



Interactive workshops . Red Tent . Celebration evening . Open space

[www.festivaldufeminin.com/en/bangkok2019](http://www.festivaldufeminin.com/en/bangkok2019)

4<sup>th</sup> edition

# FESTIVAL du FÉMININ

*A transformative journey  
for women by women*

## BANGKOK

15-16 March 2019

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



festival du féminin Bangkok 2019

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swissôtel **BANGKOK**  
RATCHADA



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

Thailand's fourth year to welcome again an exceptional 'for women only' event in Bangkok on March, 15-16<sup>th</sup>, 2019 hosted at Swissôtel Bangkok Ratchada.

**A growing global-awakening sisterhood festival.**

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Welcome to the 4th edition of Festival du Féminin® in Bangkok, an internationally registered event for women of every culture to experience awakening and empowerment in a safe and intimate environment. Festival du Féminin® is a journey of self-discovery that allows us to feel, access and reconnect with the multiple facets of ourselves, breaking away from the rigid expectations of peers, parents, colleagues, partners, and society at large. Women empower one another when they connect with their inner selves, with one another, and with the world.

Founded in Paris, this sisterhood movement has since developed in more than 10 countries (Canada, USA, Mexico, Columbia, India, Morocco, Singapore, Hong Kong, Malaysia, Thailand) while new projects are initiated in Indonesia, Japan, and the Middle East.

The vision of Festival du Féminin® is to bring together a large tribe of women, giving them opportunities to meet, share, transmit, honor and celebrate precious moments of their life and inner paths. It invites them to discover, or rediscover, the power, the sweetness, the safety of bonds and friendships connecting and feeling what they have in common, and to explore the lights and shadows inside them and to heal their lineage wounds.

**An intimate exploration of the multi-facets of the feminine!**

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Through interactive workshops, get ready to celebrate a two-day event devoted to body-mind experiences, women's personal growth, the healing arts and spirituality, hosted by an array of local and international facilitators who are midwives, energetic healers, artists, psychologists, scientists, coaches, therapists, business executives, writers, and more.

There are a range of inspirational experiences awaiting participants to nurture every aspect of their being. There are 20 workshops to choose from. Some are more dynamic in nature, brought to life with chants, raising us up through movement, a chance to release and let go. Yet others are a softer and more subtle femininity in motion. Other workshops are more reflective, where we delve into exploring our psyche, our emotions, our weak points, discomforts, and what we have trouble expressing. We will seek healing through rituals and forgiveness circles, family constellations, gong & Tibetan singing bowls, Primitive Expression AND MORE.

**The panel discussion, another highlight of the festival.**

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Inspiring Thai women are sharing their thoughts, hopes, and challenges on how to empower today's women to reach their fullest potential. This year's topic is about the relationship we have with our body.

## A light, relaxing, FUN and entertaining evening on Friday 15th.

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The Adventure of the Festival shares the story of the traveling necklace, followed by Improvisation Playtime to enjoy laughter, creativity, and joyous celebration before listening to Tibetan singing bowls.

Come with a friend! Listen to their testimony:

It is fun, it is joyful, it is liberating, it is convivial, 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 honor that during the festival.



Workshops are conducted in English.

- find us on Facebook page: [Festival du Féminin Bangkok 2019](#)
- contact us by email: [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com)
- instagram: festival du féminin Bangkok
- call us on: +66 85 0204 777
- venue: Swissôtel Bangkok Rachada
- dates: 15-16 March 2019
- registration: see page 26



Sylvie BARADEL  
Organizer



## FRIDAY 15 MARCH 2019

**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 10:15 am to 11:30 am**

- Room 1 / **AWAKEN YOUR INNER TEMPLE** with Lydia PETETIN
- Room 2 / **A WOMAN'S HANDS – A WOMAN'S WORK** with Onyx ANTARA

**From 11:45 am to 1:00 pm**

- Room 1 / **BONDING BETWEEN MOTHERS AND DAUGHTERS** with Monika WYSS
- Room 2 / **AFFIRMING OUR DIVINE FEMININE TRUTH** with Alison SHALE

**From 1:00 pm to 2:15 pm: lunch break**

**From 2:30 pm to 3:45 pm**

- Room 1 / **PRIMITIVE EXPRESSION®: DANCE, EXPRESS, VIBRATE!** with Gisèle BARADEL
- Room 2 / **BEING MY BEST FEMININE VERSION** with Potchanart SEEBUNGKERD
- Intimate Room / **RED TENT** with Rebeca LACASA

**From 4:00 pm to 5:15 pm**

- Room 1 / **FINDING OUR OWN VOICE** with Maeva MICHEL
- Room 2 / **IF CLOTHES WRAP THE BODY, THE SKIN WRAPS THE SOUL** with Sophirat MUANGKUM
- Intimate Room / **FORGIVING AND LETTING GO** with Amber CLEMENT

**From 5:30 pm to 6:30 pm**

- Room 1 / **THE ADVENTURE OF THE FESTIVAL DU FÉMININ®** followed by a laughter-filled **IMPROVISATION PLAYTIME** and **TIBETAN SINGING BOWLS**

## SATURDAY 16 MARCH 2019

**From 8:45 am to 9:15 am:** Welcome participants

**From 9:15 am to 10:30 am**

- Room 1 / **CELEBRATE WOMANHOOD!** with Angeli JAGOTA
- Room 2 / **NURTURING THE INNER CHILD** with Jessica PROCTOR PELHAM
- Intimate Room / **REBIRTH CEREMONY** with Rebeca LACASA

**From 10:45 am to 12:00 pm**

- Room 1 / **CHARGING THE YIN: USING A JADE EGG FOR LONGEVITY & INTERNAL ALCHEMY** with Marisa CRANFILL
- Room 2 / **MOUNTAINS OF LIFE** with Orapun PARAPOB
- Intimate Room / **SURVIVOR CIRCLE** with Rasee GOVINDANI

**From 12:00 pm to 1:15 pm:** lunch break

**From 1:30 pm to 2:45 pm**

- Room 1 / **PANEL DISCUSSION – ‘THIS IS MY BODY’:** inspirational leaders share their insights, thoughts and experiences

**From 3:00 pm to 4:15 pm**

- Room 1 / **SIRCLE: AS WE SILENT THE MIND** with Sejal S SOOD
- Room 2 / **I AM READY FOR LOVE AND LAUGHTER** with Susan DUSTY
- Intimate Room / **UNITING WOMEN – CREATING POWERFUL SISTER CIRCLES** with Onyx ANTARA

**From 4:30 pm to 5:45 pm**

- Room 1 / **THE WISDOM OF THOSE AT THE END OF LIFE** with Suzanne O'BRIEN
- Room 2 / **THE MAGIC OF A GONG BATH** with Melanie GILES-CLAP

**From 5:45 pm to 6:30 pm**

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

Room 1: UBONCHARD ROOM

Room 2: SATABUD ROOM

Intimate Room: BOONTANIK ROOM

**FRIDAY 15 MARCH 2019**

*8:30 – 9:00: Registration*

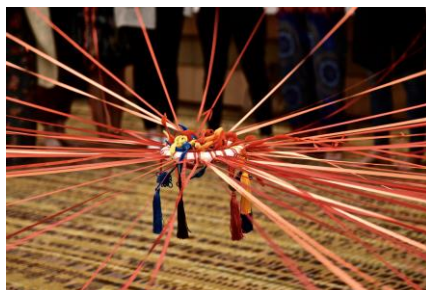
## *Opening Ceremony*

**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 / AWAKEN YOUR INNER TEMPLE with Lydia PETETIN**

Do you know, dear Ones, this Place in your body full of Mysteries, so rich, so creative, so powerful, so magnetic that it is generating, since the beginning of time, respect, curiosity, veneration but also fear, lust, manipulation, demonization...? This Sacred Place IS your inner Temple potent with 1001 dreams, creations, beauty, and harmony.

By Dance and sacred Rituals and pristine meditations, I invite you to meet it and find the sacred symbolic language of your Womb in order to get closer to your Essence. Return to yourself in celebration.



**Lydia PETETIN** (France), Oriah Shem, is engaged in an authentic Path in the Feminine Awakening. First French Moon Mother (Miranda Gray) she has been exploring Yoga Wisdom for 25 years (with Christian Tikhomiroff and Michel Leroy) and in 5Rhythms Dance (Gabrielle Roth and Ya'Acov Darling Khan). She is still deeply involved with Quechuas Shamans, Awakening Women (Chameli Ardhag) and Priestess Presence Mysteries. Passionate about Prenatal Yoga, she trained in Oceanic Bodywork Aqua and is currently following Sophro Analyst Teaching.

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

**ROOM 2 / A WOMAN'S HANDS – A WOMAN'S WORK with Onyx ANTARA**

What is the WORK and the WORTH of a woman's hands?

A woman's hands are strong, powerful, and capable. A woman's hands reach forward in anticipation, in longing, and in comfort. A woman's hands clench in anger and pull close in fear. A woman's hands are the instruments of creativity, expression, and healing. A woman's hands shield her and others from harm and from pain. A woman's hands hold the story of her life. A woman's hands do the work of her heart.

A woman uses her hands in all these ways and so many more, from the mundane to the sublime. We will explore the work of our hands, the stories they tell, and create a community celebration to honor them for the work they have done and will continue to do. The blessing of hands affirms the value of life and the vitality of living.



**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 multi-cultural, multi-ethnic, and multi-faceted women's circle worldwide. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA. An international presenter now living in Kentucky, USA, Onyx offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops around the world.

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

**ROOM 1 / BONDING BETWEEN MOTHERS AND DAUGHTERS with Monika WYSS**

The 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 fulfilled 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.



**Monika WYSS** (Poland) is a Family Constellation Trainer and Facilitator and has been following the path of personal development for the past 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 insights and healing and she dedicated her work to help others to improve their lives starting with their own family, especially mother. Monika is the founder of Heart Sanctuary and she 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. Monika organized the first Festival du Féminin® in Kuala Lumpur last year.

[www.monikawyss.com](http://www.monikawyss.com) [www.heartsanctuary.center](http://www.heartsanctuary.center)

*Systemic Constellation Work enables people to discover hidden personal entanglements carried down from the fates of previous members of their families. When these are revealed and brought to light through this work, a resolution becomes possible. The focus is solution oriented with no judgements and an emphasis on sensitivity, respect, and dignity. It is always love operating underneath regardless of what it may look like on the surface. Once this love is revealed and restored, it can flow again. This eliminates hidden systemic pressure, patterns, and limitations which then allows for healing and transformation. Systemic Constellation can reveal & release hidden entanglements that are obstacles to health, career, relationships and deep fulfillment.*

**ROOM 2 / AFFIRMING OUR DIVINE FEMININE TRUTH with Alison SHALE**

As women, there are so many negative messages and erroneous beliefs that are presented to us about ourselves through our childhood and as we move through life. These can come from our parents, teachers, family members and society as a whole. We carry these ideas about ourselves and our world forwards into our adult lives and they become the driving force behind our beliefs, behaviours and our decisions in life. They limit and confine us, until we call them to conscious awareness and challenge their validity.

We will examine our current beliefs and understanding of who we are as women, such that we may challenge any old paradigms and outmoded patterns that no longer serve us, leaving us free to reconnect anew with our absolute truth.

This workshop is based on the philosophies of Louise Hay and culminates in the beautiful sacred group witnessing and affirming of our true nature as women, in the form of an 'affirmation bath'. This method allows new thoughts and beliefs to enter directly into the subconscious mind, whilst we are held in the loving space of supportive group energy. Rewriting old subconscious patterning and leaving us free to move and ground unreservedly into our divine feminine nature and rediscover the absolute truth of who we are.



**Alison SHALE** (UK), an ardent spiritual enquirer, a holistic practitioner and coach. She is passionate about supporting individuals to rediscover their divine truth, enabling them to create loving self-connection and a joyfully inspired life. As a 'sensitive' herself she has trodden a path of self re-discovery and a quest for loving self-connection for over 20 years. Alison trained as a workshop facilitator and life coach in the Louise Hay philosophy, in India and South Thailand. In addition she is a Reiki Master teacher, an accredited EFT and NLP practitioner, hypnotherapist and yoga teacher. She is the creator of 'Shine' which is the channel through which she offers her work to the world.

In addition, she is the conduit for two sets of yoga affirmation cards, for adults and for teens.

More recently Alison is the co-creator and organiser of the Mind Body Spirit Fair Bangkok, bringing together the collective excellence of holistic health and wellness in the region.

As a committed Supporter of Festival du Féminin for 3 years now, Alison is delighted to be able to contribute to this community as a workshop facilitator in this 4th edition.

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

**LUNCH BREAK: 1:00 – 2:15**

**2:30 – 3:45**

### **ROOM 1 / PRIMITIVE EXPRESSION®: DANCE, EXPRESS, 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 will 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).

Facebook: [Expression Primitive Montpellier](#)  
[www.calordanse.org](http://www.calordanse.org)

## **ROOM 2 / BEING MY BEST FEMININE VERSION with Potchanart SEEBUNGKERD**

This workshop is an opportunity to explore and reclaim your hidden resources for a brighter life. From the strong mindset and beliefs that 'EVERYONE IS DOING THE BEST WE CAN WITH THE RESOURCES AVAILABLE' and most of the time we don't get the result we want in our life because we don't have enough resources, or we don't have the right resources, Potchanart (or Jimi) also believes that 'WE CAN BE MUCH MORE THAN WE THINK WE CAN, and WE ARE GREATER THAN WE THINK WE ARE'.

During this workshop, you will be able to connect with your own hidden resources within and be able to choose, focus and reactivate the specific best resources needed to tackle your problems and take your life to the next level with more confidence and with a sense of fulfillment.



**Potchanart SEEBUNGKERD** (Thailand) or Jimi founded Jimi The Coach CO, LTD. She is a passionate life coach who pioneered the use of 'Life Coaching' approach with Executives in the Thai market. Her slogan is 'helping executives connect business success to life's purpose'. Jimi makes a difference in her coaching through executive behaviors. She is highly accepted and has many referred and repeat clients from top executives in large organizations. Jimi also shares her skills and experience through her Coaching Institute, Thailand Coaching Academy, which is the only coaching school in Thailand that has been approved by International Coaching Federation (ICF) as an Accredited Coaching Training Program (ACTP) that delivers training in local language.

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

## **INTIMATE ROOM / RED TENT with Rebeca LACASA**

The Red Tents are intimate sacred spaces for women gatherings. Traditionally, in ancient cultures, different generations of a community celebrate rites of passage honouring women cycles and the connection with nature. Our modern societies have lost the tradition of rites of passages, however these ceremonies are extremely powerful and necessary. Not only for the one that is passing through but for the entire community. One of the first rites of passage is "The Menarche". Most of us did not celebrate when we had our first blood. We didn't honour the transition from child to woman. It is important that women share their experiences and honour each other in safe spaces, to build together a strong collective image of who we are, understanding our cycle and the different archetypes that lives inside us. We go through these archetypes every month and during our lifetime. To own our voices and value the different aspects of our selves, it is essential to know who we are and recognise our selves through others. Celebrating the beautiful mosaic of the feminine essence nature.

*The workshop is limited to 10 participants.*



**Rebeca LACASA** (Spain) is a certified Moon Mother through the teaching of Miranda Grey, a Medicine Woman, and trained to awaken memories of the Priestess. Spiritual and psychic awakenings in her adolescence led her to begin to study and try to discover the best ways to channel these gifts. Soon she began to lead meditation,

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Facebook event: Festival du Féminin® Bangkok 2019

energy circles, women's gatherings, and akhasic channeling consultations with the support of her family. Rebeca grew up in a nomadic family with roots in the south of Spain, raised with deep tribe feeling, surrounded by strong and genuine women. Rebeca's acknowledgement of both the uniqueness and similarities of women attracted her to delve deeper into the historical traditions of women in different cultures and environments around the globe.

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

4:00 - 5:15

### ROOM 1 / 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.va-ema.com/](http://www.va-ema.com/)

### ROOM 2 / IF CLOTHES WRAP THE BODY, THE SKIN WRAPS THE SOUL with Sophirat MUANGKUM

At a time of an overexposed virtual world, with millions of pictures in circulation on social media, what is my relation to images? How do I build an identity based on given appearance? Am I recognizing myself in the image I'm giving to people?

We do not see things as they are, we see things as we are. The world changes when we change our perspective and learn to appreciate its true value. We can't deny that sometimes we judge others based on their appearance. It's a reason why we feel like we can't connect with them. To bond with someone, we need to first begin to open our mind before we can connect.

Photography is not only for capturing the moment. It is also one of the ways to communicate with others. We can express ourselves through photography exactly how we feel. It's like a result of your emotion test.



**Sophirat MUANGKUM** (Thailand) is a self-taught nude photographer. After studying computer science in Germany, she started her career as a freelance artist in 2013. Since then, she has shown her works at numerous joint exhibitions and become a speaker at multiple seminars or workshops (Silapakorn, Chandrakasem,



Konlit University). Her photos have been featured nationally and internationally (Vogue Italia) Last May she also completed her first solo exhibition, *The Secret of Skin*, at Most Gallery, Bangkok. Sophirat talks about her infatuation with the human skin. "Nudity is a form of communication. Indeed, nudity itself has more latent meanings: self-expression, emotional side of a person, freedom, authenticity, identity as human beings and so on. The exhibited pictures invite different interpretations, allowing communication between the audience and the photographer. The photos were taken from 2015-2016. At that time, I was feeling a little bit depressed because the society kept questioning my work: "Is it art or obscenity?"

<http://sophiratm.wixsite.com/sophiratphotography>

## **INTIMATE ROOM / FORGIVING AND LETTING GO with Amber CLEMENT**

There are times when we need to recover our energy from negative connections with the past, ourselves, or with others. Through forgiveness and letting go in an intentional way, it is possible to experience an inner clearing of past hurts, recover those fragmented parts of yourself and increase your energy. It is also possible to feel gratitude toward those who have seemed to lead you to suffer the most. Amazing breakthroughs can occur in dynamics which have been difficult for many years. By forgiving we are finding peace again and can move forward in lightness and simplicity. Forgiveness circles or ancient wisdom practices (4 Toltec agreements, Ho'Oponopono) are spreading all over the world for collective healing.

*The workshop is limited to 10 participants.*



For over 18 years, **Amber CLEMENT** (New Zealand) has been applying creativity to teaching, learning, and healing as a holistic counsellor, social worker, secondary teacher, and paediatric communications educator. She works to support others to find healing and growth through holding therapeutic space while integrating creativity and ritual. Amber currently Interns as an Art Therapist at St Andrews International School, Nord Anglia and is the founder of Mosaic Healing in Bangkok. Beyond this, Amber has sought to deepen her own healing, spirituality, and transformation which she brings to her work. Her message and her lived experience is that creating something new and beautiful from our brokenness is entirely excitingly possible with our honest attention and clear intention.

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

**5:30 - 6:30**

## **ROOM 1 / THE ADVENTURE OF THE FESTIVAL, IMPROVISATION PLAYTIME and TIBETAN SINGING BOWLS**

*"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.

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Facebook event: Festival du Féminin® Bangkok 2019

- The first fifteen minutes 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 on 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 Indonesia and in the Middle East.



**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: [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com)

- 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 in laughter? Participate, support, encourage, cheer, and have fun! It is SURE to be a relaxing and joyous end to the day!
- We finish our day listening to **Tibetan singing bowls**



The Shima Healing Institute founded by **Akiko IGARASHI** (Japan) is a training centre of traditional healing arts in southern Thailand. The instruction at Shima Healing is focused on imparting unadulterated ancient practices, and empowering students to cultivate and embody the true essence of healing. The key modalities available at Shima Healing are Tibetan Singing Bowl Therapy, Reiki, and Flow in Stillness.

Akiko is currently on pristine island of Koh Yao Noi running 'Little Elephant projects' which is to empower local ladies, creating programs for children in considering wellness as holistic approach which includes considering sustainability of this beautiful island. One of Little Elephant vision is to introduce such profound eastern practice Reiki to spread to places/groups of people never reached before. Her first objective is to teach the healing-arts for personal empowerment. <http://shima-healing.com/>



Doors open at 8:45 am

9:15 – 10:30

## ROOM 1/ CELEBRATE WOMANHOOD! With Angeli JAGOTA

Are you sometimes feeling heavy or just out of control? Physically, emotionally and mentally drained?

Do you know you can heal yourself through following powerful amazing gestures: Love'em or hate'em hip movements are so good for you, it's a way to cleanse the body and welcome renewal. Spinal flexes help release insecurities and spark incredible emotional transformation. Are you simply aware the way you breathe is the way you live? Breathing is absolutely essential to life. Breathing fully and freely is our birthright. What to say then about eye gazing? The eye is the window to our soul. It serves a journey of exploration of excitement and healing the emotions. Last but not least is a womb ceremony ritual to help clear out the past lovers' imprints, subconscious patterns, suppressed emotions & psychic debris in your field.

During this workshop you will learn and practice yoga, meditation and other wellness techniques to help reconnect with your wild feminine energy, creating the life that you love. This workshop is for all ladies when we may feel low on energy, unclear about our life's purpose and would like to improve our female health.



**Angeli JAGOTA** (Thailand) is a Yoga Alliance registered international teacher trainer and author of the widely acclaimed, bestselling book on spiritual sexuality - *The Intimacy Protocol*. She is a versatile yoga professional, a renowned holistic innovator, life trainer, an articulate wellness counsellor, a spiritual philosopher and a certified kids yoga specialist.

For her unique women empowerment initiatives such as Goddess Yoga Teacher Training, Womb Healing, Soul Mapping and Fertility Yoga, Angeli is often lovingly addressed as 'Eve-Angelist'. She has been actively conducting women empowerment-centric practoyoga programmes, workshops, trainings, retreats and seminars. In these events Angeli has been helping womenfolk heal their bodies, turbulent relationships, infertility issues, emotional breakdowns, mother-child issues and family planning among a plethora of other issues. Angeli simplifies problem-solving in life's day to day situations - across genders, across age groups, across nationalities, across social statuses, across faiths, across all discriminatory boundaries drawn by man.

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

## ROOM 2 / NURTURING THE INNER CHILD with Jessica PROCTOR PELHAM

Join me for an experiential workshop to nurture the inner child. We will create a unique place for creativity, connection to nature and playfulness to expand and thrive. Through guided meditation and visualization, we will be strengthening the vitality of child-like sense of wonder and discovery. Within each of us there is a spark, a light of pure, clear, clean energy we can draw on for enjoying the present moment with all our senses. The workshop will explore the links between the physical, mental, spiritual and etheric bodies. A loving, supportive and nurturing experience for our often overlooked and shy inner child within.



**Jessica PROCTOR PELHAM** (Portugal), certified as a hypnotherapist in 2013. In addition to this certification, she has undertaken training in Gestalt Therapy, Exams and Academic Performance, Smoking Cessation (2014 - 2015 trained by Jennifer Norris-Nielsen, Grey Matter Network), Transpersonal Regression Therapy and Past Life Regression (2016 - 2018 trained by Hans TenDam, TASSO Institut and Yuvraj Kapadia, EKAA formerly CHII), Family & Systemic Constellation (2017-2018 trained by Marianne Verrijt, Kuunganisha), BodyTalk Fundamentals (2018 trained by Morag Bromfield), and Inner Child Integration Therapy (2018-2019 trained by Tricia

Caetano) . Her work takes her to Asia, Africa and Europe, and she offers sessions in English, French, and Portuguese.

<http://www.peacefulhearthypnosis.com>

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

## **INTIMATE ROOM / REBIRTH CEREMONY with Rebeca LACASA**

A small, intimate and emotional ritual that involves our entire body to reconnect with that primal moment of our life, birth. That door in which the spirit enters this physical dimension. Through touch each participant plays a role in the ceremony that gives the opportunity to connect with the experience, being a journey of healing both personal and collective.

*The workshop is limited to 10 participants.*



**Rebeca LACASA** (Spain) is a certified Moon Mother through the teaching of Miranda Grey, a Medicine Woman, and trained to awaken memories of the Priestess. Spiritual and psychic awakenings in her adolescence led her to begin to study and try to discover the best ways to channel these gifts. Soon she began to lead meditation, energy circles, women's gatherings, and akhasic channeling consultations with the support of her family. Rebeca grew up in a nomadic family with roots in the south of Spain, raised with deep tribe feeling, surrounded by strong and genuine women. Rebeca's acknowledgement of both the uniqueness

and similarities of women attracted her to delve deeper into the historical traditions of women in different cultures and environments around the globe.

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

10:45 - 12:00

## **ROOM 1/ CHARGING THE YIN: USING A JADE EGG FOR LONGEVITY & INTERNAL ALCHEMY with Marisa CRANFILL**

The jade egg practice is a training tool that has been used by the women of China for centuries in the royal courts and Taoist temples. Using a jade egg strengthens the pelvic floor and promotes healthy blood circulation, thus tonifying the vaginal muscles and preventing prolapse and urinary incontinence. In Traditional Chinese medicine for women, jade egg is used to balance hormones, regulate menstrual cycles as well as facilitate a smooth transition into menopause. It also enhances sexual pleasure and orgasm. On the emotional level using a jade egg with proper intention and focus connects a woman to the most yin aspect of herself - her intimate open surrendering being - and thus can awaken and clear emotions that may be hidden or stuck. The most mystical aspects of the jade egg training are the effects it has on a woman's internal energetic cultivation. Jade egg is part of the Taoist neigong practice called Nu Dan, meaning female internal alchemy. Internal

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alchemy is the process of refining one's internal energy to a higher frequency of clarity, quality and spiritual insight.

In this workshop Marisa will guide you through a complete Taoist jade egg practice following the principles of Nu Dan in a safe and fun group environment. The session will begin by preparing the body and mind properly with self-massage, the Inner Smile, dantian activation breathing and circulation of the microcosmic orbit. The last half of class will be a guided optional practice using a jade egg for all participants. BYOE (bring your own egg) or purchase one at the workshop.



**Marisa CRANFILL** (USA) is the founder of YOQI yoga+qigong. Frequent trips as a child inspired Marisa to study academically and work in Asia for over 20 years. While living in China and Thailand she received direct transmission from qigong masters, nuns and healers in both the Buddhist and Taoist traditions. Marisa is a certified 500 hour yoga instructor and a certified qigong instructor under two qigong lineages: Master Mantak Chia (Universal Healing Tao lineage) and Master Robert Peng (Dan Ming lineage). Her jade egg and female practice training comes from the Healing Love tradition of UHT and renowned female qigong master Liu He. She has been described as a generous and light-hearted teacher who guides her students through detailed theory, multi-cultural perspective and direct experience. Marisa teaches hundreds of women around the world while offering free videos on the popular YOQI You Tube channel. She currently divides her time between homes in Bangkok, San Diego and Panama.

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

## ROOM 2 / MOUNTAINS OF LIFE with Orapun PARAPOB

Come and get engaged in this original powerful conversational workshop facilitated by Orapun Parapob, a strategic and business-oriented coach. Orapun will act as a facilitator to help you reflect about 3 critical dimensions of your life, which she compares to the 3 mountains in women lifelong landscape.

Any guess where you presume, recognize, project and scale yourself for each valuable dimension? Through the facilitation method, Orapun will use an analytical approach through questions to slowly help you form a better understanding of things that you value in your life, your sources of motivation and the opposite, and to help you explore how you can climb higher on your 'life mountains'. Joining other women in this workshop gives you a great opportunity to hear other women's stories as well as their tips and techniques. Women joining this session usually walk away feeling more resolved, more supported and more motivated at being who they are and to follow what they want.



**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

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*when women hone these skills they can become successful without sacrificing the satisfaction of a balanced professional and personal life.*

[Facebook: IconicWomenAlliance](#)

### **INTIMATE ROOM / SURVIVOR CIRCLE with Rasee GOVINDANI**

The Survivor Circle is a space for women healing from trauma, however they define it, be it abuse, assault, illness, loss, or some other life-shattering experience. The Circle is a safe space to share your story, to listen, or to sit in silence. Use words or art to express yourself or leave messages of love and encouragement for other survivors. Respect, Dignity, Acceptance: When women support women...magic happens.

*The workshop is limited to 10 participants.*



**Rasee GOVINDANI** (Thailand) is a certified birth and postpartum doula and childbirth educator who has been serving families in Bangkok since 2008. 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 to provide information and support to those dealing with breast cancer in Bangkok.

Facebook: [Beyond Boobs Bangkok](#)

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

**LUNCH BREAK: 12:00 – 1:15**

**1:30 – 2:45**

### **ROOM 1/ PANEL DISCUSSION: 'THIS IS MY BODY'**

Inspiring Thai women are sharing their thoughts, hopes, and challenges on how to empower today's women to reach their fullest potential. This year's topic is about the relationship we have with our body.



**Cindy Sirinya BISHOP** (Thailand) is an actress, supermodel and TV host based in Bangkok. With over 25 years of experience in the entertainment industry, she has starred in numerous TV series, walked the runways around the region and is the host of Asia's Next Top Model shown in 18 countries. Recently, Cindy has added the role of women's right activist to her resume as founder of the campaign and hashtag #donttellmehowtodress, which has been called Thailand's answer to the #MeToo movement. This campaign was born from a moment of outrage in response to the unjust and unequal treatment of women in Thai society and the rampant victim blaming and rape culture. #DontTellMeHowToDress is a catalyst to ending sexual misconduct, assault and violence against women, dedicated to inspiring, educating, engaging and working cooperatively with communities, businesses and governments, whilst empowering women, all for positive and lasting change. Cindy has recently taken her movement to the Philippines and was awarded "Activist of the Year" by the Prime Minister of Thailand. Cindy continues her advocacy with



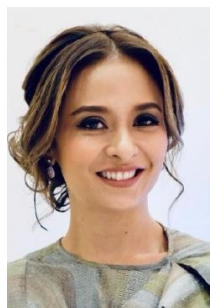
university roadshow and youth forums, art and photo exhibition as well as parent and children outreach programs and workshops.



**Sophirat MUANGKUM** (Thailand) is a self-taught Thai nude photographer. After studying computer science in Germany, she started her career as a freelance artist in 2013. Since then, she has shown her works at numerous joint exhibitions and become a speaker at multiple seminars or workshops (Silapakorn, Chandrakasem, Konlit University). Her photos have been featured nationally and internationally (Vogue Italia).

Last May she also completed her first solo exhibition, *The Secret of Skin*, at Most Gallery, Bangkok. Sophirat talks about her infatuation with the human skin. "Nudity is a form of communication: Indeed, nudity itself has more latent meanings: Self-expression, emotional side of a person, freedom, authenticity, identity as human beings and so on. The exhibited pictures invite different interpretations, allowing communication between the audience and the photographer. The photos were taken from 2015-2016. At that time, I was feeling a little bit depressed because the society kept questioning my work: "Is it art or obscenity?"

<http://sophiratm.wixsite.com/sophiratphotography>



**Hunny Cholaphansa NARULA** (Thailand) is a well-recognized face from the news industry, having been in the business for over 17 years. She currently hosts both English and Thai news programs on local networks including Ch3 and NBT, while also anchoring for NHK World, an international news agency. As a bilingual newscaster, she has had the opportunity to host numerous national and international events. She was the MC of last November's UN Women Panel discussion held at Alliance Française aimed at raising awareness to the worldwide campaign « ending violence against women and children ». Work aside, Hunny loves to travel with her family, taking her two daughters to explore the world. Among friends she's known as a fitness junkie. Hunny gives equal importance to balancing life, work and health.



**Chitsanupong "Best" NITHIWANA** (Thailand) is a young LGBT activist. She was born on May 11, 1995 in Chiang Mai, Thailand. In 2017, she graduated the first-class bachelor's degree in political science on international affairs from Chiang Mai University. She also has 4 articles published by POLSCI CMU Journal, TCIJ, and UN Women. Recently, PRIDE CMU Club was established by her in order to support youth leadership for gender equality and LGBTQ advocacy. She also has her LGBT experience blog, InToeyView and used to be a speaker about eliminating violence against women at UN Women at Bangkok. Recently, she and her team received a \$10,000 seed grant to develop "Ispot/inclusive spot" mobile application that will help the LGBTQ+ community spot and review inclusive and safe environments and business establishments.

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

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



**Angeli JAGOTA** (Thailand) is a Yoga Alliance registered international teacher trainer and author of the widely acclaimed, bestselling book on spiritual sexuality - *The Intimacy Protocol*. She is a versatile yoga professional, a renowned holistic innovator, life trainer, an articulate wellness counsellor, a spiritual philosopher and a certified kids yoga specialist.

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*Angeli simplifies problem-solving in life's day to day situations - across genders, across age groups, across nationalities, across social statuses, across faiths, across all discriminatory boundaries drawn by man.*

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



*Panel discussion 2018*

3:00 – 4:15

### **ROOM 1 / SIRCLE: AS WE SILENT THE MIND with Sejal S SOOD**

Sircle will take each woman on a dance journey to unlock all the different chambers in their bodies. As we silent the mind, we step into a meditative whirlwind of movement which layers and repeats to create a beautiful symphony within and around. We dance together in a Sircle to allow our movements to collide and expand with the others around us, creating an infinitely expanding power. As we move together, we unleash the full potential hidden in our bodies, and embrace the power of flow and surrender.

Sircle by Sejal is an innovative form of movement that explores, develops, and integrates the body, mind, and spirit. Drawing from the principles of yoga, Sircle is a collective movement class that energizes, stretches and gives freedom to our bodies and mind. The session leaves all levels feeling challenged and liberated.



***Sejal S SOOD*** (USA) is the creator and visionary of Sircle. She has trained and performed in Indian Classical dance for 18 years, but her true inspiration comes from folk dance and Yoga. Though she is formally trained in Mathematics from the prestigious Massachusetts Institute of Technology, her passion for dance has led her to travel, study and create across Asia for the last 10 years. After many years of training and performing with dance companies in NYC and Mumbai, Sejal branched off on her own and started focusing more on her practice of Yoga as a body discipline and improvisation in performance. She has completed a 200-hr Pure Yoga Teacher Training at Pure Yoga in Hong Kong, and has established herself as a dancer and fine artist, creating unique exhibition performances across Asia. Sircle is her latest creation, which she truly believes has the potential to make the world dance. Universal in her approach, Sejal's dance has the ability to cross cultural and political barriers, a pure body language for humanity.

[www.facebook.com/sirclebysejal/](https://www.facebook.com/sirclebysejal/)

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

## ROOM 2/ I AM READY FOR LOVE AND LAUGHTER with Susan DUSTY

When is the last time you laughed until you cried? Life for women can be a serious and demanding business weighted by extreme expectations—even within our soul-savoring spiritual practices. This Love “n” Laughter highly interactive workshop is aimed at lovingly leading our oft-neglected inner child in a joyful return to creative, playful fun. We’ll learn the art of hormone activating, mood boosting, unconditional, all-inclusive laughter in a safe laughter circle wherein our little girl and big warrior woman spirits are free to laugh, connect, and heal. This workshop is not to be missed as it’s guaranteed to have you rolling on the floor with unbridled, loving, feminine joy. Ho-ho-ha-ha-ha!



**Susan DUSTIN** (Australia), known as “Dusty” to her friends, is originally from Melbourne, Australia, but has lived for nearly 30-years in Thailand. Since 1977 she has initiated and participated in thousands of full-time, non-salaried, care-giving activities throughout 30 countries. Refugee camps, psychiatric wards, substance abuse rehabs, correctional facilities, hospitals, hospices, rehabilitation centers, educational institutions, emergency shelters and medical missions have been but a few of the backdrops for her lovingly leading-into-laughter womb-to-tomb projects. She currently holds the titles of Bangkok Vagina Warrior; World Laughter Ambassador at [www.laughteryoga.org](http://www.laughteryoga.org); Founder of The Bangkok Love “n” Laughter Club, TRAP The Rhythmic Arts Project S.E.A. Facilitator [www.traplearning.org](http://www.traplearning.org); Founder of Rhythmaedu (a mixed modality approach to enhancing the lives of adults and children with disabilities); published author (three books to date and blog at [www.sudustin.wordpress.com](http://www.sudustin.wordpress.com)); and an End of Life Companion as a Deathwalker with Doulagivers.com [www.facebook.com/DustySu](http://www.facebook.com/DustySu)



**Duangkamon “Lek” LAPKANJANAPONG** (Thailand) as a Bangkokian is passionate about helping her fellow sisterhood meet success while maintaining the Thai Spirit of Sanuk, which she sees as a healthy enjoyment of life through fun-loving, carefree attitudes. Her expertise includes 7 years of project management in global marketing research, as well as a freelance educator in people development, career coaching, and project researcher for both corporations and universities such as Thammasat, KMUTT, and Mahidol. Lek is also zealous about wellness and healthcare. She is a certified laughter yoga leader and fitness trainer and engages these skills in both business and volunteer settings. She holds an Integrated Bachelor and Master Degree (IMBP) in Business Administrative and Marketing from Thammasat University. She’ll co-host the workshop by bringing her unique local flavor to the yummy mix.

## INTIMATE ROOM / UNITING WOMEN – CREATING POWERFUL SISTER CIRCLES with Onyx ANTARA

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 share their stories and to commune with each other through genuine interest and acceptance. Bonds between women can be some of the most intensely satisfying and unbreakable. When we gather in circle, we create a sacred container that holds us and our stories in a compassionate and intimate way. We learn to see and hear one



another and to offer our support without imposing advice or placing judgment, recognizing that each woman is whole and complete even when in the midst of a personal challenge. Come immerse in the meaning of sisterhood, experience how to establish safety and intimacy in order to foster vulnerability and empowerment, satisfy your longing for meaningful connections, and learn to nurture yourself and other women within the sisterhood of the circle. Together we are powerful beyond measure.

*The workshop is limited to 10 participants.*



**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 multi-cultural, multi-ethnic, and multi-faceted women's circle worldwide. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA. An international presenter now living in Kentucky, USA, Onyx offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops around the world.

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

4:30 – 5:45

### **ROOM 1 / THE WISDOM OF THOSE AT THE END OF LIFE with Suzanne B. O'BRIEN**

The Doulagivers Life Class: A Journey of Health, Healing and Happiness for Women is a workshop that was created from the years of experience working with wonderful women at the end of life. Suzanne B. O'Brien RN will share the incredible wisdom of these women who have given great insight into what life's journey is all about, what they learned over the course of their life, and what they want other women to know about living so that they may enjoy the true beauty of a fulfilled life before it is too late.

Suzanne will explain what the meaning of life really is based on those who are leaving it. By understanding unconditional love and one interconnected consciousness, you can dramatically shift the way you are living day to day and be part of a much greater global community. This has nothing to do with religion but is a general spiritual energy and one that we are all connected to, how being of service to others is the greatest connection we can experience. Reminding us that our thoughts directly create our reality, this pause is more than welcome!



**Suzanne B. O'BRIEN (USA)** is an end of life educator and the proud Founder and Creator of the award-winning program Doulagivers: End of Life Doula Training, Eldercare Doula Training, Doulagiver Care Consultant Training, and Doulagivers Life Class.

Suzanne B. O'Brien has worked most of her nursing career in hospice care and oncology care. In 2008 she began offering free community educational seminars at her local library. These workshops taught families how to care for their loved ones at the end of life. Recognizing the overwhelming fear of death and the compounded amount of suffering fueled Suzanne's passion to help teach families this life changing skill of how to

*care for their loved ones before they ever needed it. This training and concept proved so successful that Suzanne traveled to communities offering the free trainings and gave them on live webinars so that people around the world could attend.*

*A 2012 trip to Zimbabwe changed her life. There is no much healthcare there but it was on this trip that Suzanne saw people being trained to "sit" with the person who was dying and "guide" them through the end of life journey. Without the luxury of medications and equipment, this concept was so effective. This reminded Suzanne of The Birthing "Doula" concept and when she came back to the US, The Doulagivers End of Life Doula Training was born.*

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

## **ROOM 2 / THE MAGIC OF A GONG BATH with Melanie GILES-CLAP**

Sound therapy has been used for millennia across various cultures to heal and uplift the human body, mind and spirit. The sacred gong produces complex, deeply penetrating sound waves that cut through subconscious chatter to regenerate the parasympathetic nervous system. The listener is lulled into an instant, theta state of meditational REM resulting in deep relaxation and healing. The combined use of essential oils greatly enhances release of emotional blocks, strengthens immunity and establishes healthy inner peace.

Come and enjoy lying down to bathe body and mind in the flow of sound currents, releasing all tension as symphonic waves travel over and through you. A unique experience to integrate the powerful, high-vibrational benefits of therapeutic grade essential oils during a Sound Healing workshop.



*Founder of Lotus Reiki & Yoga, **Melanie GILES-CLAP** (Thailand) is a certified Kundalini Yoga instructor, Passion Maps Facilitator, Sound Healer and Reiki Master Teacher offering her services to those seeking balance and wellness.*

*Melanie was initiated into energy healing at age 10 through Traditional Chinese Medicine.*

*She believes that the only road to wellness is a holistic one. This belief was reaffirmed when she was able to give up years of hypothyroid medication through Reiki and EFT\*. Born in Hong Kong to a Cantonese mother and British father, she*

*has lived, studied and worked in the UK, Paris and Singapore, settling in Bangkok in 2000.*

*Holding a BA in French & German from London University and a Post-Graduate Certificate in Education from Keele University, Melanie spent a decade in the music business, has taught English, French and Yoga at St. Andrew's Dusit International School, Bangkok, and continues to manage a family hotel and property business alongside her healing home studio, Lotus Reiki & Yoga.*

*Inspired by gratitude towards her many teachers and all those who have helped her through life, she has decided to dedicate hers to the service of others through teaching and holistic therapy.*

[www.lotus-rei.com](http://www.lotus-rei.com)

## 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!





# 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 millennia 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.

When not welcoming intimate circles, the friendly 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.

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)

## #DONTTELLMEHOWTODRESS

Founded and led by **Cindy Sirinya BISHOP**

### Overview

#DontTellMeHowToDress was born of outrage at the unjust and unequal treatment of women in society, and at mindless victim blaming and accepted attitudes towards sexual misconduct, assault and violence against women. Proactively taking a stance to bolster women's empowerment, worth and voice, the campaign is aimed at ensuring positive and lasting change, towards gender equality and mutual respect. By inspiring, educating and mobilizing individuals, communities, businesses, law enforcement and governments, the campaign strives towards establishing a society in which mutual respect, consent and responsibility prevail.

### Vision

The #DontTellMeHowToDress vision is of a world in which gender equality is the norm, sexual assault and violence against women have no place, and all children have access to proper educational means, to inspire them to become balanced, respectful and responsible members of society.

### Mission

#DontTellMeHowToDress is a catalyst to ending sexual misconduct, assault and violence against women, dedicated to inspiring, educating, engaging and working cooperatively with communities, businesses and governments, whilst empowering women, all for positive and lasting change.

### Objectives

- To raise and spread awareness of sexual misconduct, assault and violence against women in society, and lead in collaborative efforts for prevention thereof.
- To change perpetuated and prevailing myths, stereotypes and attitudes, associated with sexual misconduct, assault and violence against women.
- To provide women a platform to share their stories, voice their opinions and feel safe speaking out against sexual misconduct, assault and violence together.

FESTIVAL DU FÉMININ BANGKOK 2019

Tel: +66 85 0204 777 email: [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com)

[www.festivaldufeminin.com/en/bangkok2019](http://www.festivaldufeminin.com/en/bangkok2019)

Facebook event: Festival du Féminin® Bangkok 2019

- To eradicate rape culture acceptance and victim blaming, by redressing the balance and re-assigning responsibility to the perpetrators.
  - To initiate projects and campaigns, which can help bring about relevant change in laws and policies, as well as their implementation and enforcement, for preventing injustice, punishing perpetrators and supporting victims.
  - To educate parents on how to talk openly with their children on the subjects of gender equality, respect, consent and responsibility.
  - To create school outreach projects and/or workshops, aimed at children and young adults, on gender equality, respect, consent, responsibility and reporting.
  - To raise funds for all projects and campaigns, under the campaign's mission.
- To promote women's empowerment, by celebrating 'the modern woman and her ideals', through fashion, identity and personal accomplishment.

## THE VENUE



**swissôtel BANGKOK**  
RATCHADA



### Welcome to Swissôtel Bangkok Ratchada, Bangkok

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

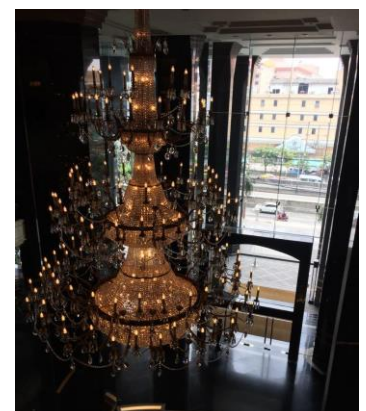
The Huai Kwang train station is a two-minute walk from the hotel just 4 train stations away from Sukhumvit MRT. The 22-storey hotel offers travellers affordable luxury with 407 elegantly spacious rooms and suites and impeccable Swiss hospitality.

The luxurious Spa 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.

Address: 204, Ratchadapisek Road; MRT Huay Kwang

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



FESTIVAL DU FÉMININ BANGKOK 2019

Tel: +66 85 0204 777 email: [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com)

[www.festivaldufeminin.com/en/bangkok2019](http://www.festivaldufeminin.com/en/bangkok2019)

Facebook event: Festival du Féminin® Bangkok 2019



## REGISTRATION

### Prices:

For a **TWO- DAY** pass for **ONE person**:

- **5 400 THB until February 28<sup>th</sup> - Early Bird price**
- **6 000 THB after February 28<sup>th</sup>**

For a **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.

For a **ONE-DAY** pass for **ONE person**:

- **2 700 THB until February 28<sup>th</sup> - Early Bird price**
- **3 000 THB after February 28<sup>th</sup>**

For a **ONE-DAY** pass for **TWO people**:

- **5 400 THB (instead of 6 000 THB)**

Registration is completed upon payment.

### How to register?

Please send your full name, your nationality, your mobile number, your email address, the copy of your bank slip and the chosen day if for one day-pass to [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com).

### 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

## SOME TESTIMONIES

*"I am deeply moved and touched by the Festival du Feminin gathering. Our days together have inspired, energised and enabled new feelings to emerge in me. Deep gratitude to all of you. I feel reconnected to my purpose and with new strength to pursue it.*

*FDF keeps sparkling in me and lots of auspicious events occurred since the event. During the festival we touched a space of love, gratitude and vulnerability which have inspired my thoughts and actions. A deep feeling of community and trust has been created."*

Maria

*"The power of Festival du Feminin lies in the bringing together of women who came as strangers and left as sisters because of the strong bonds and friendships that were forged!"*

Amelia

*"I am still feeling so full and empowered by that wonderful festival you invested so much energy into. Thank you."*

Karen

*"Skip the program, which might appear at first sight a little "too much", it's much more simple, come and just enjoy the beautiful vibe."*

Kate

*"Bangkok, festival du féminin: puissantes, douces, émouvantes, profondes rencontres de femme à femme et femmes à femmes de toutes cultures. Quelle richesse de nous reconnaître dans notre profondeur au-delà des différences. Un énorme merci de pouvoir partager mon expérience et un énorme merci de recevoir l'expérience des autres."*

Anne

*"I would wonderfully love to be a part of it next year in whatever capacity is available to us."*

Lek

*"If I have any chance at all I will tell the women I meet to consider a gathering that will empower her and teach her to embrace her womanhood: The Festival du Feminin.*

*I will tell her that she owes it to herself at least 2 days of her life each year to spend time at the Festival. Here, on these 2 days you will experience various workshops that will open your horizons... it will liberate you and you will know and feel that it is ok for you to be real, to be naked in your true skin, to be vulnerable.*

*You will meet different people who own a story of their own and you will feel that it's really ok to own your story. You will find yourself being touched by some of the people who share your happiness and some who would share your tears and uncertainties."*

Adhira

## SUPPORTING PARTNERS 2018-2019 in Thailand



## SUPPORTING PARTNERS in France



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## WELCOME SEE YOU SOON!

