



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/kualalumpur2019

2nd edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

KUALA LUMPUR

23-24 March 2019



fdfkualalumpur@gmail.com

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FESTIVAL DU FEMININ®

A transformative journey for women by women

We welcome you wholeheartedly to the second edition of Festival du Féminin® in Kuala Lumpur 23-24 March 2018, in Impiana KLCC Hotel, right in the heart of Kuala Lumpur. Created and started in Paris by the Centre Tao, this registered trademark festival is held in cities all over France and is rapidly developing internationally. The Festival du Féminin® links women all over the world to gather and connect with one another.

During the two-day festival, we as women are invited to experience a beautiful inner self- journey to discover, feel, contact and connect the multiple facets and spaces with ourselves, with our femininity.

The Festival du Féminin® is offering interactive creative workshops guided by an array of experienced and acclaimed local and international facilitators. Included among them are therapists, lecturers, writers, shamans, dancers, artists, singers, energetic healers, coaches, midwives or wise women. They all generously share and convey their deep experience to accompany and empower women to trust and follow their own path to reach their essence, their deepest, their most sacred and vibrant inner world. They will guide us to discover our strengths and vulnerabilities, our sensitivity and our power.

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

It is joyful, it is liberating, it is convivial, it is soft, it is powerful, it is communicative, it is fulfilling, it is vibrant, it is pleasurable, and it is in full swing! Where am I as a woman? How do I live my femininity in my heart, in my body, in my belly?

Come and share in consciousness these unique moments of deep listening and encounters: opening up to oneself and to the other, becoming an agent of change for the world we wish to build. This is a sisterhood movement blossoming across the world. It heeds a longing for values and liberty, a longing for grounding and harmony to contribute to the re-enchantment of the world. Join us, connect, laugh, cry and be your authentic self. We are all unique women and we will honour that during the Festival.

Workshops are conducted in English.

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

Contact us by e-mail: fdfkualalumpur@gmail.com

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

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

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

Tickets	2-days (RM)	1-day (RM)
Regular	680	450
Early Bird (until 28 Feb 2019)	580	380
Family & friends (3 tickets minimum in one single payment)	550	350

YOUR SUPPORT MATTERS

An important aspect of Festival du Féminin® is raising money for local charities. All local and international facilitators and organizers that will be conducting workshops during the 2019 Festival du Féminin® are donating their time and expertise in the commitment to empower women. Collectively, the proceeds of the ticket sales, minus expenses will be donated to a local charity and for 2019, this local charity will be Living Hope.

Living Hope was established by Dr. Peggy C. Wong in 2007 to provide food and education to the poorest of the poor children living in Malaysia with the aim of giving them a LIVING HOPE for a better tomorrow. In 2012, Living Hope was registered as an NGO with the Malaysian Registrar of Societies.

Dr. Peggy was a former banker with an international bank and is now a well-respected global entrepreneur and philanthropist. Serving the poor and needy is in her DNA as her grandfather gave free medicine to the migrant workers and her father continued this legacy in conjunction to feeding beggars and building schools. Whilst volunteering in orphanages, she realized that the only way for a promising future for these children would be through early education.

As such, Dr. Peggy went on a mission across rural Malaysia and visited remote areas to understand the plight of the hardcore poor. She lamented, “some of these children do not even have one meal a day. Some walk for two hours each way to school, while some only attend school for 14 days a year, as and when their parents can afford the boat fare. And there are those who carry a precious pair of shoes on their back and wear them only when they reached school”. Today, the Living Hope team works on several key initiatives, mainly:

- **One-Egg-One-Child** : a feeding program that provides a child with one meal every school day, with an egg to be included in this meal.
- **Educate A child Program** : a special program that equips poor children with basic necessities such as shoes, uniforms, school bags, books and stationeries so that they can attend school.
- **Toy and Book Library**: to be established in villages and urban poor areas to provide children with access to educational books and toys to help them learn.

Your generous support will collectively enable the lives of these children and bring HOPE to their future.



Schedule: Festival du Féminin® Kuala Lumpur 2019

DAY 1

8:30 – 9:00	REGISTRATION	
9:00 – 10:00	Banquet Room 1	OPENING CEREMONY
10:15 – 11:30	Banquet Room 1	BONDING BETWEEN MOTHERS & DAUGHTERS with Monika Wyss
	Banquet Room 2	A WOMAN'S HANDS – A WOMAN'S WORK with Onyxe Antara
11:30 – 11:50	BREAK	
11:50 – 1:05	Banquet Room 1	FREEDOM THROUGH FORGIVENESS with Alison Levesley
	Banquet Room 2	FINDING YOUR OWN VOICE with Maéva Michel
	Mawar Room	RECONNECTING WITH WOMB WISDOM with Claudia Sun-Gerber
1:05 – 2:35	LUNCH	
2:35 – 3:50	Banquet Room 1	INSIGHTS MATTER: WOMEN IN CONVERSATION
3:50 – 4:10	BREAK	
4:10 – 5:25	Banquet Room 1	AWAKENING THE DIVINE FEMININE with Sujata Nandy
	Banquet Room 2	UNDERSTANDING THE IMPORTANCE OF SETTING BOUNDARIES with Adelina Hayden
	Mawar Room	RED TENT - FIRST MOON STORIES with Onyxe Antara
5:25 – 5:45	BREAK	
5:45 – 6:15	Banquet Room 1	DIAPORAMA: THE ADVENTURE OF THE FESTIVAL with Sylvie Baradel
6:15 – 7:15	Banquet Room 2	EVENING ENTERTAINMENT

DAY 2

8:30 – 9:00	REGISTRATION	
9:00 – 9:30	Banquet Room 1	HEALING AND RELEASING FOR AN OPEN HEART TOWARDS ACCEPTANCE with Adelina Hayden
9:30 – 9:50	BREAK	
9:50 – 11:05	Banquet Room 1	LAUGHTER WELLNESS with Deborah A. Rodrigo
11:05 – 11:25	BREAK	
11:25 – 12:40	Banquet Room 1	AWAKEN YOUR INNER TEMPLE with Lydia Petetin
	Banquet Room 2	UNLOCKING YOUR CREATIVITY with Claudia Gallo
	Mawar Room	WOMB WISDOM with Teresa Ong
12:40 – 2:10	LUNCH	
2:10 – 3:25	Banquet Room 1	DEMYSTIFYING ORGASM with Teresa Ong
	Banquet Room 2	KINETIC ART with Sean Ching Cheang
	Mawar Room	RED TENT – SACRED BLOOD WISDOM with Sujata Nandy
3:25 – 3:45	BREAK	
3:45 – 5:00	Banquet Room 1	CRYSTAL SOUND BATH IMMERSION with Elizabeth Anne Huxtable
	Banquet Room 2	DARE TO DREAM BIG AND ALLOW YOURSELF TO HAVE IT ALL with Linnet Tan
5:00 – 6:15	Banquet Room 1	CLOSING CEREMONY

Registration**8:30 – 9:00****Opening Ceremony****9:00 – 10:00****Session 1****10:15 – 11:30****Banquet Room 1: BONDING BETWEEN MOTHERS & DAUGHTERS with Monika WYSS**

The relationships between mothers and daughters are 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 has been working passionately with people from all walks of life helping them to find their place in the family, their life and discover their purpose.*

www.monikawyss.com

**Banquet 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 a 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, she offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops around the world.*

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



Banquet Room 1: FREEDOM THROUGH FORGIVENESS with Alison LEVESLEY

Together we will explore our deepest wounds that need to be forgiven. Release the bondage of your heart and bring peace and love into the darkest places of your being.

This interactive sharing creates opportunity for you to open up to your Divine essence.

In silence and deepening we will have awareness and understanding. Through our words we will let go releasing, expanding and opening to greater possibilities and love.

Alison LEVESLEY (UK) is an Interfaith Minister; Radio Presenter, Inspirational Speaker, Visionary, Psychic Intuitive Healer and Spiritual Coach. It has been recognised that immense healing is delivered through Alison's voice and energy. Alison's work is transformational, quick and powerful. She works internationally with private 1-2-1 clients and larger groups/audiences.

www.alisonlevesley.com



Banquet Room 2: FINDING OUR OWN VOICE with Maéva MICHEL

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

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

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

www.maevamichel.com www.soundcloud.com/maevamichel



Mawar Room: RECONNECTING TO WOMB WISDOM with Claudia SUN-GERBER

(Limited seating)

How can we live a sensual life? Where can we start? What does it mean to live a sensual life? Claudia believes it all starts with our womb, as our womb holds wisdom, which often is suppressed, not acknowledged or even denied. In this intimate women's circle we will heal our womb, reconnect with it, feel and sense it. First through a guided deep clearing meditation and then through sensual touch and movement. If you allow it we will dive deep within and bring back the forgotten joy of being sensual, of being a women in her full bloom and empowerment.

This intimate women's circle is only for women who are open to sensual touch and feeling.

Claudia SUN-GERBER is from Switzerland and living in Kuala Lumpur since 2018 with her daughter. Back home she worked in the cooperate world for around 5 years as a Co-CEO.

Before she became a Practitioner in 2009 she had a Retail Store but soon realised that this wasn't her passion. Wondering how to overcome some old habits and patterns she discovered EFT. Fascinated by the amazing results and the empowering benefits her interest for alternative Healing Techniques was awakened. Since then her toolbox has expanded and she loves to share her knowledge to empower others.

She is the Co-Founder of Pure Authentic Living, a sacred space holder and an Accelerator for Growth.

<https://sun-claudia68.wixsite.com/meinewebsite>



Banquet Room 1: INSIGHTS MATTER – WOMEN IN COVERSATION

LEAD MODERATOR: **Sumitra SUNDARAM** (Malaysia) is an international consultant, trainer and life coach based in Kuala Lumpur. She began her career as a chemical engineer 23 years ago but has evolved into being a teacher, coach, caregiver, project manager and writer. She achieved her childhood dream to work for the United Nations Development Program and International Federation of Red Cross and Red Crescent Societies on global issues that affect local communities. She practices Angels Reiki. Her lifelong passion for art and colours led her to begin facilitating colour therapy workshops from 2015.

www.sumitrasundram.com



“HOW DO YOU HONOUR YOUR BOUNDARIES IN RELATIONSHIPS?”

MODERATOR: **Maida Tiva ALTHIA** (Indonesia) has a history of a divorced parents and got an arranged marriage in her early 20s. After 10 years of marriage, she finally got her courage to fight for her own freedom of happiness. 15 years in Radio Network Company in the latest position as Network HR Director made her question her own life and passion. Now, she is an Authentic Life Coach and Personality Enhancement Trainer, helping mostly women to live their own life fullest. She expresses herself fiercely and has a happy marriage.

www.authenticpersona.com



“HOW DO YOU EMPOWER YOURSELF IN CHALLENGING SITUATIONS?”

MODERATOR: **Shahira AZIZ** (Malaysia): I believe that true healing happens when we begin to heal ourselves. This understanding came to me through my years of practice, both as a yoga student and teacher. The practice has deeply impacted my outlook on life. The art of self care and self love through body and breath awareness was my awakening to experience the gift of all that is in my life. Along the way I have been blessed to meet many wise teachers and fellow practitioners who have been gracious and generous. This also opened up opportunities for world travel to sacred sites and to connect with communities and their land. I am currently working in the financial industry after a 3 year sabbatical, embracing all that is and serving with love and gratitude.



“WHAT DOES HAVING IT ALL MEAN TO YOU?”

MODERATOR: **Sarika MALHOTRA** (Malaysia) is the owner and founder of PHASES Beauty and Spa and PHASES New Age Wellness, specialising in Beauty and Wellness, Holistic Therapies, Energy Healing and Meditation Awareness. She is also the founder of pendulums of the universe and recently successfully launched the streams of life event, a brief guide to a fantastic life. She is a passionate women who has had humble beginnings going through different phases in her life. These phases of her life have given her the realization of her true potential to guide the people around her. Thus propelling her to be a certified life coach and the creator of the "you have the power" workshop, a 3 day workshop that is designed to help you unlock and unleash the power within you that can help you break through any limit and create the quality of life you desire in all the 9 aspects of your life.

Facebook pages: [Phases new age wellness](#), [Pendulums of the universe](#), [Streams of life](#)



“HOW DO YOU EXPLORE AND EXPRESS SENSUALITY IN YOUR RELATIONSHIPS?”

MODERATOR: **Masuma PARDIWALA** (Malaysia): Creative work and art has been something Masuma has always enjoyed. It is her go-to for relieving any kind of stress; a medium for meditation and inner reflection. Art has been her cornerstone of her healing, support and therapy after being diagnosed with epilepsy since the age of 10 and after going through a painful miscarriage followed by severe depression. It has also transpired to be becoming a source of personal expression and joy. This experience led her to becoming trained as a certified Creative Fitness Coach. Besides art, she has always been fascinated with the mind body spirit connection, understanding the psychology of human behaviour and various alternative and holistic health modalities. She has travelled on her personal spiritual journey of self-discovery in the pursuit of answers to gain a deeper understanding of our very existence and evolution. She is also certified and holds qualifications in Reiki Mastery, Family Constellation and Systemic Therapy, Serenity Vibration Healing, Learning Disorders Management, Child Psychology and Counselling, Marketing and Public Relations.

www.masumbeearth.com, Facebook: [@masumbeearth](#)



Banquet Room 1: AWAKENING THE DIVINE FEMININE with Sujata NANDY

Gather in the spirit of sisterhood 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 awakened in this lifetime by immersing yourself in deep mystical rhythm in the ecstatic dance of the Divine Feminine 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 Divine Feminine medium of healing. From age 13, Sujata had a special interest for all things divine where she experienced highly metaphysical and mystical sensations. Since then, her love affair with the Divine Mother has brought her to being a 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. Her clairvoyant, clairsentient and clairaudient skills heightened while working with spreading the wisdom of the Divine Feminine which led her to writing a book: **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.*

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



Banquet Room 2: UNDERSTANDING THE IMPORTANCE OF SETTING BOUNDARIES with Adelina HAYDEN

Do you feel like you're attracting negative people into your life? Do you constantly feel drained or exhausted around certain individuals? Do certain colleagues or love ones stress you out? This workshop reveals the secret of how and why people's energies may be affecting you. Once you cognitively understand the 'energy' concept behind this you will be able to rationalise any unwarranted concerns. You will know what you are dealing with and apply the tools and methods that I will share with you during this workshop in order to manage and overcome these unique situations.

***Adelina HAYDEN** (Malaysia) was scaling the heights of the corporate world since the age of 21. With over 20 years of working for international consultancies, MNCs and public listed companies in the field of communications, Adelina's world took a turn mid-way when her eldest child was diagnosed with a rare medical condition. She embarked on a journey to learn various healing modalities, including biological medicine and even worked with gurus of stem cell therapies. This culminated in a journey which ultimately led her to discover her own healing journey within. Today, Adelina is a qualified Wellness Medical Qigong Practitioner, Advance Pranic healer, Mindfulness facilitator; sharing her gifts of healing with compassion through various talks, workshops and speaking engagements.*

www.facebook.com/adelina.hayden



Mawar Room: RED TENT - FIRST MOON STORIES with Onyxe ANTARA (Limited seating)

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

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

***Onyxe ANTARA** (USA) is deeply committed to how sacred witnessing of personal journeys can expand world views and transform lives. She believes that to end global suffering we must begin with our own healing. She is the founder of HeartSpace, a body of work that focuses on deep listening, clearing emotional tension in the body, connecting with our Divine Essence, and learning to live a purposeFULL life with heart-centered presence. As a Regional Coordinator for Gather the Women, a global sisterhood dedicated to changing the world one woman and one circle at a time, Onyxe facilitates a multi-cultural, multi-ethnic, and multi-faceted women's circle 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, she offers individual healing sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops around the world.*

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



THE ADVENTURE OF THE FESTIVAL

by the Asia Ambassador of Festival du Féminin®, Sylvie BARADEL

"Like a wave, a breath, each woman is driven by the desire to dare to look at her dark and bright sides, to heal from her wounds, to reinvent herself and the world. Each woman brings her own uniqueness in a large tribe of women to share a great moment of inner channeling and celebration"

The cofounding team: Delphine Lhuillier, Christine Gatellier, Cecile Bercegeay.

The contemporary woman thrives for deeper meaning and freedom. Embodying the sweet alchemy between the Yin and the Yang, she desires to dance between these two poles of energy and participates in the re-definition of the world. She is in search of herself and of her place in society. She is confronting and she confronts herself with all sorts of taboos: her femininity, her pleasure, her creativity, and her fulfillment.

Since March 2012, when the Festival du féminin® was created in Paris by the Team of Centre Tao, the adventure of the Festival du féminin® answers to these aspirations by creating friendship, meet-ups, and experiences. Today the Festival du féminin® is blossoming worldwide in the four continents with the same generous enthusiasm and an engaged vibrant heart.

From Europe to America, from Asia to Africa, the Festival du féminin® keeps resonating and shining so as to pass down to future generations the understanding of the Feminine diversity and richness.

Sylvie Baradel, Asia Ambassador of Festival du féminin®, shares **through a video and testimonies** the latest developments of this sisterhood movement connecting women from Thailand, Singapore, Hong Kong and Malaysia while initiating and supporting new projects in Iran, Japan and Vietnam.

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

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

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

www.festivaldufeminin.com

Evening Entertainment

6:15 – 7:15

Banquet Room 1: COMEDY AND INTERACTIVE DANCE PERFORMANCES

Let's get together for some fun and join Malizah Isa, Nurul Huda Padulli, Santhya Maria and Tasha Prabhaare for an evening of comedy, dance and music from around the world.



Welcome & Registration Meditation

8:30 – 9:00
9:00 – 9:30



Banquet Room 1: HEALING AND RELEASING FOR AN OPEN HEART with Adelina HAYDEN

This is a prep for day-2 to help you assimilate yourself to better absorb the upcoming workshops that you are attending. I will guide you through a special mindfulness session to release any trapped limiting beliefs that hinders you from opening yourself to new insights that allow for personal growth; and to give yourself the permission to grow and expand as your heart desires.

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

www.facebook.com/adelina.hayden

Break Session 1

9:30 – 9:50
9:50 – 11:05



Banquet Room 1: LAUGHTER WELLNESS with Deborah A. RODRIGO

Laughter Wellness is a unique process that, if undertaken with willingness, enables us to laugh - even if we don't feel like it - without relying on humour, jokes or comedy. And why would we want to do that? Because it releases 'happy hormones' into the body, called endorphins, our own natural morphine – which boosts our immune system, and decreases physical and emotional pain. It's an easy aerobic exercise programme that anyone can do, that results in increased levels of health and happiness.

The benefits of this holistic healthcare practice are enormous, and are more easily experienced than explained. Laughter really IS the BEST MEDICINE! When practiced regularly, for at least 10 - 15 minutes, sustained bouts of laughter can help anyone to :

- heal faster and stay healthy
- manage stress, perform better
- think smarter, increase creativity
- gain confidence, increase self-worth
- cultivate inner peace and improve relationships

In LAUGHTER WELLNESS sessions the facilitator provides a supportive environment that helps us to easily prolong our natural laughter, which brings more oxygen to the body and brain, so we feel more relaxed, calm, centered and energetic.

LEAVE YOUR BURDENS BEHIND, AND JOIN DEBBIE RODRIGO FOR A FUN-FILLED Time !

***Deborah A. RODRIGO** (Malaysia) graduated as a Laughter Yoga Leader in 2015 under Chandanna Denzayll from South Africa and became a certified Laughter Yoga Teacher in 2017 under Master Trainer Merve Neal from Australia .Shortly later she open her own Laughter Yoga Club bringing people from all walks of life from the youngest participant of four years old to eighty years old. She connects with people through her engaging facilitation skills, her trigger laughter and her inner child playfulness. It is such joy to create a bubble of fun, play, releasing stress and engaging with the crowd.*

Deborah does weekly Laughter Yoga for the cancer survivors at the National Cancer Association, monthly laughter yoga for the visually impaired at the Malaysian Association of Blind (MAB). She also does for Parkinson center, some NGOs. Some of her corporate clients are WWF, Selangor Philharmonic Singers, MaGIC, The Face Shop Malaysia and also for small corporate events. One of her largest crown was for over 2000 people in a single session. She is one of the most sought-after Laughter Yoga facilitators in the Klang Valley.



Banquet Room 1: AWAKEN YOUR INNER TEMPLE with Lydia PETETIN

Do you know this Place in your body full of Mysteries, so rich, so creative, so potent, so magnetic that it has been generating, since the beginning of time, respect, curiosity, veneration, but also fear, lust, manipulation and demonization. This Sacred Place IS your inner Temple potentially rich with 1001 dreams, creations, beauty and harmony. By Sacred dance 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. Be welcomed within yourself.

Lydia PETETIN (France) is a mother and a grandmother who has dedicated her life for the last few decades to honor Life and reveal the Beauty of whom who crosses her path. After 4 years of Religions Anthropology, 13 years of Shintaido training and 16 years exploring 5 Rythms Dance and Movement Medicine, she continues to express her dedication by strengthening her roots and opening the wings of her heart, working, collaborating with renowned teachers and shamans, making researches in prenatal memories, water energy, sacred sexuality and feminine Archetypes. She gives Woman Yoga classes and workshops in France and different countries.

www.laroseetlecalice.com, FB pages : - la rose et le calice, Lydia Petetin



Banquet Room 2: UNLOCKING YOUR CREATIVITY with Claudia GALLO

When you were a child you had this creative spark intuitively. You played, you exercised your imagination, you were curious and you did quirky and unusual things. But if you're like many people, as you get older you stopped using your imagination. You started to think more practically and empirically, and little by little your creative channel got blocked. Sometimes it's from social rejection, people telling us our ideas won't work or ignore our potential. Or we put creativity in the box of the classic "artist", and feel excluded from the club of the painter, musician, or dancer. We become convinced we're not a creative person, and because of this, we stop being the "creator" of our life. We stop imagining new and better possibilities, and we stop taking steps to actually create them in the world. We may be battling powerful inner demons or more insidious things like multi-tasking, lack of focus, and spending too much time doing things we don't want to do.

In this workshop Claudia will be guiding you into some exercises to ignite your creativity and sense of fun, giving you a sense of direction and accomplishment. The focus of this workshop is to help you open to your free flow of creative power and joy. Usually, there is a combination of inner and outer factors- some minor, some major- that all contribute to resistance, you will learn to recognize and trust your imagination's instincts and to understand your creative process with Creative Writing activities that tap into your originality & imagination. Let yourself break out and play.

Claudia GALLO (Costa Rica) has spent the last ten years travelling and working around the world. After four years in Kuala Lumpur, Malaysia has now become her second home. Claudia is now a Yoga studio manager and instructor. After 6 years teaching she has also deepened her practice traveling around Southeast Asia, USA and AUS, taking workshops and other trainings constantly. She also has a vast interest in healing and restorative practices, which lead her to Reiki, sacred ceremonies, women's circles and holistic practices. With a background in sports, adventure and a strong connection with nature and outdoors, Claudia's energetic yet serene personality makes for her dynamic and fun classes and workshops, she is able to reflect the love and passion she has for the Yoga and healing practices and is able to transmit that and touch the attendee's hearts to look within.

<https://www.facebook.com/claudiagalloyoga>, IG: claugallo



Mawar Room: WOMB WISDOM with Teresa ONG (Limited seating)

In the modern age, women are getting more detached from their feminine essence, especially her womb. This workshop works on honoring our sacred creation space within us that is the foundation of our femininity by bringing forth the unique wisdom of your womb. Connect with the dynamic life and creation force that is loving, powerful by activating your womb and strengthening the core of your feminine power. UNDERSTAND & RELEASE anxieties, insecurities, low self worth as a woman and learning how to set healthy boundaries. CONNECT to your heart and womb, and aligning both to access the divine, sacred feminine power center with unconditional love.

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. Teresa's passion, adaptability, flexibility, compassion and acuity in understanding her client's needs through working together to develop solutions allows her to combine coaching, guidance and support for personal transformation. 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>, <https://souldiviner.com>



Banquet Room 1: DEMYSTIFYING ORGASM with Teresa ONG

A juicy opportunity to explore the intriguing but hush-hush subject in safe space facilitated by Teresa Ong, who has helped many clients surrounding their sexuality. An interactive workshop where you would get intimate insights into your sexuality and vagina psyche, and how it's connection and disconnection could influence 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. Do you want to Live Your Life in its full Orgasmic potential?

***Teresa ONG (Malaysia)** combines her experience as a Clinical Hypnotherapist, Tao Tantric 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. Teresa's passion, adaptability, flexibility, compassion and acuity in understanding her client's needs through working together to develop solutions allows her to combine coaching, guidance and support for personal transformation. 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/>, <https://souldiviner.com>



Banquet Room 2: KINETIC ART with Sean Ching CHEANG

Kinetic Art is a therapeutic and scientific methodology for body, mind and soul, through colours, nature brushes like twigs, flowers and leaves, music, self-love massage and breathing techniques, to evolve oneself to a betterment of life psychologically, emotionally, mentally & scientifically. In the Women Empowerment Art Session, we apply the holistic way to allow our women to know and understand themselves better through Self-Love Massage, Music Therapy, Nature Landart on Canvas & Sound Healing.

- Find out what causes stress and other negative emotions
- Learn How to De-stress through Self-Love Massage, awaken consciousness, the five senses, intuition and equilibrium
- Communicate effectively with the body, mind and soul for well-being
- Uplift the connectivity of self-love, independence, value, resilience and security in divine feminine energy
- Rediscover the Inner Child
- Express inner beauty

***Sean Ching CHEANG (Malaysia)** is the founder of the Kinetic Art Therapy Programme, with 23 years in the education field as a Certified TESOL teacher, Certified Hatha and Yin Yoga teacher and Art Therapist. She has specialised in Multiple Intelligences Methodology and Seven Habits for Highly Effective People to conduct and teach students in stress management and goal achievement. Based on her own life experience as an art therapist and movement and meditation facilitator, she has been passionate about the art of life in many aspects, and believes Science is Art, Art is Science. Facebook: Sean Ching Cheang, Kinetic Art Therapy, Instagram: Sean Ching Cheang Yoga*



Mawar Room: RED TENT: SACRED BLOOD WISDOM with Sujata NANDY (Limited seating)

Also known as the Moon Lodge, the Red Tent is the Menstruation Hut in which women gather to honour their inner Moon! From menarche (i.e. first blood), to menopause, Red Tent rituals hone the principles of the Triple Goddess - the Maiden, the Mother and the Crone. This workshop celebrates the stages of womanhood as she ascends from a girl to the awakened shaman, while holding the wisdom of the Universe in her womb in the entire journey of her life.

***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 Divine Feminine medium of healing. From age 13, Sujata had a special interest for all things divine where she experienced highly metaphysical and mystical. Since then, her love affair with the Divine Mother has brought her to being a 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. Her clairvoyant, clairsentient and clairaudient skills heightened while working with spreading the wisdom of the Divine Feminine which led her to writing a book: 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.*

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



Banquet Room 1: CRYSTAL SOUNDBATH IMMERSION with Elizabeth Anne HUXTABLE

A Sound Bath is a sound vibrational massage and exercise for every cell and organ in your body to promote health, physically, mentally and emotionally. Come on a sound journey with Elizabeth Huxtable and her beautiful crystal singing bowls, crystal harp, xylophones and voice to resonate your whole body into wellness. The sounds will lead you into blissful states of relaxation. Participants lie down (please bring a mat, pillow & blanket) while healing sounds are played and sung around them.

Imagine entering a state of trance bliss - your heart rate, respiration, blood pressure, brainwaves and stress hormone levels decrease, allowing the body to heal on all levels. Doorways to altered states of consciousness open where you can receive insight and inspiration from your Higher Self.

***Elizabeth Anne HUXTABLE** (Australia): Originally a research scientist and educator in Australia, Elizabeth began her journey into complementary therapies 30 years ago. She uses a variety of modalities including Reiki, EFT and Emotion Code. As a musician and singer, she became fascinated with the power of sound and studied Sound Therapy at the Globe Sound and Consciousness Institute (USA), where she tapped into the healing power of her voice. She combines this with crystal singing bowls, crystal harp and other instruments, in group and private sessions. She specialises in treating deep emotional issues, insomnia, depression and works with special needs children.*

www.scientificsoundasia.com



Banquet Room 2: DARE TO DREAM BIG AND ALLOW YOURSELF TO HAVE IT ALL with Linnet TAN

You Deserve to have all that makes your heart sing! To Dare to want the most Amazing, Wonderful, and Fulfilling life experiences, every day! Why settle for anything less? We know that what we believe and expect, we attract. How we feel about ourselves, is expressed in many subtle ways, to other people, and the world. We naturally broadcast - through our words, thoughts, and emotions – our true belief of what we feel we are ready for, and deserve to have, in life.

In this workshop, learn simple techniques to decipher your subconscious broadcasts regarding your future; of your worth, abilities, and potential. They have created your current reality. Learn to spot and identify any mixed messages in your intended manifestations, in the key areas of Self-Image, Relationships, Career, and Wealth.

Have you dared to dream about how exponentially spectacular every part of your life can become?! Let us harness and amplify our innate abilities of magnetic attraction. We are most powerful when our thoughts, emotions, and beliefs, are synchronised to our desires. It is time to start living a life beyond our own expectations!

***Linnet TAN** (Malaysia) is a dedicated advocate for personal empowerment, and integrating wealth and spirituality in life. With a background in international securities and investments, she spent 15 years as a presenter and trainer within the asset management industry, facilitating programs on leadership, sales performance, and paradigm shifts. She has traveled across 6 continents and to over 140 major cities, expanding her horizons and training in various development courses, transpersonal studies, and holistic healing modalities. Her unique perspective and approach integrates abstract concepts with practical life applications, inspiring others to explore their deepest talents and awaken their highest potential.*

www.WisdomLiberty.com, FB: Freedom & Mastery (www.facebook.com/masterynow)

Integration and Closing Ceremony led by the whole team of facilitators

5:00 – 6:15

All participants are gathering for the last workshop as the two-day journey comes to a close. 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 what fun! This essence of being alive feels so good, so vibrant, brimming to the full. Could this be oxytocin?! So, is this what sisterhood feels like?! This is a pearl I am committed to looking after.

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