 5:15 PM
ORCHID ROOM

***Gisèle BARADEL** (France) a professional dancer and Latin dance teacher for the last 15 years, is a Primitive Expression dance therapist following the teachings of France Schott Billman, who initiated and developed the discipline. Gisèle co-founded CalorDanse school and is the choreographer of a Samba-ladies 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.*

<https://dansetherapie.co/expressions-primitive>

[Fb: expression primitive Montpellier](#)

www.calordanse.org

Waves of compassion

led by Han Ni CHOONG

Come and join Waves of compassion lead by Han Ni Choong for an amazing Gong Immersion where you will share in the blessing to heal, forgive and transform through the vibration of the gong.

To prepare we will bring our awareness to our own centre and acknowledge any blocks we may be experiencing to authentic connection. Then the gong masters beautiful souls will join in a circle to bring waves of compassion through the playing of the gong to vibrate through your entire physical and energy bodies and bringing them back to the state of innocence and love.

DAY 1

4:00 PM – 5:15 PM

JASMINE ROOM



***Waves of Compassion** is a sound healing group that brings together gongs and gong masters from around Malaysia with a powerful healing frequency including planet, symphonic and moon gongs. The sound of the gong cuts through the ego so you can surrender to move to a higher vibration. Listening to the gong provides deep healing with ease and grace.*

www.innerpeaceyogacircle.com

Red Tent: Women's Circle

with Audrey REIS

Women circles are about honouring ourselves and all women around the world, and our mothers, grandmothers and our ancestors who came before us. Self-empowerment happens when we connect with our source, our feminine nature, and give it a voice, nurturing it and listening to it.

When women gather in a space of love, trust and authenticity, magic, self-empowerment and healing happens. Women circles are an ancient tradition where women gather in love, openness and trust, connecting with each other in a safe and sacred space. You will be guided by an experienced facilitator who is passionate about helping women to live the lives they desire.

The general meaning of self-empowerment is taking control of our own life, setting goals, and making positive choices. Basically it means that we have to understand our strengths and weaknesses, and have belief in ourselves.

We are the only ones who know what is best for us and we are only able to see it when we feel empowered within ourselves.

This is an opportunity to experience and learn about the power of women circles and to learn to incorporate the power of sisterhood in our lives.

(Limited to 10 people)

DAY 1

4:00 PM – 5:15 PM

RED TENT



Audrey REIS (Brazil) is a warm, passionate and authentic facilitator. She is an intuitive yoga and mindfulness teacher, a healer and a holistic counselor. She has done her training in India, Australia and Brazil where she is originally from. She is also a loving mum of a spirited 5yo boy. She has been studying and working on self-development for 20 years. Throughout her own personal journey Audrey developed a passion to help women to live more balanced, authentic and happy lives. Since moving to KL in August/16 Audrey has opened her home studio in her lovely place in Damansara Heights surrounded by nature and peace. She has been teaching intuitive yoga, holding women circles and working with private clients. Her work is from the heart and she is here to make a difference and to be a better human being. Audrey believes that we all have the power within to create our own happy realities; we only need the right tools, support and the genuine desire to work on ourselves.

www.audreyreis.com

THE ADVENTURE OF THE FESTIVAL

"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.

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 in the re-definition of the world. She is in search of herself and of her place in society. She is confronting and she confronts herself in 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 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.

It is also a **symbolic moment** to hand over to the KL women the **worldwide Festival du féminin® necklace** traveling from one festival to another.

DAY 1

5:45 PM – 6:15 PM

ORCHID ROOM



***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 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.*

www.festivaldufeminin.com

For info about new Festival du féminin® development in Asia:
sylviebaradel@yahoo.fr

Healing through the energy of gratitude and love

with Adelina HAYDEN

A loving and serene morning mindfulness session that begins with a simple breathing exercise that helps to ground you. Time stops for you as you go within and develop a conscious state of awareness of your inner-being. I take you within yourself as I scan the emotive state of the group to release any old entrapping beliefs; and I help you acknowledge your physical body and your unique talents as a recognition of self-love. We end this session with gratitude, an aura enhancement while I help renew your energy fields; to send you on your way with an open heart, ready to immerse yourself and receive the goodness of the following sessions throughout the day.

DAY 2

9:00 AM – 9:30 AM

ORCHID ROOM



Adelina HAYDEN (Malaysia) was scaling the heights of the corporate world since the age of 21. After 20 years of working for international consultancies, MNCs and public listed companies in the field of communications, Adelina's world took a turn when her child was diagnosed with a rare medical condition. She embarked on a journey learning various healing modalities including biological medicine, and even worked with gurus of stem cell therapy. Today, Adelina is a qualified Wellness Medical Qigong Practitioner and Mindfulness facilitator sharing her gifts of healing with compassion.

www.facebook.com/adelina.hayden

*I*f you have ever drifted into the sidelines, step back into center stage, now!

You deserve to be the STAR of your own show, and nothing less. The movie that is your life should have YOU in the limelight: graceful, mesmerising, and simply stunning! This makes absolute sense; and yet... sometimes we forget. We forget how powerful and lovely, how utterly important we are. We know that we attract what we expect vibrationally, yet oftentimes have trained ourselves to expect, and thus receive, less in life.

In this workshop, experience a vibrational self-diagnosis exercise, to realise the subconscious expectations creating your current reality in 4 key areas: Image, Relationships, Career, and Wealth. Gain insights to where and why you may have diluted your desires, discounted your worth, and accepted less. Finally, learn to activate and appreciate your own unique signature that makes you a star!

DAY 2

9:45 AM – 11:00 AM

ORCHID ROOM

Are you the leading lady of your own life?

with Linnet TAN



***Linnet TAN** (Malaysia) is a dedicated advocate for personal empowerment, and integrating wealth and spirituality in life. With a background in international securities and investments, she spent 15 years as a presenter and trainer within the asset management industry, facilitating programs on leadership, sales performance, and paradigm shifts. She has travelled across 6 continents and to over 130 major cities, expanding her horizons and training in various development courses, transpersonal studies, and holistic healing modalities. Her unique perspective and approach integrates abstract concepts with practical life applications, inspiring others to explore their deepest talents and awaken their highest potential.*

www.WisdomLiberty.com

*Awaken your
sexuality and
reconnect
with the
sensual
woman
within*

with Rosalind MARIE



*I*n this workshop we will journey into the depths of our womb, the chalice of creation, delving into the sensual grace and vulnerability that lies deep within us.

We will be bringing back to life this most sacred, yet deeply suppressed and misunderstood aspect of our being, honouring the power and wisdom held in these depths and letting them rise up to the surface through dance.

Come and delve deep into the mysteries of your womanhood and dance them out to divine music in a safe and deeply loving space. You will leave enlivened, connected to your power, sexy and beautiful.

With your willingness to dive deep into your being, this workshop has the potential to be life-changing.

DAY 2

9:45 AM – 11:00 AM

JASMINE ROOM

Rosalind MARIE (England) has been deeply immersed in Personal Empowerment for 20 years. She started with her own healing and personal development and over the years has acquired a deep and insightful understanding of the different aspects of the human psyche. She now helps others regain the clarity and confidence they need to empower their lives with Inspirational Talks, Empowerment Workshops, Intuitive Dance Classes and Soul Readings.

www.facebook.com/rosalindheartandsoul

During this workshop you will be guided to connect heart to heart. It will be an opportunity to drop judgments and expectations and learn to see through the eyes of the heart.

We are all bound by our expectations and how things are “meant to be” and this can cloud our journeys. When we can listen and trust our hearts then we have an opportunity to open to new possibilities and live with a new sense of courage.

Drop your expectations and take a chance, allowing what you need to emerge with deep listening - you might be surprised!

Heart to heart

with Dharamjot Kaur
KHALSA

DAY 2

2:00 PM – 3:15 PM

ORCHID ROOM



Dharamjot Kaur KHALSA (Australia). When you attend Dharamjot's workshops you will be closely guided to witness your own experience and sensations. You will learn to see the lessons in life that may not be so obvious at first glance. She is particularly interested in emotions, patterns and self-awareness and has studied and practices many modalities including Gestalt Therapy, Family Constellations, EFT, SVH to begin to understand the mysteries of these sometimes painful messages with love and support.

<http://chayostudio.com>

Pelvic floor - safety anchoring

with Anne MORIN

The muscular structure of the perineum is our base. It lies in the pelvic floor and it is essential to breathing, body security, proper posture and staying grounded. It is a place housed in our intimate space and often ignored, little explored or felt. Our base is hence deprived of a powerful life force. In the proposed workshop we will discover where we stand and where we need to strengthen, relax, untangle, secure, etc. We will discover this 'cradle of life'.

We will explore through a "feel inside" of our perineal, bone and articular structure of the abdominal anatomy. We will discover how movements, how life, how presence "within oneself", for oneself and for others can manifest when we find security in our base. We will explore our new breath, now effectively employed thanks to a better connection with our pelvic floor and perineum. A new soft and powerful seat will envelop our being - a solid foundation for connecting to our strength.

DAY 2

2:00 PM – 3:15 PM

JASMINE ROOM



***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 one 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. Enjoy the pleasure of being with a deeply joyful heart.*

fb:la santé enchantée

Red Tent: First moon stories

with Onyx ANTARA

Sharing the story of our first menstruation, or menarche, is deeply personal and often rare. No matter our experience, we all have a story. Sometimes it is joyous and other times confusing and many times shrouded in mystery and cultural taboo. As women who share many stories from our lives, this is one story we often keep to ourselves. This silence perpetuates the cultural taboos surrounding it and keeps us feeling isolated and less than whole.

A Red Tent is a space where we honor the beginning of our journey into womanhood. Your story is uniquely yours, yet intimately familiar in its essence to every woman in this sacred 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)

DAY 2

2:00 PM – 3:15 PM

RED TENT



Onyx 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, Onyx 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.

<https://www.facebook.com/HeartSpaceLiving/>

Using sound healing to reunite with the collective feminine wisdom

*With Akiko IGARASHI and
Larisa KYTMANOVA*



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 allows us to co-create deeper and more meaningful relationships that can evolve humanity collectively, to heal our bodies and emotions, and to heal the split between mind and body. In doing so, we heal our communities and our world.

Through the healing vibrations of the Tibetan singing bowls, toning and meditation, Akiko and Larisa will take you on a meditative journey to reconnect with the sacred inner paths of 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.

DAY 2
3:30 PM – 4:45 PM
ORCHID ROOM

***Akiko IGARASHI** is a native of Hokkaido, Japan. 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 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. Akiko is the founder of Shima Healing, a collective of independent holistic wellness practitioners and sound healing students trained in Tibetan singing bowls. Each practitioner specialises in different healing modalities and holistic arts.*

www.shima-healing.com

***Larisa KYTMANOVA**, Lora, is an actress, singer, yoga instructor, and practitioner of Reiki, Theta Healing and Singing Bowls. She is a long-time resident of Phuket, and originally from Russia. Lora uses a combination of energy healing, meditation and toning to help individuals to unlock blockages and connect with their highest potential.*

Achieving a relaxed state through body movement

with Dileri SADHANA

A practical Workshop to support you in your daily meditations. Some of the techniques presented require setting time aside, while others integrate meditation into your day-to-day activities. This will be not only sitting silently and doing nothing. Will be mainly release of your deep emotional feelings: fears, anger, worries, thoughts, tears, happiness and joy. It will happen through body movement, sweating, expressing your inner self.

You will be guided through a short theoretical part that makes you understand what you change right now in your life. Topics are: Benefits of Meditation; The science of Meditation; Tips for Meditating. The workshop will end with an Active Meditation that includes body movement: it's a way to move your physical body and reach a peaceful state of awareness. Dress comfortably to move, relax and lay down.

DAY 2

2:00 PM – 3:15 PM

JASMINE ROOM



Dileri SADHANA (Italy) is simply rebellious, gypsy, free soul. She is currently an Instructor and Practitioner of Pilates (Polestar Pilates), Ayurvedic Bodywork Massage and Xtend Barre, as well as Meditation Facilitator in Kuala Lumpur with years of experience of applying the obtained skills and knowledge into real life throughout her career background in Europe and Southeast Asia.

She has a unique point of view on wellness of human being which has been defined as Holistic view of exercising, Dancing as a therapy, and Meditation as part and parcel. In addition, she regards Nutrition with Organic Products and an Animal Cruelty-free Life as fundamental to wellbeing.

Facebook Dileri; A Scent of Wellbeing - Instagram dilerisadhana

Can the modern woman have it all?

Five women representing a diversity of experiences and backgrounds gather for a discussion and offer in-depth views on the desires, challenges, triumphs, choices and possibilities shared by women today.



Rumaizon Abdul MALIK (Malaysia)

Moderator

After more than 20 years of experience in marketing for multinationals, Rumaizon left the corporate world to pursue the challenge of being an entrepreneur. Today, as a consultant in Ideascape, she has helped over 50 companies to turn around their businesses using brand, marketing and communication strategy. In addition, her deep interest in energy work has paved the way for her to become a Family Constellation Practitioner, Serenity Vibrating Healing (SVH) Practitioner, Vedanta graduate, Pranic healer and Body Talk Access technician. Rumaizon infuses various modalities in her daily life to create a difference in others.

Rumaizon is passionate about helping others to grow and achieve their highest potential. She has been working to assist entrepreneurs and youths to overcome their self-limiting beliefs. Her positivity is infectious and she is authentically imperfect.



Sandhya MANOJ (India) is a professional Indian Classical Dancer having trained in Bharatanatyam, Mohiniyattam and Odissi. She is regularly invited to perform at reputed International Dance Festivals, and has performed, other than in Malaysia, in the US, New Zealand, Singapore and India. She is also a co-founder of Manasa Yoga, one of the most renowned Yoga Schools in Malaysia. Other than regularly teaching in her studio, she has taught children of all ages in two International Schools and at Taarana, a school for Special Children. Sandhya is the President of a Non-Profit Organisation called Persatuan Abhaya Malaysia. Through this organisation Sandhya is putting efforts to increase awareness on sexual abuse, as well as to work with established institutions providing shelter and support to sexually abused women and children. Her aim is to empower the affected through creative arts and yoga. Sandhya is a versatile speaker and serves as Emcee for many reputed events. In this capacity, she had the privilege to be the Emcee when the Indian High Commission of Malaysia recently hosted the Indian Prime Minister, Mr Narendra Modi.



Tessie LIM (Malaysia) is passionate about developing people potential. She works particularly with the corporate sector to raise performance quality and deliverables. She also works with women's groups in support of our empowerment, which simply means helping people step into their power, operate from their strengths and to overcome their fears. This gives her immense fulfilment and joy. 2018 has been declared Women Empowerment Year in Malaysia and she will be making her service contribution amongst government, professional, and personal contacts. Together we are stronger. Together we can be more.



Rovina Akmal LAZARUS (Malaysia) is a homemaker formerly in the corporate sector.

A shift from corporate and marketing strategies to answering questions of why the sky is blue and where does a giraffe sleep, Rovina left her corporate life after serving in two government linked organisations; Multimedia Development Corporation and Khazanah Nasional Berhad. Her last role at i2M Ventures Sdn Bhd, a Khazanah Nasional Berhad subsidiary, focused on marketing and communications, mainly to MNCs, providing insights and assistance in setting up shared services operations in Malaysia.

Trained as an engineer in Japan, with an MBA in strategic management, today, her corporate communication skill is put to good use as she consciously explains to her 7, 5 and 3 year old children on the concept of behavior and consequences, while she strives to stay relevant in the corporate world on the periphery. Rovina continues to keep busy working part time as consultant to corporate MNCs and GLCs.

In her very limited spare time, she enjoys working on creative ideas for parties.



Rozaina Zainul ABIDIN (Malaysia) is a psychologist, marriage counsellor, wife and mother.

Rozaina graduated from Islamic International University with a Bachelor in Psychology. She went into serving the corporate world in Brand Management capacity for several multinationals and local brands. After 10 years she took a brave leap to further her studies and obtained a Masters in Guidance and Counseling. She is currently a PhD candidate in Counseling.

Rozaina is passionate about helping couples dissolve their differences to achieve a mutually respectful and fulfilling relationship. In her stint with Jabatan Agama Islam Selangor (JAIS), she has helped many couples to rise above their differences and expectations, to rebuild the bond.

Through her work in the community, Rozaina gained much insight onto the minds of the women in our society. This has helped her in helping other women to recognize their own shortcomings and to stay true in achieving their life goals.



Integration & Closing Ceremony

Led by the whole team of facilitators

All participants are gathering for the last workshop that comes to close 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 pearl 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!

DAY 2

5:00 PM – 6:15 PM

ORCHID ROOM

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SPECIAL THANKS TO OUR SPONSORS:



Adrienne Tan

