



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/jakarta2020

1st edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

JAKARTA

14-15 March 2020

aloft
JAKARTA WAHID HASYIM

TV5MONDE

+ 62 818 871 555
fdjakarta@gmail.com
#fdjakarta

facebook event : festival du feminin Jakarta 2020

Welcome to Festival du Féminin® Jakarta

We welcome you wholeheartedly to the Festival du Féminin® in Jakarta, in Aloft by Marriott Hotel Wahid Hasyim. Created and started in Paris by the Centre Tao, this registered trademark festival is held in cities all over France and in French-speaking countries (Quebec, Belgium, Morocco) and it is rapidly developing internationally (India, USA, Colombia, Mexico, Malaysia, Thailand, Singapore, Hong Kong, New Caledonia, Kenya) with new projects starting in China and Pakistan. 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 more than 15 interactive creative workshops guided by an array of experienced and acclaimed local and international facilitators. Included among them are therapists, lecturers, writers, dancers, painters, singers, energetic healers, coaches, midwives or wise women. They all generously share and convey their deep experience to accompany and empower women to trust and follow their own path to reach their essence, their deepest, their most sacred and vibrant inner world. They will guide us to discover our strengths and vulnerability, 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, visualization, 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 at 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

FESTIVAL DU FÉMININ® JAKARTA 2020

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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 honor that during that Festival.



Workshops are conducted in English.

- Find us on Facebook:
<https://www.facebook.com/events/464927280887039/>
- <https://www.festivaldufeminin.com>
- Call us on: +62 818 871 555 or +62 812 812 8009
- Contact us by e-mail: fdjakarta@gmail.com
- Payment – Registration – Venue : See pages 21-22



Maida Tiva Althia & Organizing team



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SATURDAY 14 MARCH 2020 – Day 1

From 8:00 am to 8:30 am

- Lift Area / Welcome participants and Registration

From 8:30 am to 9:15 am

- Room 1 / Welcoming words by the organizing team followed by an opening ceremony circle for blessing and anchoring

From 9:15 am to 10:30 am

- Room 1 / Bonding between mother and daughter with Monika Wyss
- Room 2 / Realize the source of your Unhappiness with Mutsumi Adachi

From 10:30 am to 10:45 am : Coffee Break 1

From 10:45 am to 12:00 am

- Room 1 / The rite of the wombs with Watie Eshuis
- Room 2 / How far are we ready to forgive? with Sylvie Baradel

From 12:00 am to 1:15 pm : LUNCH BREAK

From 1:15 pm to 2:30 pm

- Room 1 / Are you the leading lady of your own life ? with Linnet Tan
- Room 2 / Loving yourself, Unconditionally! with Maida Tiva Althia

From 2:30 pm to 2:45 pm : Break

From 2:45 pm to 4:00 pm

- Room 1 / Ancestor Connections & Blessings with Anya Wu
- Room 2 / Mother Gaia's Art: Self-Healing through Self Preservation with Lisa Tanti
- Red Tent / First Moon Stories with Onyx Antara

From 4:00 pm to 4:20 pm : Coffee Break 2

From 4:20 pm to 4:50 pm

- Room 1 / The Adventure of the Festival with Sylvie Baradel

From 4:50 pm to 6:00 pm : Dancing & Music Performance

❖ *P.S. Time may be subject to change*

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SUNDAY, 15 MARCH 2020 – Day 2

From 8:30 am to 9:00 am

- Room 1 / Laughter Yoga with Watie Eshuis

From 9:00 am to 9:15 am : Break

From 9:15 am to 10:30 am

- Room 1 / Soul Dance with Zia Kusumawardini
- Room 2 / Woman and Money with Hany Gungoro
- Red Tent / First Moon Stories with Onyx Antara

From 10:30 am to 10:45 am : Coffee Break 1

From 10:45 am to 12:00 am

- Room 1 / Soul S.E.X : Owning your sexuality with Teresa Ong
- Room 2 / Love story from the Past with Amelia Devina

From 12:00 am to 1:15 pm : LUNCH BREAK

From 1:15 pm to 2:45 pm

- Room 1 / Panel Discussion: Can modern women have it all? with Uti Brata

From 2:45 pm to 3:00 pm : Break

From 3:00 pm to 4:15 pm

- Room 1 / Em-body : Exploring the link between emotion and physical body with Onyx Antara
- Room 2 / Freedom of Expression through Spoken Word with Carissa Putriziandra

From 4:15 pm to 4:35 pm : Coffee Break 2

From 4:35 pm to 5:45 pm

- Room 1 / Integration And Closing Ceremony led by the team of facilitators

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Registration 8:00 am – 8:30 am

Opening Ceremony

Room 1 / 8:30 am – 9:15 am

Welcoming words by the organizing team of Festival du Féminin®. An opening ceremony to anchor and ground our shared space as a safe container in order to satisfy our longing for meaningful connections, to foster vulnerability & empowerment, and encourage us to nurture ourselves with compassion.

How would the world change TODAY if women came together as sisters undeterred by their differences; to support and empower one another regardless of their age, race, culture, sexuality, religion, socioeconomic status, physical appearance and abilities, or language?

For centuries women have gathered in circle to commune with each other through genuine interest and acceptance. Bonds between women can be some of the most intensely satisfying and unbreakable.

We learn to see and hear one another and to offer our support without imposing advice or placing judgment, recognizing that each woman is whole and complete even when in the midst of a personal challenge.



One Woman Can Make a Difference, but Together We Can

Rock THE WORLD

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Room 1 / Bonding between mother and daughter with Monika Wyss

The relationship between mothers and daughters is physically, emotionally, and spiritually complex on many levels. It is meant to be that way. The bonding with our biological mothers sets us up for our whole life. It is the first and the most significant relationship that we have in our lives. It is a catalyst for potential success, abundance, a fulfilled relationship with a partner and for spiritual development and growth. At the same time it could be a potential for “failure”. Family Constellation (or systemic constellation) is able to show you what kind of relationship you truly have with your mother - not only on the surface but deep in your heart. 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.



***Monika Wyss** (Poland) is a Family Constellation Trainer and Facilitator with many years of experience in various modalities including NLP, Clinical Hypnosis, Emotion Code, EFT and others. Having done a lot of inner work to clear the trauma of her family's and nation's history she is now able to guide clients through some of the most difficult processes. Monika is a passionate teacher with the aim of giving her clients and students empowering tools and techniques, which are helpful in changing the client's perspective on his or her own life. Monika has facilitated hundreds of workshops and private sessions and in addition to that now she is teaching others to facilitate and lead Family Systemic Constellations through her one year Family Constellation Training Course held in her own center Heart Sanctuary, Kuala Lumpur.*

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

Room 2 / Realize the Source of your Unhappiness with Mutsumi Adachi

Everyone has her story to tell unconsciously we carry on our mother's anxieties. The believe system of our parents often limits our energy expansion. They are patterns in our life that you don't know why we are making the same mistakes over & over again. Many of us are looking for external solution to justify their misery. But often the answer is within you. Mutsumi will point out each participant about Your past: she will give an age, the related person and the emotion attached to this memory. She channels universal energy and bring Vortex of lights during her healing sessions. With her set of sound fork designed according to 12 Chinese meridians. She will heal each one of you during The group session.



Mutsumi Adachi (Japan) is a woman with an open heart & curious mind. She is the managing partner of Oniroom renowned healing center in Bangkok. Her devotion for Mother Earth let her founded Sang foundation to raise awareness of our ocean debris situation in Thailand. She speaks 5 languages, traveled around the world for her business since her 20's as a fashion designer in Paris & an entrepreneur in Hong Kong. At the same time she was a trained Japanese Esoterism Buddhism master during her successful business career. Her extended culture background helps her to tune in with many clients around the globe. She travels from the Middle East, Turkey, tour around the US to

Europe plus Asia, Africa to offer her unique memory therapy and workshops.

Her website: www.mutsumi-healing.com

Coffee Break I 10:30 am – 10:45 am

Day 1 10:45 am – 12:00 am

Room 1 / The Rite of the Womb with Watie Eshuis

There is a lineage of women who freed themselves from suffering. This lineage of women wants us to remember: The womb is not a place to store fear and pain; the womb is to create and give birth to life. The feminine spirit of the jungle reminds us of this simple and vital truth. The womb is not a place to store fear and pain; the womb is to create and give birth to life. This lineage of women through the jungle medicine has given us the 13th rite of the Munay-Ki: The Rite of the Womb. Once you receive it you share it with as many women as possible. It's a gesture of feminine Energy healing



Watie Eshuis (Indonesia) started learning yoga since 2007 when she had many health problems. Completed Teacher Training at Yoga Leaf in 2008 and has attended more than 40 yoga workshops from International Yoga teachers, including healing and meditation. She's been teaching Laughter yoga which she completed the training as Laughter Yoga Leader taught by Dr Madan Kataria MD in 2013. Her interest on self-healing, meditation and chakras brought her to the practice of Kundalini Yoga taught by Maya Feines and Joy of Living Meditation I - III by Tegar Jakarta in 2013-2014. She also teaches self-healing accredited by Capacitar International. Other self-healing she has shared is Self-healing of

Quantum Touch I,II (Advanced Course), quantum for scoliosis, and Opening Heart Meditation by Padmajaya. Latest, she completed Tantra Yoga and meditation training in Chiangmai, Bangkok 2019.

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Room 2 / How far are we ready to forgive ? with Sylvie Baradel

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



Sylvie Baradel (France) has made Bangkok her home over the last twelve years, intensively travelling worldwide and passionately enjoying being a businesswoman in the fashion and jewelry corporate world. Through her participation at the Women's Forum for the economy and society in Myanmar and The Worldwide Entrepreneurship Forum in Singapore, she met committed women and men who inspired her to share her enthusiastic energy to support spiritual values and ideas empowering people to open up to more fulfilling and more conscious relationships and dimensions. She is Asia ambassador, developing and supporting Festival du Féminin® worldwide for the last five years in

Thailand, Malaysia, Singapore, Hong Kong, Kenya, Indonesia, Mumbai, Shanghai while new projects are initiated preparation in Pakistan and China.

www.festivaldufeminin.com

LUNCH BREAK

12:00 am – 1:15 pm

Day 1

1:15 pm – 2:30 pm

Room 1 / Are you the leading lady of your own life ? with Linnet Tan

If you have ever drifted into the sidelines, step back into center stage, now!

You deserve to be the STAR of your own show, and nothing less. The movie that is your life should have YOU in the limelight: graceful, mesmerizing, and simply stunning! This makes absolute sense; and yet sometimes we forget. We forget how powerful and lovely, how utterly important we are. We know that we attract what we expect vibrational, yet oftentimes have trained ourselves to expect, and thus receive, less in life. In this workshop, experience a vibrational self-diagnosis exercise, to realize the subconscious expectations creating your current reality in 4 key areas: Image, Relationships, Career, and Wealth. Gain insights to where and why you may have diluted your desires, discounted your worth, and accepted less. Finally, learn to activate and appreciate your own unique signature that makes you a star!

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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.

<https://wisdomliberty.com/>

Room 2 / Loving yourself, Unconditionally! with Maida Tiva Althia

Loving self almost sounds like an easy act to perform, the question is do we feel it to the core? Are we really acknowledging its true meaning? Do we recognize what aspects that are beneficial & what is ready to be set free? Are we keeping our mind filled with constructive criticism or do we let ourselves get carried away by a self-deprecating voice in our heads? Can we be teachers to one another considering we sometimes forget to love ourselves? Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. When we act in ways that expand self-love in us, we begin to accept much better our weaknesses as well as our strengths, have less need to explain away our weaknesses, have compassion for ourselves as human beings struggling to find meaning in life, are more centered in our life purpose and values, and expect living fulfillment through our own efforts.



Maida Tiva Althia coming from a strict religious family, Maida's life had been formed in rigid, predictable role. The biggest loss of her life was losing herself as she agreed to get into arranged marriage while she was also got a legacy to be the director of one of the top radio network in Indonesia. She realized, all of her successes, all of her family so called "happiness" is draining the core of herself. From then, she has done a lot of inner work and from her experience, she found out that to be able to live happy and content, we need to love ourselves first and then others. Now, she is an Authentic Life Coach, following her passion to help people live their own life brave-fully and lovingly. She restores healthy relationship with her family, and also co-create a happier marriage with a man she chose.

<https://www.instagram.com/authenticpersona/>

Break

2:30 pm – 2:45 pm

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Room 1 / Ancestor Connections & Blessings with Anya Wu

In our lives, we may not realize it but acknowledging and recognizing the importance of connecting with our ancestors is essential to having happiness and success in our lives. With the powerful frequencies of gathering crystal alchemy bowls we will be lead to connect with our ancestors, give gratitude, and ask for their blessings.



***Anya Wu** (China) grew up in New York and music has always been part of her life. Discovered by Taiwan talent agencies in her 20s to become a singer, she moved back and became the first girl DJ in Taiwan using old school turntables. She soon signed with Golden Harvest, one of the biggest film companies in Taiwan. After feting immersed with her personal spiritual growth, now she is enrolled in Sound Healing University deepening her learning in Crystal bowls and other instruments. She is also learning many alternative energetic healing systems. Wanting to contribute back to society as well as be a part of promoting wellness and mindfulness, Anya founded Earheart. Earheart serves as a platform that provides teachers, healers and products that assist people in empowering themselves and living life to their fullest potential, in harmony with oneself, others, and nature.*

Room 2 / Mother Gaia's Art : Self-Healing through Self Preservation with Lisa Tanti

This workshop is about self-discovery and focusing more externally rather than internally. Focusing on issues that affects us and starting from Mother Gaia- Earth and how we have abuse it, deliberately or mostly thru' ignorance.

Learn to use what she has provided us, emotions, colours, senses and energy to focus on our paths in this life and find that journey to heal yourself and at the same time, heal this world which she needs badly at this moment in time.

Discover how you can heal yourself by preserving the old ancient ways of understanding and becoming one with the universe through art, colours, senses and union of the energies to make a change in you and the world.



***Lisa Tanti's** interest in art started from young. She is always fascinated with colours, emotions, energy and nature. She studied Environmental Design in LA and went into fashion/patron-moulage specialization in France before coming back to work and finally opened an art studio after having kids. Over the years pursued the love for yoga which she started from young too and have been teaching Hatha yoga part time until today. Art/Soul therapy was her way of giving back to the community, to mother Gaia actually and help lost people get back onto their given paths. Her love for nature has lead her to create her own beauty products under MeaVia and share her passion on how beautiful our earth is and has been our constant provider for everything- all under one roof called Earth.*

Red Tent / First moon stories with Onyxe Antara

Sharing the story of our first menstruation, or menarche, is deeply personal and often rare. No matter our experience, we all have a story. Sometimes it is joyous and other times confusing and many times shrouded in mystery and cultural taboo.

As women who share many stories from our lives, this is one story we often keep to ourselves. This silence perpetuates the cultural taboos surrounding it and keeps us feeling isolated and less than whole.

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

✓ *The workshop is limited to 10 participants.*



***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 purpose FULL 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 in Bangkok. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA. An international presenter now living in Bangkok, Thailand, she offers individual healing sessions in Polarity Therapy and Craniosacral Unwinding as well as group workshops around the world.*

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

Day 1 4:20 pm – 4:50 pm

Room 1 / The Adventure of the Festival with 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.

Since March 2012, when the Festival du Féminin® was created in Paris by the Team of Centre Tao, the adventure of the Festival du Féminin® answers to these aspirations by creating friendship, meetups, and experiences. Today the Festival du Féminin® is blossoming worldwide on the four continents with the same generous enthusiasm and an engaged vibrant heart. From Europe to America, from Asia to Africa, the Festival du Féminin® keeps resonating and shining so as to pass down to future generations the understanding of feminine diversity and richness.

Sylvie Baradel, Asia Ambassador of Festival du Féminin®, shares through a video and testimonies the latest development of this sisterhood movement connecting women from Thailand, Singapore, Hong Kong and Malaysia while initiating and supporting new projects in Pakistan, India, China and in the Middle East.



Sylvie Baradel (France) has made Bangkok her home over the last twelve years, intensively travelling worldwide and passionately enjoying being a businesswoman in the fashion and jewelry corporate world. Through her participation at the Women's Forum for the economy and society in Myanmar and The Worldwide Entrepreneurship Forum in Singapore, she met committed women and men who inspired her to share her enthusiastic energy to support spiritual values and ideas empowering people to open up to more fulfilling and more conscious relationships and dimensions. She is Asia ambassador, developing and supporting Festival du Féminin® worldwide for the last five years in Thailand, Malaysia, Singapore, Hong Kong, Kenya, Indonesia, Mumbai, Shanghai while new projects are initiated preparation in Pakistan and China. www.festivaldufeminin.com and sylviebaradel@yahoo.fr for any development info about Festival du féminin.

4:50 pm – 6:00 pm

Room 1 / Dancing and Music Performance

Why not we end our day with a little bit of singing and dancing along with everyone? Let's enjoy the entertainment and mingle with other sisters.

✓ *Performers will be announced soon.*

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Day 2 8:30 am – 9:00 am

Room 1 / Laughter Yoga with Watie Eshuis

Combines interactive laughter exercises with deep centering breaths and calming movements. Laughter Yoga is the happiest wellness program ever! It is a joyful way to connect with others and laugh your blues away.

Laughter Yoga is a fun, effective stress relief program for all ages and abilities. It can be performed gently (in a chair if needed) or moving throughout the room with full energy and enthusiasm! Laughter yoga is to bring people of all ages and backgrounds together with deep belly laughs, deep belly breaths and playful laughter games.



***Watie Eshuis** (Indonesia) started learning yoga since 2007 when she had many health problems. Completed Teacher Training at Yoga Leaf in 2008 and has attended more than 40 yoga workshops from International Yoga teachers, including healing and meditation. She's been teaching Laughter yoga which she completed the training as Laughter Yoga Leader taught by Dr Madan Kataria MD in 2013. Her interest on self-healing, meditation and chakras brought her to the practice of Kundalini Yoga taught by Maya Feines and Joy of Living Meditation I - III by Tergar Jakarta in 2013-2014. She also teaches self-healing accredited by Capacitar International. Other self-healing she has shared is Self-healing of Quantum Touch I,II (Advanced Course), quantum for scoliosis, and Opening Heart Meditation by Padmajaya. Latest, she completed Tantra Yoga and meditation training in Chiangmai, Bangkok 2019.*

Break 9:00 am – 9:15 am

9:15 am – 10:30 am

Room 1 / Soul Dance with Zia Kusumawardini

Soul Dance is an opportunity for you to connect and be present with yourself in a non-judgmental and healthy space, through a dynamic form of meditation that's dancing. Dance as meditation is as ancient as our humanity, and Soul Dance is about getting out of your head and into your body. It's not about the way the movement looks. It's about how it feels, and therefore, you are encouraged to move however you wish. Through Soul Dance, I'd like to empower people of all shapes, sizes, and backgrounds to freely express themselves in a safe space to dance without talking, drinking and the nightclub vibe.

This is about getting great exercise, freeing your mind and body, letting go of your fears, and knowing that you're accepted and supported throughout the dance journey.

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Zia Kusumawardini (Indonesia) Learning Ayurveda and other alternative holistic healing modalities have helped her to overcome her health challenges from allergies and scoliosis to weight problem and emotional trauma. She has faced all sorts of personal crises and comes to realize all of these challenges were signs of understanding more about herself and the total environment that affects her. She created several platforms where she shares her knowledge and experiences to empower others to take control of their wellbeing and create a life they love. Her other projects that are focusing on women in Indonesia are Women for Change, and Goddess Glow. Both projects are the platforms that she created to empower women to be their most confident so that they can create their dream life.

<https://www.ziakusumawardini.com/>

Room 2 / Woman and Money with Hany Gungoro

Over the last 100 years, women and money have come a long way. Learning about the modern history of women and money, for centuries, women were told through culture, tradition and even the law that money was a man's world. Only the last decades more women had access to the same financial products as male counterparts. Despite that, there are still more rather than less women who do not exercise their rights in terms of money and wealth. It is not because woman do not want to, but it is because of what the society or culture has labeled woman to-be. In this workshop, you will gain insights to what are the limiting beliefs that weaken your relationship with money. Gain awareness and eliminate the "victim" attitude or feeling out of control or being controlled by others. You will also learn the difference between your self- esteem vs self-confidence in earning more money, and how you take ownership to choose your response and empower you in managing the money. Finally, learn the basic financial management mindset and planning for you to start.



Hany Gungoro (Indonesia), CFA has more than 25 years experiences in corporate strategy and financial management. Her personal connection with money and wealth was built when her family business gone down badly ended with the bank confiscating all her parent's business properties and their only house. Left with totally nothing, Hany as the eldest of seven had to lead the family to survive financially. Hany is a Charter Financial Analyst [CFA] who is currently working as a Career Coach and Wealth Advisor of Paxcis Identity (paxcis.com). She is also a Neuro-Semantics and NLP Trainer of the International Society of Neuro-Semantics. Born in Jakarta 1967, Hany is a personality profiler, book lover, and a meditation practitioner.

Her Website: www.paxcis.com

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Red Tent / First moon stories with Onyxe Antara

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

Coffee Break 1 10:30 pm – 10:45 pm

Day 2 10:45 am – 12:00 am

Room 1 / Soul S.E.X : Owning your Sexuality with Teresa Ong

Combined tantric techniques with introspective exercises, the workshop participants will collectively embark on an inward journey seeking to understand and find power in their sexuality. The body is an external conduit of the soul experience and our sexual experience is one of the path for the soul ascension.

Explore the deeper meaning behind it to increase your emotional and introspective depth in diving deeper into aspects of sexuality from the soul level.



***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. Her work has achieved worldwide recognition and is also featured in Soulvana @ Mindvalley, a leading global online transformation organization that's reputable for progressive transformation work. Read what others have to say about Teresa's work and her profile - <https://www.facebook.com/SoulTantric/> <https://www.soulvana.com/teresa>*

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Room 2 / Love story from the Past with Amelia Devina

Why do we meet someone and immediately fall in love with them? Why is it so hard to let go and move on? Why does love almost always turn into tragedy? What's the meaning of it all? In this workshop we'll dig deep into love stories from the past lives - all based on true stories from Amelia's private clients. Understanding how karmic ties shape the past, present and future, we can then learn to make sense of our own relationships, make decision to choose healthier mindset and habit, and thrive in our present moment. Open your heart, open your mind, be prepared to immerse yourself through stories from the timetravel and we'll guide you to take responsibility and make peace with your past, present and future; and to choose to be happy NOW.



*A Poet. Speaker. Counselor, **Amelia Devina** shares happiness through her personal sessions, seminars, workshops, training and retreats, from children to multinational corporations, from adults to people in prison. She is well known for her practice of hypnotic past life regression, mindfulness meditation and the art of self compassion. Amelia has her own radio program, "Mind, Body and Soul" aired on RRI (Radio Republik Indonesia) and RRI Net every Wednesday at 17:00 WIB. She is the founder of Loveground (@loveground.co), offline and online collaborative space for mindfulness-based activities, arts and lifestyle. You can read more about her at her website ameliadevina.com, follow her IG @ameliadevina777 and listen to her Podcast "Loveground with Amelia".*

Day 2 10:45 am - 12:00 am

LUNCH BREAK 12:00 am - 1:15 pm

1:15 pm - 2:45 pm

Room 1/Panel Discussion :

Can modern women have it all? Moderated by Uti Brata

Since we were a child, we have a dream on becoming a complete woman who can have it all she wants. Once we get older, we realize that some of our dreams are just dreams that cannot be fulfilled. While some women are lucky to fulfill their dreams and even if they cannot fulfill their dreams they can still live their fullness lives. Culture and norms that surround us create our values and beliefs which can support or limit our full potentials. It's our decision to choose which values and beliefs that empower us to be a complete woman who enjoy our lives. In this session we will learn from some women who successfully overcome the challenges and hurdles in their lives to live their fullest using their full potentials and being living examples to people especially women around them throughout the life journey.

✓ *Guest speakers will be announced soon*

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Uti Brata (Indonesia) is an economist by training with solid education background from good universities from her bachelor until PhD degrees.

She's been working as an economist for more than 20 years.

She's lucky to have family that support her dreams and being a complete woman by her own definition. Besides her economic background, she is balancing her life by nurturing her artistic side with painting and dancing.

Break 2:45 pm - 3:00 pm

Day 2 3:00 pm - 4:15 pm

Room 2 / Em-body: Exploring the link between emotion & physical body with Onyxe Antara

Before we can heal, we must become aware of and acknowledge our pain. In today's fast-paced, technology-driven culture, we often don't have time or take time to notice how we are feeling physically or emotionally. We are on the go from morning to night, taking care of others, working to get ahead in the world, fulfill our dreams, and make a difference. We are often externally focused and lose touch with our felt sense, our internal barometer, the body that communicates with us, whether we are listening or not. As women, we often nurture others and forget to nurture ourselves. Or we are singularly focused in our desire to get ahead that we don't stay in touch with our needs for self-care. Unresolved, unexpressed, and unacknowledged stress, tension, and emotions become stored in the body. This can result in emotional & physical pain & dis-ease. By the time we notice, we have no choice but to stop and listen.



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 *Heart-Space*, 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 purpose *FULL* 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 in Bangkok. She received a degree in *Mind-Body Transformational Psychology* from Southwest Institute of Healing Arts in Arizona, USA. An international presenter now living in Bangkok, Thailand, she offers individual healing sessions in *Polarity Therapy* and *Craniosacral Unwinding* as well as group workshops around the world.

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

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Room 2 / Freedom of Expression through spoken word with Carissa Putriziandra

This workshop will connect you to your own feelings and thoughts while using fun poetry prompts (is it about biting into tahu isi and catching sight of a cockroach you wish you didn't see, or a broken heart that won't let you be?), open you up to the use of poetic devices as the last stage of writing to help refine your piece, and lead you to explore different ways of vocally expressing and performing spoken word. During this time, you'll be in open and supportive space to bring what is inside, out.



Carissa Putriziandra (Indonesia) is a freelance writer and aspiring poet, with a creative and wellness background. Been hooked on creativity ever since she was birthed out of her mama's stomach, and she loves to explore it all the most through writing. Carissa used to work in creative advertising agencies in Australia, until she shifted her focus into the wellness world to focus on health. This looked like: formally studying Foundations of Ayurveda, training with a natural wellness company in Victoria, and then working in a holistic health center in Jakarta, Indonesia. Now Carissa is focusing on creating and writing again, with several projects underway. One being: *rasasastra* (a literary and art collective based in Jakarta).

Coffee Break 2 4:15 pm – 4:35 pm

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Room 1 / Integration & Closing Ceremony

Led by the team of facilitators



All participants are gathering for the final workshop that completes the two-day journey. It is time for celebration.

It is time for integration.

Something has shifted within me; I can feel it. I can't quite put my finger on what it is, but now what? What should I do about it? I've just experienced two extremely powerful days and it is in this vein that this precious seed has been planted. I recognize it, I welcome it, and I honor it right away, through the festivity and joy that our festival goers have created and supported. I am grateful for having touched this chord that resonates to the very core of my being and connects me to others.

Wow it is fun! This essence of being alive feels so good, so vibrant, brimming to the full. Could this be oxytocin?! So, is this what sisterhood feels like?! This is a precious treasure I am committed to looking after.

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

The Red Tent

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

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

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

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

Once awakened this memory becomes a need, a yearning, a birthright"

DeAnna L'am, Founding Director Red Moon School of Empowerment for Women and Girls



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

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

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

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

The confidentiality of the sharing is ensured. Accommodates a small group of women only (maximum of 10).



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Payment – Registration

Ticket Price:

- **Early Bird Ticket - Purchase until 14 February 2020**
Rp. 1,950,000 2-day pass / pax
Rp. 1,350,000 1-day pass / pax
- **Single Ticket - Purchase AFTER 14 February 2020**
Rp. 2,500,000 2-day pass / pax
Rp. 1,750,000 1-day pass / pax
- **Buddy Ticket - bring a friend and get a discount!**
Rp. 2,250,000 2-day pass / pax
Rp. 1,550,000 1-day pass / pax

How to Pay and Register?

1. Payment can be transfer to **BCA Acc. 4910167711** (Maida Novriza).
Transfer from other bank tha BCA, please put BCA Bank Code. 014.
2. Please fill the form at the link: <https://forms.gle/J9ms3jPZBDpfYYum6>
3. Pease be informed us afterwards via **WA +62812 812 8009**.

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- Contact us by e-mail: fdjakarta@gmail.com
- Info and tickets at WA: or **+62812 812 8009** or **+62818 871 555**

Venue



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Some Testimonies

Maria

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

Amelia

"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."

Karen

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

Kate

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

Anne

"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."

Anne

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

Lek

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

Adhira

"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."

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Welcome and See You Soon !



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