



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/nairobi2019

1st edition

FESTIVAL du FÉMININ®

*A transformative journey
for women by women*

NAIROBI 2-3 November 2019

fdfnairobi@gmail.com • +254 704 873 705

 festival du féminin Nairobi 2019

#fdfnairobi

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FESTIVAL DU FÉMININ®
A transformative journey by women for women

Kenya's first year to welcome an exceptional 'for women only' event in Nairobi in November, 2 and 3, 2019 hosted at Tribe Hotel, Nairobi.

A growing global-awakening sisterhood festival.

Welcome to the 1st edition of Festival du Féminin® in Nairobi, 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 spread to more than 10 countries (Canada, USA, Mexico, Colombia, India, Morocco, Singapore, Hong Kong, Malaysia, Thailand) while new projects are starting in Indonesia, China, 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, honour and celebrate precious moments of their lives and inner paths. It invites them to discover, or rediscover, the power, the sweetness, the safety of bonds and friendships connecting and feeling what they have in common, and to explore the lights and shadows inside them and to heal their lineage wounds.

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

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 leaders in their field: dancers, musicians, healers, artists, psychologists, 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 24 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 subtler 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 forgiveness circles, small group counselling, energising dance, song and art expression AND MORE.

Meet our Thought Leaders, Speakers, Facilitators, Artists!

* Alex Chichon * Alice Blanchard * Amber Van Den Berg * Amina Foramitti * Cathy Kilonzo * Claudia Milena Vaca * Gaby * Gisèle Baradel * Emily Onyango * Hodan Mohamed * Jean Sangale * Jenna Amersi * Jessica Proctor Pelham * Kelly Aburi * Laura Mariani * Linda Blanc * Madhvi Dalal * Maève Michel * Marianne Verrijt * Mary M'Mukindia * Milena * Narissa Allibhai * Niketa * Noor Vaiani * Onyx Antara * Pauline Macharia * Pinky Ghelani * Rebecca Lolosoli * Riya Sharma Shah * Rosaia Ruberto * Salma Mazrui-Watt * Shazia Hassan (Dr.) * Shilpa Shah * Shirley G * Sonal Sinha * Stephanie Kane * Sylvie Baradel * Usha Harish * Wanjeri Gigi Mahihu *

FESTIVAL DU FÉMININ®

A transformative journey by women for women

It is fun, it is joyful, it is liberating, it is convivial, it is powerful, it is communicative, it is fulfilling, it is vibrant, it is pleasurable, and it is in full swing! Where am I as a woman? How do I live my femininity in my heart, in my body, in my belly? Come and share in consciousness these unique moments of deep listening and encounters: opening up to oneself and to the other, becoming an agent of change for the world we wish to build. This is a sisterhood movement blossoming across the world. It thoughtfully considers a longing for values and liberty, a longing for grounding and harmony to contribute to the re-enchantment of the world. Join us, connect, laugh, cry and be your authentic self. We are all unique women and we will honour that during the festival. Workshops are conducted in English.

- find us on Facebook page : [Festival du Féminin® Nairobi 2019](#)
- contact us by email : fdfnairobi@gmail.com
- Instagram : [festival du feminin Nairobi](#) #fdfnairobi #festivaldufeminin
- call us on : +254 704873705
- venue : [Tribe Hotel, Nairobi](#)
- dates : 2 & 3 November, 2019
- registration : fdfnairobi@gmail.com (see page 40)



Jessica PROCTOR PELHAM
Co-Organiser



Sylvie BARADEL
Co-Organiser



Welcome from the Steering Committee for the Festival du Féminin Nairobi 2019!
(L-R) [Sinja Stötzner](#), [Lala Kane](#), [Aniesta Muttur](#), [Jessica Pelham](#),
[Hodan Mohamed](#), [Tracy Damaris](#), [Ines Chabbi](#)

SATURDAY 2 NOVEMBER 2019

8:30 am to 9:00 am:

Welcome participants and registration (*tea, coffee, snacks included*)

9:00 am to 10:00 am:

Room 1 **WELCOMING WORDS** by the organizing team followed by **OPENING CEREMONY**

10:15 am to 11:30 am:

Room 1 **DANCING THE FEMININE ARCHETYPES WITH PRIMITIVE EXPRESSION®** with *Gisèle BARADEL*

Room 2 **TAI CHI AND YIN YANG: THE TAO OF LONGEVITY & BALANCE** with *Linda BLANC and Amber VAN DEN BERG*

Room 3 **RED TENT** with *Onyx ANTARA* (*space for 8 women, sign up in advance*)

11:30 am to 11:45 pm:

Tea Break (*TEA, COFFEE, SNACKS included in the ticket*)

11:45 am to 1:00 pm:

Room 1 **NURTURE OUR INNER CHILD** with *Jenna AMERSI*

Room 2 **ART EXPRESSION** with *Claudia Milena VACA*

Room 3 **CONNECTING WITHIN** with *Rosaia RUBERTO* (*space for 8 women, sign in advance*)

1:00 pm to 2:30 pm:

Lunch Break (*LUNCH is not included in the ticket, at own cost*)

2:30 pm to 3:45 pm:

Room 1 **A WOMAN'S HANDS – A WOMAN'S WORK** with *Onyx ANTARA*

Room 2 **HEALING YOUR FEMALE LINE** with *Marianne VERRIJT*

Room 3 **LIFE BEYOND TRAUMA** with *Alice BLANCHARD* (*space for 8 women, sign up in advance*)

3:45 pm to 4:00 pm:

Tea Break (*TEA, COFFEE, SNACKS included in the ticket*)

4:00 pm to 5:15 pm:

Room 1 **DANCE TO OUR HEART'S CONTENT** with *Cathy KILONZO*

Room 2 **PERFECT NUTRITION FOR HEALTH** with *Amina FORAMITTI*

Room 3 **SHADOW SELF** with *Wanjeri Gigi MAHIHU* (*space for 8 women, sign up in advance*)

5:30 pm to 7:30 pm:

COURTYARD - **ART EXHIBITION AND RECEPTION** by *Milena, Claudia, Gaby, Usha, Niketa, Shazia, Anne*

COURTYARD - **PERFORMANCES** by *Alex and Shirly G*

OPEN TO THE PUBLIC (*food & beverage not included in the ticket*)

Room 1: Upper ERC Room 2: Lower ERC Intimate Room: 1st Floor Reception

SUNDAY 3 NOVEMBER 2019

8:30 am to 8:45 am:

Welcome participants *(tea, coffee, snacks included)*

8:45 am to 10:00 am:

Room 1 **FORGIVENESS CIRCLE** with Sylvie BARADEL & Maèva MICHEL

Room 2 **JUMP FOR JOY** with Marianne VERRIJT

Room 3 **BREATH OF LIFE** with Jean SANGALE *(space for 8 women, sign up in advance)*

10:15 am to 11.30 am:

Room 1 **PEACE AND BALANCE** with Hodan MOHAMMED

Room 2 **INNER SHINE** with Jessica PROCTOR PELHAM

Room 3 **MENSTRUAL HEALTH** with Madhvi DALAL *(space for 8 women, sign up in advance)*

11:30am to 11:45am:

Tea Break *(TEA, COFFEE, SNACKS included in the day pass ticket)*

11:45 am to 1.00 pm:

Room 1 **LA JOYA** with Gisèle BARADEL

Room 2 **EMOTIONAL FREEDOM AND CHOICE** with Shilpa SHAH

Room 3 **HEARTBEAT OF OUR WOMB** with Jessica PROCTOR PELHAM *(space for 8 women, sign up in advance)*

1:00 pm to 2:15 pm:

Lunch Break *(LUNCH is not included in the ticket, at own cost)*

2:15 pm to 3:45 pm:

Room 1 **THE ADVENTURE OF FESTIVAL DU FÉMININ WORLDWIDE** by Sylvie Baradel

PANEL DISCUSSION MY BODY, MY TIME

Moderated by Mary M'MUKINDIA, MC by Riya Sharma SHAH

Pinky GHELANI, Salma MAZRUI-WATT, Kelly ABURI, Sonal SINHA, Pauline MACHARIA, Shilpa SHAH

3:45 pm to 4:00 pm:

Tea Break *(TEA, COFFEE, SNACKS included in the day pass ticket)*

4:00 pm to 5:15 pm:

Room 1 **FINDING OUR OWN VOICE** with Maèva MICHEL

Room 2 **SOUND: THE ANCIENT MEDICINE** with Narissa ALLIBHAI

Room 3 **FREEDOM FROM SHAME** with Noor VAIANI *(space for 8 women, sign up in advance)*

5:15 pm to 5:45 pm:

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

Room 1: Upper ERC Room 2: Lower ERC Intimate Room: 1st Floor Reception

Saturday 8:30am – 9:00am

Registration

ROOM 1

Saturday 9am – 10:00am

Opening Ceremony

ROOM 1

Welcoming words by the organizing team of Festival du Féminin®. An opening ceremony to create our shared space as a safe place 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 be with each other through genuine interest and acceptance. Bonds between women can be some of the most intensely satisfying and unbreakable. We learn to see and hear one another and to offer our support without imposing advice or placing judgment, recognizing that each woman is whole and complete even when in the midst of a personal challenge.





ROOM 1

DANCING THE FEMININE ARCHETYPES WITH PRIMITIVE EXPRESSION® with
Gisèle BARADEL

Primitive Expression® is a joyful and dynamic form of dance performed to rousing percussion music and accompanied by an intense liberation of the voice that provides physical and neuropsychological benefits. In this practice, rhythm, dance and song play on a symbolic level. The collective expression is enthusiastic and festive, inspired by both African and European dances. Drawing its symbol from universal archetypes it combines and unifies the dual symbols of body/mind, self/other, visible/invisible, masculine/feminine in a simple, refined, yet powerful movement. Sustained by the energy of the group one explores the multiple facets of one's individuality in an accompanied and benevolent environment. Truly amazing. This collective energy is something unique to be experienced, felt and shared in a group setting. You will feel energized and happy!



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

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



ROOM 2

TAI CHI AND YIN YANG: THE TAO OF LONGEVITY & BALANCE with Linda BLANC and Amber VAN DEN BERG

Taijiquan, a gentle form of meditation in movement, working in harmony with mind and body. Come and experience this form of well-ness training to still inner thought and to foster flow, flexibility and grace. We will be using the inside and outside areas, so please bring comfortable shoes and loose fitting clothes that do not constrict movement. All welcome and no previous experience necessary.



Linda BLANC (Singapore) is a corporate lawyer who turned her passion in ashtanga yoga, insight meditation and Taijiquan martial arts into a full-time wellness occupation. She runs the Chen Style Taijiquan martial arts school, which is the Nairobi branch of the Chenjiagou Tiancai Taiji Academy located at the birthplace of Tai chi in Chenjiagou, Henan in China. Her taijiquan lineage stems directly from the source. Visit our community page at for more on the Chen Style Taijiquan lineage

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



Amber VAN DEN BERG (Great Britain) spent 15 years in PR and sales before turning to Qi Gong and Taijiquan for ultimate healing and holistic well-being. Passionate about our living/working environments, she is currently a student at the European College of Feng Shui run by internationally renowned Classical Feng Shui Master and Qi Gong/Tai Chi instructor, Howard Choy.



ROOM 3

RED TENT with Onyx ANTARA

Festival du Féminin® participants have the great opportunity to participate in a Red Tent. The concept comes from a novel written by American author, Anita Diamant. This story is fictional, but the description is based on indigenous cultures & traditions of women's circles or gynaecea, like Moon Lodges, where women having their menses or getting ready to give birth were taken care of. During this unique time, women are said to be most closely linked to their intuition and connection with the invisible world. The Red Tent is a communal space, open to all women. It is a womb space where women can nurture, be nurtured and collectively break the taboo of menstruation. Through support of one another, we break the silence instilled by generations and we explore all aspects of our menstrual experience. It is a safe and sacred place to share our experiences and our feelings, fears, pain, transformation, revelations, discoveries, growth, liberation, triumphs, and empowerment. The Red Tent is a place for all women, whether they are cycling or not and whether they have a womb or not. It is a place for women to BE. When not welcoming intimate circles, the friendly space will be open to and welcoming Festival participants in a cosy intimate atmosphere during the two-day event to relax, rest, chat or just be quiet and receive comfort. The confidentiality of the sharing is ensured.



***Onyx ANTARA (USA)** is deeply committed to how sacred witnessing of personal journeys can expand world views and transform lives. She is the founder of HeartSpace, a body of work that focuses on deep listening, clearing emotional tension in the body, connecting with our Divine Essence, and learning to live a purposeFULL life with heart-centered presence. As a Regional Coordinator for Gather the Women, a global sisterhood dedicated to changing the world one woman and one circle at a time, Onyx facilitates multi-cultural, multi-ethnic, and multi-faceted women's circle worldwide. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA.*

www.facebook.com/HeartSpaceAwakening/

TEA BREAK



ROOM 2

ART EXPRESSION with Claudia Milena VACA

“Beauty is in the eye of the beholder” this workshop softly invites you to celebrate your creativity and your ability to find beauty in the world that surrounds us and more important, beauty in yourself. A meditative practice, drawing and painting will help you enjoy the moment from your inner place of light. This session will also help you get in touch with your self image, to express your emotions and feelings and to experiment with the joyful incomparable pleasure of creating from your conscious or unconscious level. There is no need to “know” how to paint or draw, as we all possess amazing facilities beyond aesthetic expectations.

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



Claudia Milena VACA (Colombia and USA) is an artist, she divides her time between the Americas and Africa. She combines her passion for art, colours and shapes with her love for nature and travel. She runs regular art safaris and art tutorials with a live model in Kenya and Colombia. A lawyer and entrepreneur, Claudia’s passion for art has taken her to explore our world and the portrait of ‘I am’ to new areas of discovery. “Art has been my dear long-time friend, it has help me translate and simplify in shapes and colours the beauty I see, a friend that takes me to an intimate place of peace. No sunrise or sunsets are the same, art is an expression of the change around us and within us.”

[Claudia Milena Vaca](#)

[Instagram](#)

[Claudiamilena.art](#)

Claudiamilena.vaca@gmail.com



ROOM 3

CONNECTING WITHIN with Rosaia RUBERTO

Connect with your body. In an intimate, confidential space we will share our stories, fears, shame and joy around our bodies. A place to reconnect in a safe way with the magic of our senses, to befriend our body as our home, our healing portal and gateway to a life filled with joy, presence and bliss. We will share authentically and explore simple, gentle practices. We will remember together how a loving, joyful relation with our body and ourselves is the key for loving, joyful relationships with other beings and life itself. We will experience how the way to heal our body is through our body. Our body never lies. Our body is our true guide and medicine. 😊 What a gift!

And... I will share 7 secrets for home practice. Welcome home. Your presence will be your special gift to yourself and all of us. I believe that if women feel soulful, whole, present and safe in their own bodies, if they feel joyful and free to express their true selves, they are able to grow and create a beautiful life for themselves, other women, men, children, entire communities and the whole planet.



Rosaia RUBERTO (Italy) has an M.A. in Sociology, with Post Graduate Specialization in Women Studies, Gender, Sexual & Gender Based Violence Prevention and Care, Women Empowerment. She started this journey as her own healing journey. After sexual abuse, thyroid dysfunctions and chronic pain, her calling was to return to loving her body and her life. She is as a trainer, mentor, specialized in gender equity, women empowerment, sexual violence prevention and care in Africa. Rosaia has 20 years' experience in international development supporting communities in need, she is a certified life coach, holistic yoga teacher, and founder of yemaya women program.

LUNCH BREAK



ROOM 1

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 honour 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.



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www.facebook.com/HeartSpaceAwakening/



FESTIVAL
du FÉMININ®
les épiphénomènes

ROOM 2

HEALING YOUR FEMALE LINE with Marianne VERRIJT

If you can start to see the woman your mother is, with her story and where she comes from, your own healing can start. We are born from our mother and did you know that from the time your mother was 4 months in the womb of her mother, you were already there. Already experiencing all there is from the women who came before you. Yes, our wounds come from our mother and her lineage. Do you also realize you are who you are because of your mother and her lineage, that the strengths you have are coming from your line? We are a result of thousands. What is ready to be seen in your lineage. From Soul level all that is there is love. You can't exclude anything from what is part of your family and energy field. Deep healing comes from acknowledgement of what is. We can't change, push, pull or manipulate. It's not us who decides. What will happen if you look deep in the eyes of the women before you. What are they telling you, what do you feel? Success is the face of the mother, what is there that needs to be seen. Your mother had to let you go, and did you let go of your mother? With your feet you kiss mama earth every day, she carries you through your life as your lineage from you mother and father side is behind you. We all have the female and the male in us. Being in the cradle of (wo)menkind, Kenya, with your feet on the ground what is it that you are invited to see and feel. It's not about the theory of the mother wound. It's not about blaming our mother. It's not about instant healing. It's about seeing your inner child, your inner mother and inner lineage to set yourself free. If you can take your position in your life, to own your responsibility and own your story in the journey in this life, you are free to live. In this intimate session we make a journey through ourselves, our lineage and mother earth.



Marianne VERRIJT (Netherlands and Kenya) is a very passionate and authentic trainer. Born and raised in the Netherlands, from a very young age she knew that the world was bigger than only the little village she grew up. And even bigger that what we could see with our eyes. She is fascinated by people, connects with them from the heart and loves to find the uniqueness in every one. She has a degree in community development, group dynamics and intercultural communication and is an international NLP and systemic work trainer with 24 years of experience.



ROOM 3

LIFE BEYOND TRAUMA with Alice BLANCHARD

The Safe Space.... is a healing circle, a place to come together in a compassionate and intimate way as women have done for centuries. This is a place for women who have experienced trauma as they define it, be it abuse, loss, illness or other life impacting adversity. Feel free to share a part of your story or to listen, acknowledge and be witness to the stories of others. The Safe Space allows you to release without judgement and to experience the powerful acceptance, love, strength and support of other women.



Alice BLANCHARD (Scotland) is a psychotherapist in private practice with 28 years of experience. She is the Director of a Wellness Centre she founded out of her passion for and commitment to an integrative approach to mental health and wellness. She cofounded EMDR Kenya Trust offering advanced trauma training to mental health professionals in East Africa. Much of her practice is committed to working with men, women and teens recovering from trauma.

TEA BREAK



ROOM 1

DANCING TO OUR HEART'S CONTENT with Cathy KILONZO

African dance choreographed to African rhythms to the beat of the drum, we will take each woman on a dance journey to unlock different spaces in the body. As we become still, and quiet in the mind, following the beat, we step into a meditative, deep in the movement which layers and repeats to create a beautiful symphony within and around. We dance together to the beat of the drums to allow our movements to collide and expand with the others around us, creating an infinitely expanding power. As we move together, we unleash the full potential hidden in our bodies, and embrace the power of flow and surrender. AfroBics by Cathy Kilonzo is an innovative form of movement that explores, develops, and energises the body and relaxes the mind. Drawing from the aim of dancing for joy, AfroBics is a collective movement, a time that energizes, stretches and gives freedom to our bodies and mind. The session leaves all levels feeling challenged and liberated. Come barefoot or in comfortable shoes with loose fitting clothes for greater freedom of movement.



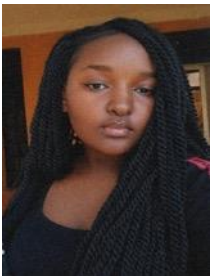
Cathy KILONZO (Kenya) is a dance and fitness professional with over fifteen years of experience in both fields. Catherine's passion for dance and wellness lead her to create AFROBICS. This is a form of African Dance, aerobically choreographed to African rhythms. It an authentic, fun, unique and simple but effective dance workout that can be enjoyed by all age groups. She has a diploma in group fitness instruction and aerobics and it has enabled her work in some of the best gyms in Nairobi.

**AN EVENING OF THE ARTS WITH PERFORMANCES BY SHIRLY G, ALEX CHICHON
OPEN TO THE PUBLIC
FEATURING ARTWORKS BY GABY, NIKETA, MILENA, USHA,
ANNE, CLAUDIA, DR. SHAZIA HASSAN, WITH CHARITY ART AUCTION**



SILENT AUCTION LED BY CHI CHI (Kenya)

Chi Chi will lead the art auction event, highlighting the story behind the artworks and the link to the festival. All proceeds to charity, including: Euphrasia Women's Centre, Village Market Education Campaign, Orkonyil Mural Project, Local Aid.



PERFORMANCE BY SHIRLEY G (Kenya)

Shirleen Githinji, started taking singing seriously when she was around 7 or 8, so she has now been singing for about 9 years. "I would personally say that the music that I write best describes how I feel at times, and I also try write music that people can relate to because sometimes music is all you need to feel understood."



PERFORMANCE BY Alex CHICHON (Germany)

"I live as a world child, not belonging to any religion or nationality and yet connected to everything. I am a yoga and martial arts teacher, and librarian. I love nature, books, travelling, dancing, music and life in its different facets. In my opinion we women should reach out our hands in love, peace and respect and create a better present and future with our strength and knowledge, Mother Earth and all living beings."

Saturday 5:30pm – 7:30pm Art Show



Milena (Germany) came to Africa when she was one-year-old. She grew up in Kenya and due to her father's love for Safaris was regularly out in the bush from an early age. In those early years her love for nature and Africa was born. Much to her parent's dismay her main activity on those Safaris was to collect all manner of insects and take them along, as she considered their car to be an "insect bush-taxi" - and you never leave friends behind. The love for Nature and Africa has stayed with Milena since these early years as her main source of inspiration.

[IG milenasilverart](http://IG.milenasilverart) www.milenasilverart.me



Niketa (Kenya) believes that art brings meaning to our lives and is essential in sharing the experiences of our cultures. She paints and constructs fabric collages to commemorate our ever changing urban and natural surroundings. Her themes often highlight issues around gender roles, water access, environment degradation and endangered wildlife. She says- "Childhood memories, travel and social issues inspire me in the form of a bustling transport junction, city street, or school children walking home from school, each moment a chance to be grateful, stop, breath and be present in the moment."

niketafazal.com, [FB @niketasart](https://www.facebook.com/niketasart), [IG @niketafazal](https://www.instagram.com/niketafazal)



Usha HARISH (Kenya) Wildlife Photographer, Safari Planner and Passionate Naturalist. A qualified Chartered Accountant turned photographer and avid traveller, Usha loves wildlife & nature and likes to capture the emotions of people and animals alike in their natural habitat. She wants to showcase the wilderness around and spread awareness to the world about conservation through her work. Beautiful colours, animal patterns and animal behaviour intrigue her as much as the act of translating those into images using the camera.

www.ushaharish.com <https://www.facebook.com/usha.harish.photography>
www.instagram.com/usha.harish_mail@ushaharish.com



Claudia MILENA VACA (Colombia and USA) is an artist, she divides her time between the Americas and Africa. She runs regular art safaris with live model in Kenya, including Karura Forest, and Nairobi National Park. A lawyer and entrepreneur, Claudia's passion for art has taken her to explore our world and the portrait of 'I am' to new areas of discovery. No days are the same, art is an expression of the change around us.

[Claudia Milena Vaca Instagram Claudiamilena.art](https://www.instagram.com/Claudiamilena.art) Claudiamilena.vaca@gmail.com



Anne BARADEL (France) My place of creation is Orange, in the south of France. My work is characterised by an urgency, a melee, a face to face, something like an acceptance of what will arise, like a taming constantly to start again. My painting is as a writing, a question, each table as incessant variations around the feminine body, reshaping, the look, the place. The artists and movements that inspire me, are ancient and medieval sculpture, Rodin, the drawings of Giacometti, Lucien Freud, the trees of Holan, Matisse, Yves Klein, Picasso and Soulages.

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



Dr. Shazia HASSAN (United Arab Emirates) moved to Papua New Guinea from where she graduated with her medical degree. She is married to a Kenyan and Kenya is her home now. She has always loved art from a very young age and whenever she finds some time she is ever ready to create magic with her brush. Since she has moved to Kenya she has spent some time working on art pieces here and there. The piece she is donating is called "Mwanamke" which literally translates to "woman". The wrinkles on the woman's face are a witness to her hard work. She never gives up and works tirelessly to provide for her children and family. This piece was chosen to appreciate all women.

Sunday 8:30am – 8:45am

Registration

ROOM 1

Sunday 8:45am – 10:00am

ROOM 1

FORGIVENESS CIRCLE with Sylvie BARADEL and Maéva MICHEL

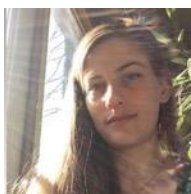


Inspired by The Forgiveness Circle as a beautiful powerful ritual, created by Olivier Clerc, based on his experience with Don Miguel Ruiz (The four Toltec agreements) and inspired by the Ho'oponopono practice, this workshop aims at giving you the possibility of forgiving. Forgiveness towards yourself & 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.



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 jewellery 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. She is Asia ambassador, developing and has been supporting Festival du Féminin® worldwide for the last five years.

www.festivaldufeminin.com



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/



ROOM 2

JUMP FOR JOY with Marianne VERRIJT

What touches me most, is when eyes of people start to sparkle again. That they made connection back to themselves and found something precious inside of themselves! And to make a Jump while seated brings sparkles every time. I have the honour to bring Jump Movement to Kenya, Africa. Together we are spreading jump to this beautiful country. Because if we all Jump, we will move the world! Kabisa!



Marianne VERRIJT (Netherlands and Kenya) is a very passionate and authentic trainer. Born and raised in the Netherlands, from a very young age she knew that the world was bigger than only the little village she grew up. And even bigger that what we could see with our eyes. She is fascinated by people, connects with them from the heart and loves to find the uniqueness in every one. She has a degree in community development, group dynamics and intercultural communication and is an international NLP and systemic work trainer with 24 years of experience. She has a degree in community development, group dynamics and intercultural communication and has worked in the NGO world for almost 20 years.



ROOM 3

BREATH OF LIFE with Jean SANGALE

In this workshop we will explore a number of practices to loosen the body specifically for breath. Explore the anatomy of breath for a better understanding of how to create space in the body for more breath. Practice breath work for emotional and physical release and deep insightful relaxation. Breath work is active meditation. Breath connects the physical, the emotional, the mental and the transpersonal plains. It is the faster way to change our state of mind, detox our bodies, work with our emotions and connect to higher states of mind. There is a very good reason they say take a deep breath - but can we? Find out how to use your breath as your own personal healing tool for the relief from a vast range of symptoms caused by stress, mental, emotional and physical conditions. Wear loose comfortable clothes and avoid eating a large meal previously.



Jean SANGALE (Kenya) is a dedicated, enthusiastic and inspired Breath Work Facilitator. After nearly half a century of trying to manage the symptoms of depression using a variety of practices she never felt she really had a handle on her depression and feared the episodes. That is until she started working with conscious connected breath work. It has led her on a journey through her psyche and her body. Revealing wounds and motivations and a new understanding of herself. The same person but completely different. "I'm back in my body and my life with more joy, a spring in my step and a song in my heart" She now shares her ever growing knowledge and experience of the fantastic tool/technology/function/gift that breath work is. "I revel in Breath work every day.

Living it, loving it and learning it. I continue to be in awe of the practises especially as I work with more and more people and witness their joy, revelation and hope renewed by the grace of breath." Be inspired. Breath in life. Make space for your Breath.



ROOM 2

INNER SHINE with Jessica PROCTOR PELHAM

Our inner light is boundless and ever shining and evergreen. To bring that light to the forefront of our lives can take courage and determination. Our inner light is not always nurtured to shine. When we hide our own clear truth, we hide a part of ourselves that awaits and is ready only when we are ready to express our innermost dreams and aspirations. At our own pace, and in our own time, we can take steps progressively to bring that inner shine to our eyes, our smile, our movements. When we shine, unknowingly we can often become an inspiration and guiding model for others to shine too, in their own light. Come and join me in this experiential workshop, where we will learn simple, easy to follow steps to apply to our everyday moments. We will use gentle breath exercises, imagination, and engage our senses to create a safe inner path with feeling and joy. We can bring enthusiasm, optimism and energy to all we choose to be in our own way, in our own time.



Jessica PROCTOR PELHAM (Portugal and Great Britain) has a double honours M.A. from Oxford University, and has worked on five continents. She is married with three children one daughter and twin boys, and divides her time between Kenya, the UK and Portugal. In 2019, she founded Expat Expert and Access Business, dedicated to supporting expatriates living abroad or returning home after postings overseas. Jessica was a facilitator at Festival du Féminin Bangkok 2019 and is the Co-Organiser of Festival du Féminin Nairobi 2019. She's an Inner Child Therapist.

www.jessicapelham.com www.peacefulhearthyypnosis.com IG: [expat.expert](https://www.instagram.com/expat.expert)



ROOM 3

MENSTRUAL HEALTH with Madhvi DALAL

The Red Tents are intimate sacred spaces for women gatherings. Traditionally, in ancient cultures, different generations of a community celebrate rites of passage honouring women cycles and the connection with nature. Our modern societies have lost the tradition of rites of passages, however these ceremonies are extremely powerful and necessary. Not only for the one that is passing through but for the entire community. One of the first rites of passage is "The Menarche". Many of us did not celebrate when we had our first blood. We didn't honour the transition from child to woman. It is important that women share their experiences and honour each other in safe spaces, to build together a strong collective image of who we are, understanding our cycle every month and during our lifetime. To own our voices and value the different aspects of our selves, it is essential to know who we are and recognise our selves through others. Celebrating womanhood through all its cycles. In this workshop, Madhvi will explore menstrual health and positive period, de-mystifying an often hidden part of our inner nature.



Madhvi DALAL (Wales) dared to spread her wings and she has soared. She risked dipping her hands in her mark on each. Today she is multifaceted - a Pharmacist, Dancer/Choreographer, and Social entrepreneur. Her exemplary work in each has won her numerous awards including the Welsh Asian Woman's Achievement Award two times over in the professional and Arts/Culture categories. Madhvi is the founder of PadMad. PadMad is a social enterprise that is working in Kenya, Somaliland and UK on addressing period poverty.

TEA BREAK

ROOM 1

LA JOYA with Gisèle BARADEL



Joya or the art of joy, is a subtle alliance between meditation, dance, creativity. A space that aims to activate our joy in the six dimensions of human happiness: Joy of being oneself, joy of being in relationship, joy of being in the world, joy of being creative, joy of being in consciousness, joy of being in a unit. Gisèle Baradel is a Latin Dance Therapist. For more than 20 years, she has worked with various audiences, trained in La Joya, a method of wisdom inspired by the ethics of the philosopher Spinoza created by Bruno Giuliani.



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

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

Sunday 11:45am –1:00pm



ROOM 3

HEARTBEAT OF OUR WOMB with Jessica PROCTOR PELHAM

Miscarriages, vanishing twin, stillborn babies, sudden infant death, in our lives or in the lives of our loved ones. These interrupted lives remain locked in our collective and individual psyche, often we are lost in our grief and pain of what might have been. The sudden stop of energy of a heartbeat that no longer echoes in the womb, can linger and reverberate and get locked in our tissue. This workshop acknowledges our awareness of that sudden absence of a heartbeat in the womb, moving through that hollow emptiness allowing us to open and free that space of loss, and propose to the womb a renewed connection to our own pure energy, to find a path of freedom and finally embrace our inner light, and life path whatever our stage of life. There is no noun to describe a mother and the loss of her child, we are in bereavement, but we are not a widow, not an orphan. We are without a heartbeat in the womb. We will explore steps to recover our heart, our womb, our cradle of life to be peaceful, at ease and integrated into our whole.



Jessica PROCTOR PELHAM (Portugal and Great Britain) has a double honours M.A. from Oxford University, and has worked on five continents. She is married with three children one daughter and twin boys, and divides her time between Kenya, the UK and Portugal. In 2019, she founded *Expat Expert and Access Business*, dedicated to supporting expatriates living abroad or returning home after postings overseas. Jessica was a facilitator at Festival du Féminin Bangkok 2019 and is the Co-Organiser of Festival du Féminin Nairobi 2019. She's an Inner Child Therapist.

www.jessicapelham.com www.peacefulhearthypnosis.com IG: [expat.expert](https://www.instagram.com/expat.expert)

Sunday 1:00pm – 2:15pm

LUNCH BREAK



ROOM 1

The Festival du Féminin worldwide adventure and Panel Discussion My Body, My Time

“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 channelling and celebration.”

The cofounding team: Delphine L’Huillier, Christine Gatellier, Cecile Bercegeay.

Jessica PELHAM PROCTOR, Co-Organizer of Festival du Féminin® Nairobi and Sylvie BARADEL, Asia Festival du Féminin® Coordinator present the Adventure of Festival du Féminin® worldwide 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 five continents with the same generous enthusiasm and an engaged vibrant heart. From Europe to America, from Asia to Africa and Oceania, the Festival du Féminin® keeps resonating and shining so as to pass down to future generations the understanding of feminine diversity and richness.



PANEL DISCUSSION: MY BODY, MY TIME

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

Moderator

**PANEL DISCUSSION
MY BODY, MY TIME**

MC

Mary M'MUKINDIA



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

Riya SHAH



**Pinky
GHELANI**



**Salma Mazrui
WATT**



**Sonal
SINHA**



**Pauline
MACHARIA**



**Shilpa
SHAH**



**Kelly
ABURI**



Mary M'MUKINDIA, MBS, ACC is a certified executive leadership coach (CELC) who specializes in helping senior leaders, C-suite executives and women professionals recognise their innate capacity for achieving superior results. Mary is also a Business Consultant, Leadership Trainer and Public Speaker.



With a passion to empower women through networking and therapy, Riya Sharma SHAH is a clinical hypnotherapist, with a deep interest in NLP. She is the co-founder of the African Girl Foundation, a non-profit organisation devoted to keeping underprivileged girls in school, by providing them with free reusable sanitary pads. Riya is a well-known radio personality with over 15 years of experience in the media industry.



Pinky GHELANI, is a High Level Influencer for UNHCR and champions the cause for the plight of refugees. To play her part in the LuQuLuQu tribe, she launched an initiative to support the livelihood of refugee women living in Kenya. With a combined platform that is on an upward trajectory, she has attracted an impressive amount of fans.



Salma MAZRUI-WATT has worked as a management and institutional development specialist in the private health care and advocacy sectors in Kenya for over thirty years. Her life's passion has moved her to become a wellness and executive coach.

Salma has a BSc in Economics, an MBA, a Certificate in Coaching and Corporate Governance and a postgraduate diploma in Nutrition. She is working towards accreditation as an Associate Certified Coach with ICF & NLP Practitioner Certificate.



Sonal Ahuja SINHA is a clinical nutritionist who specialises in therapeutic diets.

With a repertoire of close to 8 years of experience working in top hospitals of India like Apollo, Fortis & Wockhardt as well as a MNC pharma brand like Abbott Healthcare, she brings much more to the table than tips on weight loss. Her portfolio includes giving nutrition support in the treatment of critical ailments like renal failure, cardiac problems, diabetes, cancer as well as patients suffering from depression.



Pauline MACHARIA is an Accredited Customer Experience Professional (AXPA) with a career spanning over 20 years. She has a global outlook marked with exemplary leadership expertise attributed in her ability to define and execute strategy, operations and relationship service models across London, Singapore, South Africa, Dubai & Germany. She currently works at SBM Bank Kenya Ltd, as Chief Customer Experience Officer.



Shilpa SHAH is a Life Coach, Trainer of NLP (Neuro Linguistic Programming). Her passion is to empower leaders to gain self-mastery and to overcome their challenges. She is a Master NLP Coach and Board Certified Trainer of NLP & Hypnotherapist. She loves to enhance leadership, communication and self-mastery. Shilpa coaches one to one and leads transformational workshops worldwide. She trains and certifies NLP Practitioners and Master Practitioners, Life Coaches & Hypnotherapists.



Kelly ABURI, founder of Hob House, and a pioneer influencer of South-South Women, an international network of female role models leading positive change through action and cooperation across cultures and providing platforms across continents to amplify the voices of inspiring and aspiring women throughout the Global South. Kelly's passion is good, nutritious food that has an impact on the way we live, and on the environment. She was awarded the International Humanitarianism Business Award in 2005 by Kofi Anan and Mary Robinson he Tetra Pak Middle East Entrepreneur Award in 2001



ROOM 1

FINDING OUR OWN VOICE with Maéva MICHEL

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

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



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

www.va-ema.com



ROOM 2

SOUND: THE ANCIENT MEDICINE with Narissa ALLIBHAI

Join me for a sound ceremony with the Tibetan singing bowls, Vietnamese dragon gong and Indian bamboo flute. Nada yoga is defined as ‘union with the self through music/sound.’ From African drumming to Himalayan chanting to simply listening to the tune of nature, sound is an ancient tool for deep inner connection. It has been used for millennia in various cultures for meditation and healing. The philosophy of Nada Yoga is based on the fact that everything that exists - the entire universe - is vibrating with energy. Through the pure sound vibrations of these resonant instruments, we will deeply relax every cell of our body and enter a meditative healing sound journey of the mind, body and soul. Together we will ground, rest, dissolve stress, surrender, release, and explore our innermost reality.



Narissa ALLIBHAI Fondly known as *Child of the Earth*, Narissa practices sound healing with the Tibetan singing bowls, a form of Nada Yoga that she studied in Nepal. She is also a certified Hatha yoga, pranayama and meditation teacher. Her journey started with meditation at an early age, and a deep connection with nature. She is a rare creature to spot as she is usually wandering in remote parts of the world - which she writes about on her backpacking blog *nomadgirltales.com*. She hopes to inspire people to dare to live their dreams with her own story living a nomadic life outside the system.

www.nomadgirltales.com/earthchild @nomadgirltales on FB, IG, Twitter



ROOM 3

FREEDOM FROM SHAME with Noor VAIANI

Have you ever felt...Uncomfortable in your own skin?

Ashamed of your appearance?

Not good enough?

Incomplete or lacking?

If you said yes to one or more of the above questions, I welcome you to join me in a cozy, intimate workshop where I will coach you to let go of the shame attached to our being and relearn how to love every part of our bodies and souls, in a completely safe and judgment free space. Who defines what is beautiful? Certainly not society and media, certainly not your partner, certainly not your friends and family and most certainly - YOU! You deserve to unload the baggage of believing you are not good enough. You deserve to be loved for your beautiful mind, heart and body. You deserve to let go of the shame you have been latching onto as a safety net. You deserve to unlearn all the opinions of other people you believed as facts and learn new TRUE and EMPOWERING facts about yourself. Imagine feeling beautiful in the skin, hair and body that you were born with...and what if I told you that it is also totally possible for you to be at ease with your height, your style, your smile too. How does that sound? Let's access that space where we can see the true beauty that each of us beholds! Let's together overcome our limiting beliefs and reach for freedom to be ourselves! This workshop is for up to 8 participants and each participant will leave with a new sense of identity aligned to their true beauty. Register to book your spot in the limited space.



Noor VAIANI (Pakistan) is a Transformational Mindset & Action Coach. Qualified via ABNLP as an NLP Coach, NLP practitioner, Timeline Therapist, Family/Systematic Constellations Facilitator and International Life Coach, she is passionate about creating clarity, confidence & freedom for women to lead fulfilling lives aligned with their true selves. She holds space and with life changing tools, techniques and powerful questions, she helps her clients one to one to uncover enlightening awareness about their behaviours and patterns, remove their fears, release unwanted baggage, let go of limited beliefs and access inner strength, love, compassion, motivation and focus. Noor also loves facilitating groups of people on enlightening, motivational and empowering topics.

Integration & Closing Ceremony

All festival goers gather together 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 honour 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.



Festival Photographers



Emily ONYANGO, BA in communication currently studying, with diplomas in journalism and theology. I am currently the K-youth media. Co-coordinator K-youth media, a non-profit organization that trains young women from informal settlements to use media as a tool to bring out issues of gender based violence, issues that have been normalized and are taboo to talk about in the community. In 2019, we released a short film after training in #METOO movement. The film was directed and produced by 10 young women, screened in Nairobi and in Sweden. I am passionate about photography, making documentaries and changing the world through film. I practice taekwondo and I'm a classical musician, and I enjoy spending my free time meeting new friends, travelling and reading novels.

<https://web.facebook.com/kyouthmedia/>

<https://web.facebook.com/kyouth/>



Stephanie KANE I'm a 3rd year psychology student, photography lover, animal and nature enthusiast and a philanthropist. I'm excited to have the opportunity to capture the great moments and emotions we'll share together.



Laura MARIANI I'm passionate about photography, writing and dancing. I try to cultivate all my passions, but the one I concentrated first and for a longer time is dancing: I pursued a diploma in classic ballet advanced with the Royal Ballet of London and certificates of Pilates with CYQ of London. As for my interest in photography and writing I collaborate with the blog WandergirlsItalia and I'm the curator of their Instagram profile. My mission has always been helping the others for this reason after 1 year volunteering in the Red Cross I did my studies in nursing and after my degree at the University Bicocca of Milan I worked for the Hospital A. Manzoni of Lecco till 2015, when I went to Kenya to volunteer as a nurse in St. Therese Mission Hospital in Kiirua. My friends describe me as full of joy, outgoing and passionate for everything I do. I'm a good listener and I would like to leave a good memory of me in everyone I'll meet in my life.

The Red Tent

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

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

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



When not welcoming intimate circles, the friendly space will be open to and welcoming Festival participants in a cosy intimate atmosphere during the two-day event to relax, rest, chat or just be quiet and receive comfort.

The confidentiality of the sharing is ensured. Accommodates a small group of women only (maximum of 8).

*"In ancient times - women never did it alone! Because we share a core, fundamental experience of cycling every month (whether we still cycle or have stopped after years of cycling) - we do better together - in the shared realm of the Red Tent."
"It evokes in women a cellular memory of an experience we all shared for millenia around the globe.
Once awakened this memory becomes a need, a yearning, a*

The Red Tent is a communal space, open to all women. It is a womb space where women can nurture, be nurtured and collectively break the taboo of menstruation. Through support of one another, we break the silence instilled by generations and we explore all aspects of our menstrual experience.

It is a safe and sacred place to share our experiences and our feelings, fears, pain, transformation, revelations, discoveries, growth, liberation, triumphs, and empowerment.

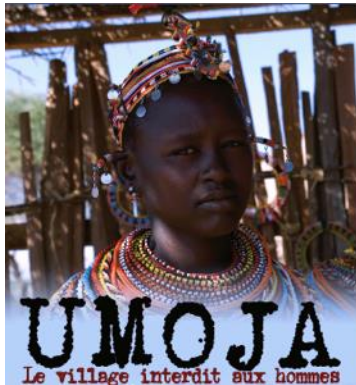
The Red Tent is a place for all women, whether they are cycling or not and whether they have a womb or not. It is a place for women to BE.



Activities on increased education for girls and ending Female Genital

Festival du Féminin® Nairobi is happy to let you discover exceptional communities.

Umoja Women's Village



The women only village of UMOJA was established by Rebecca Lolosoli, along with several other women who are also survivors of violence. Umoja means “unity” in Swahili. To sustain themselves, they sell beadwork and open their village as a tourist attraction. With the money they earned, they built a school for their children and those in surrounding villages, and eventually purchased the land they live on. Rebecca Lolosoli has been repeatedly elected as chairperson of the village and is also chair of her local chapter of Maendeleo Ya Wanawake Organization (MYWO), a non-profit, volunteer group working to improve the lives of women and youth in Kenya through education and protection for young girls. Lolosoli received the Global Leadership Award from Vital Voices in 2010. She continues to fight for a woman's right to make decisions, own land and run a business, and she works tirelessly to end harmful and unsafe

cultural practices and violence against women. Because of drought in the area, Lolosoli and her village have worked to decrease their reliance on cattle, which die or are stolen in times of drought. They now have a chicken coop, and the women sell the eggs at a local market – providing both income and protein to the women and children in the village.

State Department of Gender Affairs Government of Kenya

The state department of Gender affairs was created from the Ministry of Devolution and Planning in November 2015, to promote gender mainstreaming in national development processes and champion and socio-economic empowerment of women. Gender rights and gender equality are entrenched in the Constitution of Kenya 2010, and the department has the responsibility of expanding credit financing to women for enterprise development and ensure equality in gender representation in all public appointments. The UN Sustainable Development Goals have further reaffirmed the importance of gender in international development in Goal 5, “Achieve gender equality and empower women and girls”. The Department is responsible for the following key functions: Coordination of activities on anti-Female Genital Mutilation; Coordination of gender mainstreaming into national development; Formulation, review and management of gender related policies; Negotiations, domestication and reporting on gender related international and regional treaties and conventions; Promotion of equitable socio economic development between women and men; Implementation of Uwezo fund; Implementation of women enterprise fund; Monitoring of 30% access to government procurement opportunities for women, youth and persons with disabilities; Coordination and maintenance of sex disaggregated data; Establishment and implementation of gender management system..

International Non-Governmental Organisation, GAMS



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

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



www.federationngams.org www.endfgm.eu

FESTIVAL DU FÉMININ® NAIROBI 2019

Tel : +254 704 873 705 email : fdfnairobi@gmail.com

Facebook event : festival du feminin Nairobi 2019 IG : [fdfnairobi](https://www.instagram.com/fdfnairobi)

<https://www.festivaldufeminin.com/kenya-nairobi2019/>



Welcome to Tribe Hotel, Nairobi

The luxurious Tribe Hotel, Nairobi is located at the old wing of Village Market on Limuru Road.



To join the Festival:

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

- **16,000 KSH**

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

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

- **8,000 KSH**

Buy 5 tickets, get 1 ticket free (20% discount).

Registration is completed upon payment.

How to register?

Please send your full name, your nationality, your mobile number, your email address, the copy of your bank slip and the chosen day if for one day-pass to fdfnairobi@gmail.com.

How to pay?

Payment can be made by paypal.me/menurbe at any major credit/debit Card at www.jessicapelham.com or international bank transfer or MPESA (0704 873 705).

<https://www.jessicapelham.com/products-and-services/festival-du-feminin-nairobi-2019-1-day-pass>

<https://www.jessicapelham.com/products-and-services/festival-du-feminin-nairobi-2019-2-day-pass>

For bank payment or any further request kindly contact: (+254) 0704 873 705

TESTIMONIALS FROM FESTIVALS AROUND THE WORLD

"The Festival for me is a gift, a journey. It's a place where I give myself time, space, freedom to dance, play, breathe deeply, sing out loud and laugh. It's a moment to hold still, to reflect on beauty and tenderness and the deep bonds of friendship. I want to share this open space with so many women far and wide! In my heart, I am drawn to the festival time and again for its generosity of spirit, the joy of giving and receiving, it is restorative and rejuvenating. It's a space to be, and to become. I'm thrilled to share this experience with new friends and old, for the first time in Kenya after 4 years in Thailand!" Jessica, Co-Organiser of Festival du Féminin Nairobi 2019

"I am deeply moved and touched by the Festival du Féminin® 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 pursuit 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 Féminin® 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

"Wonderfully love to be a part of it next year in whatever capacity is available to us."

Lek

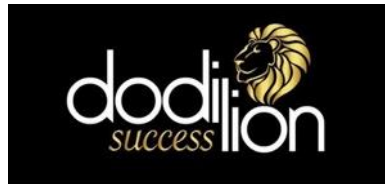
"If I have any chance at all I will tell the women I meet to consider a gathering that will empower her and teach her to embrace her womanhood: The Festival du Féminin®.

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

MAIN SUPPORTING PARTNERS 2019



WWW.MILENASILVERART.ME



NIKETA FAZAL



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 Tel : +254 704 873 705 email : fdnairobi@gmail.com
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SUPPORTING PARTNERS 2019



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consultancy

EMPOWERMENT WORKSHOPS
AND PERSONAL COACHING



Look Good, Feel Great



TOUCH OF HEALTH
WELL-BEING CENTRE



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ORGANISATIONS SUPPORTED BY FESTIVAL DU FÉMININ NAIROBI



Orkonyil Mural Project
Naimaina Enkiyo Forest



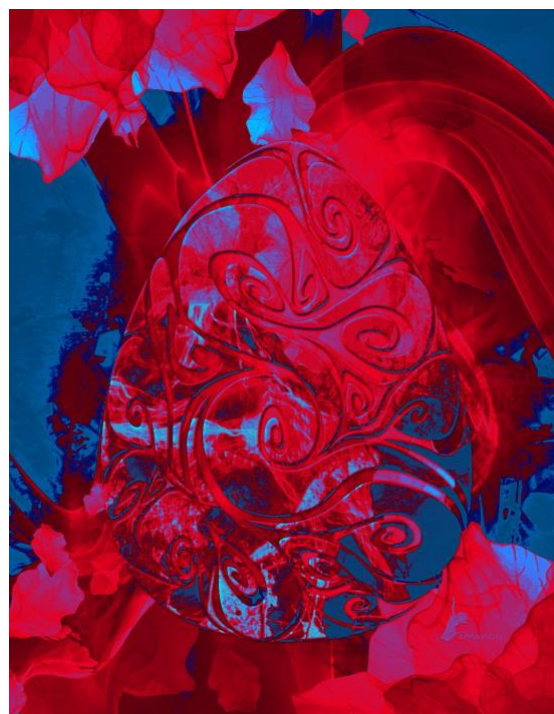
Yemaya
Women Soul Leadership



FESTIVAL DU FÉMININ NAIROBI 2019 PART OF A WORLDWIDE



**WE WELCOME YOU TO
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