



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

This is Ame de Lumiere's second year to host again an exceptional 'for women only' event in Singapore on March, 30-31<sup>st</sup>, 2019 hosted at Cliftons venues 108 Robinson Road, Level 12.

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

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Welcome to the 2nd edition of Festival du Féminin® in Singapore, 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.

FESTIVAL DU FEMININ SINGAPORE 2019  
Tel: +65 97492857 Email: fdfspore@gmail.com  
<https://www.festivaldufeminin.com/en/singapore2019/>

## **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 16 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 & singing bowls AND MORE.

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

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Inspiring 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 women having a right to our emotions and how to manage them.



### **A light, relaxing, FUN and entertaining evening on Saturday 30th.**

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The Adventure of the Festival shares the story of the traveling necklace, followed by a gong bath to help relax and integrate the day's workshops.

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.

- contact us by email: [fdfspore@gmail.com](mailto:fdfspore@gmail.com) or call/whatsapp us on: +65 97492857
- venue: Clifton Venues at 108 Robinson Road, Level 12
- dates: 30-31 March 2019
- Ticketing: <https://universeofsound.live/fdfspore2019/>



Amelia KANG  
Organizer

## SATURDAY 30 MARCH 2019

***From 8:30 am to 9:15 am:*** Welcome participants and registration

***From 9:15 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 / **THE ART OF FEMININITY** with Andrea TAN

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

- Room 1 / **THE POWER IN MY FEMININITY** with Amelia KANG
- Room 2 / **REFLECTING ON MY CORE: BELIEFS OF FEMININITY** with Sylvie BARADEL

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

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

- Room 1 / **AWAKENING THE DIVINE FEMININE** with Sujata NANDY
- Room 2 / **DEMYSTIFYING ORGASM** with Teresa ONG

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

- Room 1 / **GUIDED SHAMANIC JOURNEY CONNECTING WITH OUR FEMININE: LESSONS FROM OUR ANIMAL GUIDES** with Sallie YANG
- Room 2 / **MANIFESTING WITH THE MOON** with Dr Katherine DALE

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

- Room 1 / **THE ADVENTURE OF THE FESTIVAL DU FÉMININ®** followed by **GONG SOUND HEALING** with Pamela Akasha KAUR

***Good Bye!***

Room 1: LOVE ROOM

Room 2: LAUGHTER ROOM

## SUNDAY 31 MARCH 2019

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

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

- Room 1 / **GROUNDING & OPENING TO RECEIVING!** with Amelia KANG
- Room 2 / **FOOD FOR MOOD: WOMEN & FOOD** with Mary HO

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

- Room 1 / **BONDING BETWEEN MOTHERS AND DAUGHTERS** with Monika WYSS
- Room 2 / **WOMB MANDALA** with Pamela Akasha KAUR

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

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

- Room 1 / **PANEL DISCUSSION – 'HAVING THE RIGHT TO FEEL'**

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

- Room 1 / **FINDING OUR OWN VOICE** with Maeva MICHEL
- Room 2 / **FORGIVENESS CIRCLE** with Lydia PETETIN & Sylvie BARADEL

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

- Room 1 / **INVOCATION OF THE TANTRIC GODDESS** with Sujata NANDY
- Room 2 / **THE MAGIC OF SINGING BOWLS** with Christina SHIU

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

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

***Good Bye!***

Room 1: LOVE ROOM

Room 2: LAUGHTER ROOM

**SATURDAY 30 MARCH 2019**

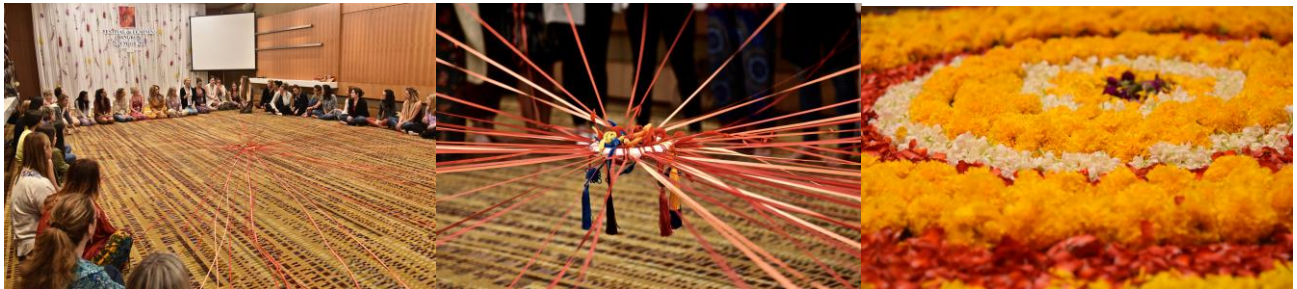
**9:15am to 10:00am**

**ROOM 1 / OPENING CEREMONY CIRCLE**

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.





10:15am to 11:30am

### **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 Ardha) 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 / THE ART OF FEMININITY with Andrea TAN**

Give yourself the permission to uncover your authentic sensual self. Want to unlock your sexual potential and reconnect with your Feminine wisdom? Discover the ancient practices (with Taoist and Tantric principles) weaved together in a modern system that reconnects every woman to her pussy (vagina / yoni). This workshop will include the background to an ancient secret art that supports a profound transformation in health, love, orgasmic potential, magnetism and vitality. Come find out about what it takes to initiate your practices for deeper intimacy and connection through the personal instructions around working with your own jade egg!



**Andrea TAN** (Singapore) is an Integrated Sex, Love & Relationship Coach, Jade Egg Coach and Founder of Athena Rising. She is part of the pioneer 600 hr Sex, Love & Relationship Coaching (SLRC) Certification by Layla Martin of the Tantric Institute of Integrated Sexuality (TIIS). She uses various deep coaching methodologies to incorporate visualization, meditation exercises, mind-body psychology, jade egg practices and ancient traditions (including Taoist and Tantric principles) in various practices. Andrea is known for holding compassionate and safe spaces, while having clear identification in blind spots around beliefs and combines intuitive insight to a range of tools and practices. Having worked in the corporate FinTech spaces for more than a decade, she is able to combine the experiences across various aspects of the material and emotional, mental and spiritual and integrate them into daily life. Andrea has additional 200 hours in practices, studies and training for mind-body work and energetic practitioner work in the areas of Angelic Reiki and Theta Healing (certified Basic DNA, Advanced DNA, Manifesting & Abundance, Soulmate, Creator & You).

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11:45am to 1:00pm

### ROOM 1 / THE POWER IN MY FEMININITY with Amelia Kang

Women have traditionally been perceived as the weaker sex. In many societies we have been conditioned to feel we need to behave in certain ways. Demure, sweet, innocent are common words that are used to describe the ideal women. Aggressive, straightforward behavior is often frowned upon. Yet in some other societies, strong women are praised and held up as matriarchs. And many others over sacrifice in order to express their strength as women.

How do you express your power as a woman, as a human, as a goddess, as a sister, as a mother or grandmother? Or have you all along been suppressing your own power without being mindful of your strengths? Come discover your relationship with power within and without in this workshop.



**Amelia KANG** (Singapore) is a rare talent who has successfully integrated and balanced the realms of Energy Medicine, Metaphysics and business, both personally and professionally. Amelia as Holistic Consultant specialises in troubleshooting and resolving both practical and energetic issues through combining her East-West training. Using a balanced approach of practical & metaphysical methods, she assists clients and businesses in developing integrative strategies to greatly enhance their quality of life in areas of personal power, relationship dynamics, business decisions, self-development and health and wellness. She is trained in Chinese metaphysics under the Four Pillars of Destiny and the Flying Stars Xuan Kong system. Her Western metaphysics specialities include Energy Reading, Oracle Card Reading, Crystal Therapy, Past Life Reading, Channelling and Energy Medicine

### ROOM 2 / REFLECTING ON MY CORE: BELIEFS OF FEMININITY with Sylvie BARADEL

What are my my beliefs of femininity? Which in depth values have been carried and transmitted by my mom, my dad, the female and male members of my family, my community, my cultural group? How am I embracing and honoring my femininity? How am I at other times denying, inhibiting or rejecting it? Are you only aware of the driven forces in you? Sometimes we realize these ideas about ourselves and our world limit and confine us. Through some analytical and surprising situations, the workshop invites to examine the old paradigm and outmoded patterns that no longer serve us. Get ready at finding hidden subtle rooted messages and erroneous beliefs that have been presented to us about ourselves and our world through our childhood and as we move through life. Choice is yours to transform whatever needs to be at all levels of your soul, heart, body and mind.



**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. Sylvie is Asia Coordinator for Festival du Feminin (Thailand, Hong Kong, Malaysia, Singapore)

LUNCH BREAK 1:00pm to 2:15pm

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2:30pm to 3:45pm

### ROOM 1 / AWAKENING THE DIVINE FEMININE with Sujata NANDY

Gather in the spirit of sisterhood in the Red Tent, a timeless tradition observed by ancient cultures for empowering women's sense of selfhood and learn techniques on how to implement the 6 key habits of harmonizing the divine feminine and the divine masculine in relationships and at work.

Let go of the bondages of your social conditionings, your mental and emotional limitations that curb your potential to live as the awakened Goddess in this lifetime by immersing yourself in deep mystical rhythm in the ecstatic dance of Shakti and awaken the healer, the guardian and the warrior in you with a guided mirror meditation to honour your divinity.



**Sujata NANDY** (Malaysia) Founder and Editor of YOGALIFE magazine, the Premier Yoga Magazine in South East Asia, Sujata is better known for her knowledge in the Shakti medium of healing. From age 13, Sujata had a special interest for all things divine where she experienced highly metaphysical and mystical sensations that set her on the path of the Great Goddess Kali. Since then, her love affair with the Divine Mother has brought her to being a tantrika (medium), with the ability to read the Akashic Records of those who sought her as well as offer remedy and healing to those suffering health challenges like cancer, diabetes, ovarian problems, psychological disorders and ADHD to name a few. In the year 2013, Sujata installed a Shakti Mandhir (temple), in the lawn of her home, wherein most of the Goddess' wisdom, rituals, know-how and healing have been imparted from. Her clairvoyant, clairsentient and clairaudient skills heightened while working with spreading the wisdom of Shakti which led her to writing a book in dedication to the Great Goddess Kali: AWAKENING THE DIVINE FEMININE – A JOURNAL TO UNLEASHING YOUR SACRED FEMININE POWER, which will be launched in 2019. Everything that Sujata has learnt from the Divine Mother has been encapsulated in the book. With a Law degree (UK) under her belt, Sujata continues to offer healing as 'seva,' (service), to humanity.

### ROOM 2 / DEMYSTIFYING ORGASM with Teresa ONG

A juicy opportunity to explore the intriguing but hush-hush subject in safe space facilitated by Teresa Ong, who had helped many clients surrounding their sexuality. An interactive workshop where you would get intimate insights into your sexuality and vagina psyche, and how its connection and disconnection could influenced various aspects of your life from your relationship to yourself and others. If you are seeking to delve deeper into your sexuality or just plain curious, leave your inhibition at the door as you would leave with a stronger awareness and understanding of your own unexplored sexuality and orgasmic capacity.



**Teresa ONG** (Malaysia) combines her experience as a Clinical Hypnotherapist, TaoTantric Facilitator, QHHT Level 2 Practitioner, Coach and Trainer in actively conducting one to one sessions and group workshops in Soul Regression and Progression, Sacred Femininity, Breath-Work, and transformative meditation, coaching and workshops with tantric and psychotherapy aspects. The key successes to Teresa's approach are her innate abilities to reveal one's soul and life purpose, and identifying life patterns, habits by helping people to understand the importance of creating unique, focused and decisive actions that would ultimately affect positive outcomes in their lives. She has dedicated her life purpose to assisting others in their own journey of soul discovery, offering a real glimpse of the hidden power and strength within every unique soul.

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

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4:00pm to 5:15pm

### **ROOM 1 / GUIDED SHAMANIC JOURNEY: CONNECTING WITH OUR FEMININE -LESSONS FROM OUR ANIMAL GUIDES with Sallie YANG**

In the modern society, we have for too long relied on our masculine energy to give us strength to cope and keep up with everyday life. We have neglected or to some extent rejected our feminine energy as it is often viewed as the weaker energy. The truth is, until we re-learn how to embrace, embody and harness the strength of our feminine energy, we shall struggle to find a balance in our physical, emotional and spiritual being. Using shamanic drumming, we shall be guided to connect with our Animal Helping Spirits to accompany us through this beautiful journey to re-connect with our feminine energy, the source of our true empowerment.



***Sallie YANG** (Singapore) is a practitioner in shamanic journeying and healing. Sallie has always loved nature and wildlife. To be with nature is one of the most precious and sacred moments for her. As a result, her shamanic practice naturally gravitated towards working with spirits of nature and animal guides.*

### **ROOM 2 / MANIFESTING WITH THE MOON with Dr Katherine DALE**

As women we are inherently tied to the cycles of the earth. Our bodies were the first time-keepers for our community. This workshop will teach you how to return to your natural creative flow through understanding Moon Energy. You can use the Moon to Manifest the life you dream of living. Using a combination of Guided Meditation, Intuitive Inquiry and Collective Sharing, you will begin to understand how to tap into the natural creative flow of Moon Energy. Begin by learning to expand your ideas and dreams. Move into a stage where you will consider what needs to be released from your past. Finally, step into a new way of being with a transformative experience.



***Dr Katherine DALE** Dr. Katherine "Luna Mama" is a meditation coach and a moon guide. Her Lunar Calendar and Workbook were manifest through a strong divine connection to Moon Energy. Meeting her first Moon Guide at the age of eight, Dr. Katherine has received messages throughout her life to work with the Moon. As a Naturopathic Doctor, Dr. Katherine uses moon energy, plant medicine and nutrition to guide women to find balance. Nicknamed "Luna Mama" for her work with fertility she teaches women to balance their hormones and emotions and to connect to a calm, moon-centered lifestyle.*

5:30pm to 6:30pm

## ROOM 1 / THE ADVENTURE OF THE FESTIVAL and GONG SOUND HEALING

*"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 and inspiring finish to our day.

- 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 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.

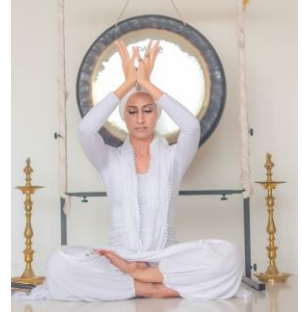


**Sylvie BARADEL** (France) has made Bangkok her home over the last ten years, intensively travelling worldwide and passionately enjoying being a businesswoman in the fashion and jewelry corporate world. Through her participation at the Women's Forum for the economy and society in Myanmar and The Worldwide 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. Sylvie is Asia Coordinator for Festival du Féminin (Thailand, Hong Kong, Malaysia, Singapore)

- We finish our day by immersing in a **GONG SOUND HEALING\***

*\*Please note that you can lie down for the Gong Sound Healing. Please bring a yoga mat if you prefer not to lie on the carpet.*

**Pamela Akasha KAUR** (Bangkok) is a certified KRI Kundalini Yoga Practitioner and Conscious Pregnancy Yoga Instructor. She has been practicing and teaching Kundalini Yoga since 2012. She believes that a woman is the embodiment of God's creative power Shakti and every woman has that divine power in her own being, waiting to be recognised. Pamela holds sacred space for the practice of Mandala Temple Dance, Womb Mandala and Gong Sound Healing with relevant accreditation, experience and knowledge. One of her most significant meetings was a meeting with Maya the master of Mandala Dance and Tahnit the Mystic founder of Tantra and ancestral practices. It was the ancient knowledge of the sacred temple dance and tantra, which combines sacred geometry of movement, energy work, the power and wisdom of the female nature, how creativity, spirituality and body practices merge into One Path. The Akashakti Space is the platform through which she shares her knowledge by conducting these wise, intuitive practices with relevance. The space offers regularly scheduled Kundalini New Moon and Full Moon events, Gong Baths, and Sacred Practices for women.



## SUNDAY 31 MARCH 2019

9:15am to 10:00am

### ROOM 1/ GROUNDING & OPENING TO RECEIVING! with Amelia Kang

As we begin another day of workshops for the Festival du Feminin Singapore, it is time to open ourselves up to receiving the positive energies, love and support that the Festival brings together. As women, we sometimes focus too much on how we can contribute, how we can give. So much so that we miss out on allowing ourselves to just relax, detox, enjoy, receive to the fullest. Surrender fully to the flow of this grounding meditation and allow yourself to embrace compassion and love.



**Amelia KANG** (Singapore) is a rare talent who has successfully integrated and balanced the realms of Energy Medicine, Metaphysics and business, both personally and professionally. Amelia as Holistic Consultant specialises in troubleshooting and resolving both practical and energetic issues through combining her East-West training. Using a balanced approach of practical & metaphysical methods, she assists clients and businesses in developing integrative strategies to greatly enhance their quality of life in areas of personal power, relationship dynamics, business decisions, self-development and health and wellness. She is trained in Chinese metaphysics under the Four Pillars of Destiny and the Flying Stars Xuan Kong system. Her Western metaphysics specialities include Energy Reading, Oracle Card Reading, Crystal Therapy, Past Life Reading, Channelling and Energy Medicine

### ROOM 2 / FOOD FOR MOOD: WOMEN & FOOD with Mary HO

Food and Cooking have always been ways for women to bond. Food that conveys unconditional love of our mothers and grandmothers. Food that trigger guilt. Food that makes us feel good. Food that makes us feel unstable. Food that makes us feel grounded. Food can trigger different emotions in us. Food can bring back memories of our relationship with our mothers, grandmothers and sisters. The relationship women have with food is complex and worth exploring. Come discover what your relationship with food is and how it relates to your female heritage.



**Mary HO** (Singapore) is a firm advocate of how a balanced lifestyle and diet can do wonders for one's health and vitality. She also has a keen interest in how food relates to our psyche and is at the centre of human relationships. Since young, Mary has always helped her mother and aunt to prepare meals, and so is very conscious of how food is the language of love. Mary hopes to help other women discover their relationship to food, and how to eat in harmony with their bodies. In her pursuit for a deeper understanding of food energetics and transformation, she studied Macrobiotics at the Kushi Institute Amsterdam. She regularly conducts Macrobiotic Energetics of Food workshops in Shanghai and also spoke at Shanghai TedX Foursquare 2012. She facilitated a series of food wellness at prestigious John Dewey Intl School, Manila to their 350 students ranging from Nursery to Grade 11 including teachers and parents. Mary also presents plantbased Asian traditional cooking at annual international macrobiotic forums and retreats in Israel and California. Mary is currently with Ame de Lumiere and offers therapies sessions in Craniosacral and Lymphatic Drainage.

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10:30am to 11:45am

## **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.*

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## ROOM 2 / WOMB MANDALA\* with Pamela Akasha KAUR

Womb mandala takes you into a sacred space of complete self responsibility which takes us from playing victim to playing creator, our true authentic selves where a sense of beauty and harmony is restored into ones being.

Women tendency and nature is often to be sensitive to the environment socially emotionally psychologically. In one way that's great strength the sensitivity another way it's a vulnerability. She picks up and absorbs people's opinions or judgment and this leaves her often in a self doubt and become subjected to the environment. Social media, family culture tells you....this is the woman you have to be (she falls into that.) even if there is a deep feeling inside that it doesn't feel right. She doesn't find the clarity to come forward and turn it around for her own liberation. When she establishes and acknowledges her own existence, She refuse that influence from the outside, She gains her power not by having her power over...but by not losing her power.

The womb mandala allows us to discover what is actually happening in our womb. It is the first step to be-coming aware of whom and what we are feeding and who and what is feeding us. This works on the four di-rections by which we orient ourselves in order to live in harmony with the web life. To clear out unhealthy relationships out of the womb and place all the relationships that you are engaged in into positions that best allow the womb to flourish.

***\*For those attending this workshop, please dress in black. You may bring your yoga mat if you prefer not to sit on the carpet.***



***Pamela Akasha KAUR*** (Bangkok) is a certified KRI Kundalini Yoga Practitioner and Conscious Pregnancy Yoga Instructor. She has been practicing and teaching Kundalini Yoga since 2012. She believes that a woman is the embodiment of God's creative power Shakti and every woman has that divine power in her own being, waiting to be recognised. Pamela holds sacred space for the practice of Mandala Temple Dance, Womb Mandala and Gong Sound Healing with relevant accreditation, experience and knowledge. One of her most significant meetings was a meeting with Maya the master of Mandala Dance and Tahnit the Mystic founder of Tantra and ancestral practices. It was the ancient knowledge of the sacred temple dance and tantra, which combines sacred geometry of movement, energy work, the power and wisdom of the female nature, how creativity, spirituality and body practices merge into One Path. The Akashakti Space is the platform through which she shares her knowledge by conducting these wise, intuitive practices with relevance. The space offers regularly scheduled Kundalini New Moon and Full Moon events, Gong Baths, and Sacred Practices for women.

**LUNCH BREAK 11:45am to 1:15pm**

1:30pm to 2:45pm

## ROOM 1/ PANEL DISCUSSION: 'HAVING THE RIGHT TO FEEL'

Inspiring women share their thoughts, hopes, and challenges on how to empower today's women to reach their fullest potential. As women, we have always been told that we feel too much, that we are too sensitive. Or that we do not handle their emotions well. Worse our emotions are sometimes disregarded and blame on physical issues like pms or hormones etc. This panel discussion will explore our relationship as women to our emotions and how we can better express them.



### **Indra DILAILA** **Interior Design Management, Photographer**

*Indra has extensive experience in client liaison, budgeting and quality control for existing interiors and orchestrating inspirational yet functional new workplace interiors for more than 20 years. After graduating from Temasek Polytechnic in Singapore, with a Diploma in Interior Architecture & Design in 1994, she worked around Asia where she initiated the workplace design aspects of interior design projects and has been responsible for the conceptual design, space planning and design implementation of commercial and corporate office projects. As a photography enthusiast, she nurtures her passion by embarking on personal projects that she does out of Love. Her current interest lies in street photography, outdoor portraiture. She has recently begun dabbling in interior photography.*

*She hopes that her images will inspire others to see the beauty of the surroundings and to appreciate the essence of Life itself with gratification.*

*Her photo e-book WOP – Women of Passion, features inspirational working women from various vocations who still take time to carry out their passion outside working hours. These women have their own unique journey in life and it is with their passion that they motivate themselves to live life to the fullest.*



### **Teresa WONG** **Director & Founder, Soulistic Hypnotherapy and Coaching**

*Teresa is a Rapid Transformation Therapy (RTT) Hypnotherapist and an entrepreneur. She is one of the first two RTT hypnotherapists in Singapore trained and certified by Marisa Peers in London and has worked with clients from all around the world. As a RTT Hypnotherapist, she is able to create breakthroughs that achieve healing via hypnosis. This would help free, fix and release the client from the blockages and traumas that they've held on to that created the current issues. Central to this methodology is the ability to transform many clients in a single session. Teresa creates a safe and compassionate space for her clients to gain clarity and insights around their issues. As an intuitive and empath, she is able to get to the root of the issues when the clients may not have found words for. Over the years, Teresa continues to expand her training and practices in healing modalities and life coaching. This gives her a multidimensional view to her clients' healing journey and supports them in the integration and alignment of their emotional, mental, physical and spirit state of balance.*

*Teresa is a certified Angelic Reiki (level 1), Tuomo Reiki (Level 3A) and Theta Healing practitioner (certified Basic DNA, Advanced DNA, Manifesting & Abundance, Soulmate, Creator & You). She is currently creating specific coaching programs and workshops for Redesigning Life by Creating New Neural Pathways in The Mind and Abundant Life Now! Teresa is known for helping clients in areas of abundance and clearing money blocks, addiction, traumas, pain management, weight management and generally feel passionate about life again.*

*\*Teresa is a member of the Association of Hypnosis Professionals of Singapore*

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**Mary HO** (Singapore) is a firm advocate of how a balanced lifestyle and diet can do wonders for one's health and vitality. She also has a keen interest in how food relates to our psyche and is at the centre of human relationships. Since young, Mary has always helped her mother and aunt to prepare meals, and so is very conscious of how food is the language of love. Mary hopes to help other women discover their relationship to food and love, while learning to live life to the fullest. Mary has been certified in Macrobiotics by Kushi Institute, Amsterdam. She has also been a Speaker at Shanghai TedX Foursquare 2012, and is a Healthy food workshop facilitator at John Dewey Intl School, Manila. She is currently a Craniosacral & Lymphatic Drainage therapist with Ame de Lumiere.



**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.



**Sujata NANDY** (Malaysia) Founder and Editor of YOGALIFE magazine, the Premier Yoga Magazine in South East Asia, Sujata is better known for her knowledge in the Shakti medium of healing. From age 13, Sujata had a special interest for all things divine where she experienced highly metaphysical and mystical sensations that set her on the path of the Great Goddess Kali. Since then, her love affair with the Divine Mother has brought her to being a tantrika (medium), with the ability to read the Akashic Records of those who sought her as well as offer remedy and healing to those suffering health challenges like cancer, diabetes, ovarian problems, psychological disorders and ADHD to name a few. In the year 2013, Sujata installed a Shakti Mandhir (temple), in the lawn of her home, wherein most of the Goddess' wisdom, rituals, know-how and healing have been imparted from. Her clairvoyant, clairsentient and clairaudent skills heightened while working with spreading the wisdom of Shakti which led her to writing a book in dedication to the Great Goddess Kali: *AWAKENING THE DIVINE FEMININE – A JOURNAL TO UNLEASHING YOUR SACRED FEMININE POWER*, which will be launched in 2019. Everything that Sujata has learnt from the Divine Mother has been encapsulated in the book. With a Law degree (UK) under her belt, Sujata continues to offer healing as 'seva,' (service), to humanity.

3:00pm to 4:15pm

### **ROOM 1 / FINDING OUR OWN VOICE with Maeva 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/ FORGIVENESS CIRCLE: HOW TO ACCESS INNER FREEDOM with Lydia PETETIN & Sylvie BARADEL**

Inspired by The Forgiveness Circle as a beautiful powerful ritual, created by Olivier Clerc, based on his experience with Don Miguel Ruiz (The four Toltec agreements) and inspired by the Ho'oponopono practice, this workshop aims at giving you the possibility of forgiving. Forgiveness towards yourself & others, towards the situation and the process. A forgiveness circle is a great ritual that makes it possible to reconcile the heart and the mind, it helps to heal the deep hurts inside, consciously and unconsciously, what is denied, what prevents us from moving forward in joy, lightness and simplicity. It definitively touches the feminine dimension of our being, often ill-treated and bullied in our very intellectual society, disconnected from emotions and feelings. This is a beautiful experience to live that resonates deep inside you.



**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.laroseetlealice.com](http://www.laroseetlealice.com)



**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. Sylvie is Asia Coordinator for Festival du Féminin (Thailand, Hong Kong, Malaysia, Singapore)

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4:30pm to 5:45pm

### ROOM 1 / INVOCATION OF THE TANTRIC GODDESS with Sujata NANDY

This workshop delves into the ancient wisdom of the Tantric Goddess the oldest Tantric text in Shaktism, showcasing the merging of Shakti with Her consciousness. Invocation of the Tantric Goddess includes techniques & methodologies to invoke & balance all aspects of the Chakras so that you make the emotional and psychological shifts within, to enable the awakening of the Kundalini, to dance in Her ultimate state of consciousness, bliss and ecstasy.



**Sujata NANDY** (Malaysia) Founder and Editor of YOGALIFE magazine, the Premier Yoga Magazine in South East Asia, Sujata is better known for her knowledge in the Shakti medium of healing. From age 13, Sujata had a special interest for all things divine where she experienced highly metaphysical and mystical sensations that set her on the path of the Great Goddess Kali. Since then, her love affair with the Divine Mother has brought her to being a tantrika (medium), with the ability to read the Akashic Records of those who sought her as well as offer remedy and healing to those suffering health challenges like cancer, diabetes, ovarian problems, psychological disorders and ADHD to name a few. In the year 2013, Sujata installed a Shakti Mandhir (temple), in the lawn of her home, wherein most of the Goddess' wisdom, rituals, know-how and healing have been imparted from. Her clairvoyant, clairsentient and clairaudient skills heightened while working with spreading the wisdom of Shakti which led her to writing a book in dedication to the Great Goddess Kali: *AWAKENING THE DIVINE FEMININE – A JOURNAL TO UNLEASHING YOUR SACRED FEMININE POWER*, which will be launched in 2019. Everything that Sujata has learnt from the Divine Mother has been encapsulated in the book. With a Law degree (UK) under her belt, Sujata continues to offer healing as 'seva,' (service), to humanity.

### ROOM 2 / THE MAGIC OF SINGING BOWLS with Christina SHIU

As women, we are high performers that play multiple roles in our day to day life. We are daughters, professionals, wives, partners and mothers, it is important to nourish and recharge ourselves constantly, so that we have the strength to deliver our responsibilities and support people around us.

Singing Bowl is a simple and effective tool to bring us back to balance in physical, mental and emotional levels. In this workshop, Christina will show us multiple techniques with the singing bowls to enhance our wellbeing. Through the use of sound, vibration and resonance, we magically reduce stress, bring back clarity to the mind and promote deep connection with our inner wisdom.

Sound healing is non-evasive, nonreligious and free of side effects. Studies have found that the sounds and vibrations produced by the singing bowls are able to reach deeply into our body to restore balance and harmony at the cellular level.



**Christina SHIU** (Hong Kong), owner of The Singing Bowl Gallery and The Singing Bowl Studio in Singapore, is a Singing Bowl specialist. She is passionate in promoting the singing bowl as a simple and effective tool to bring back peace and balance to people's life. Christina has been consistently offering sound bath meditation sessions and Singing Bowl Workshop monthly for the past 5 years. Many of her students are now offering singing bowl events in different yoga studios and wellness centres. Her learnings and teachings are rooted in the original lineage from her teachers from the Nawali & Tibetan traditions. Being widely exposed to classical music and live performances, she engages participants with sensitivity and artistic touch in her live Singing Bowl performances.

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5:45pm to 6:30pm

## 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!



## Tickets

### Prices:

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

- **SGD\$200 until March 12<sup>th</sup> - Early Bird price**
- SGD\$240 from March 13<sup>th</sup> onwards

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

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

- **SGD\$110 until March 12<sup>th</sup> - Early Bird price**
- SGD\$150 from March 13<sup>th</sup> onwards

Registration is completed upon payment.

### How to register and pay?

**Via our registration link:** <https://universeofsound.live/fdfspore2019/>

### **Via Paynow: Please pay to 92394008**

Please send your full name, your nationality, your mobile number, your email address, a photo of the successful transaction and the chosen day if for one day-pass to [fdfspore@gmail.com](mailto:fdfspore@gmail.com).

Venue Partner



Address: 108 Robinson Road, Level 12, Singapore 068900

Ticketing Partner



Universe of Sound

Marketing Partner



AME DE LUMIERE

Holistic Consultancy

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## 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

*"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 & Singapore



## SUPPORTING PARTNERS in France



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**WELCOME  
SEE YOU SOON!**