



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/bangkok2023

5th edition

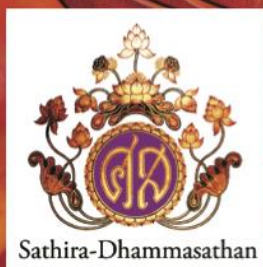
FESTIVAL du FÉMININ

*A transformative journey
for women by women*

BANGKOK

3-4 March 2023

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



festival du féminin Bangkok 2023

#fdfBKK2023

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FESTIVAL DU FÉMININ®
A transformative journey by women for women

Thailand's fifth year to welcome again a unique uplifting event in Bangkok on March, 3-4th, 2023 hosted at Sathira-Dhammasathan, a vibrant spiritual meditation center.

A growing global-awakening sisterhood festival.

Welcome to the 5th edition of Festival du Féminin® in Bangkok, an internationally registered event for women of every culture to experience awakening and empowerment in a safe and intimate environment. Festival du Féminin® is a journey of self-discovery that allows us to feel, access and reconnect with the multiple facets of ourselves, breaking away from the rigid expectations of peers, parents, colleagues, partners, and society at large. Women empower one another when they connect with their inner selves, with one another, and with the world.

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

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

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

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

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

Where am I as a woman? 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 faceted women and we will honor that during the festival.

Venue: Sathira-Dhammasathan, an inspiring learning community for peace and harmony

It is an exceptional gorgeous green unique place to discover.

Sathira-Dhammasathan provides a variety of programs for people of all ages, genders and walks of life based on the principles of caring, sharing and respect. It is like a tiny drop of water, radiating peace and serenity amidst the busy and bustling city of Bangkok.

It is thus such an uplifting inspiring venue for Festival du féminin® to be hosted at on the very site that was founded by beloved Venerable Mae Chee Sansanee Sthirasuta (1953-2021). The initial work of the educational and retreat center was to help women who were victims of sexual abuse and single mothers with unwanted pregnancies. Her work also extended to women in prisons and correctional facilities.

Committed to interfaith dialogue as a means to world peace, Ven Mae Chee Sansanee Sthirasuta served as the co-chair for the Global Peace Initiative of Women Religious and Spiritual Leaders. This organization sought to build broad support among women around the world to work for peace, poverty reduction, and reconstruction activities.

Since being ordained, her remarkable teachings and humanitarian efforts have helped break the cycle of violence and have changed thousands of lives. Her hard work has helped many people to attain better mental well-being, from the original conception of the spirit to the final return to nature.

A joyful, thought-provoking, powerful, fulfilling two day-immersion retreat!

Come with a friend! It is fun, it is simple, it is liberating, it is convivial, it is empowering, it is communicative, it is fulfilling, it is vibrant, it is pleasurable, and it is in full swing!



Sylvie BARADEL
Organizer



- contact us by email: fdfbangkok@gmail.com
- call us on **+66 85 0204 777** (what'sapp till Feb, 2nd)
- Dates: 3-4 March 2023
- venue: Sathira-Dhammasathan (page 22)
- **registration: see page 23**
- Instagram : festival du féminin Bangkok



FRIDAY 3 MARCH 2023

From 8:00 am to 8:50 am: Welcome participants and registration

From 9:00 am to 10:00 am

- Grand hall: **WELCOMING WORDS** by the organizing team followed by an **OPENING CEREMONY CIRCLE** for blessing and anchoring

From 10:15 am to 11:30 am

- Room 1 / **BONDING BETWEEN MOTHERS AND DAUGHTERS** with Monika WYSS
- Room 2 / **CELEBRATE WOMANHOOD!** with Angeli JAGOTA

From 11:45 am to 1:00 pm

- Room 1 / **FINDING OUR OWN VOICE** with Maeva MICHEL
- Room 2 / **DISCOVER OUR SHADOWS OF INTIMACY** with Teresa ONG

From 1:00 pm to 2:25 pm: LUNCH & FREE TIME

From 2:30 pm to 3:45 pm

- Room 1 / **LA JOYA or THE ART OF JOY** with Gisèle BARADEL
- Room 2 / **THE HEALING CIRCLE** with Rasee GOVINDANI

From 4:00 pm to 5:15 pm

- Room 1 / **SIRCLE: AS WE SILENT THE MIND** with Sejal S SOOD
- Room 2 / **CREATION OF MANDALA ACCORDING TO JUNG** with Christelle CELERIER

From 5:30 pm to 6:30 pm

- GRAND HALL / **ABOUT SATHIRA-DHAMMASATHAN and BODHISATTVA VALLEY** with Punvadee (Joy) AMORNMANEEKUL

In blue for the participants staying overnight (recommended option):

From 6:30 pm to 8:00 pm: DINER & FREE TIME

From 8:00 pm to 9:15 pm

- LIBRARY ROOM / **A TIBETAN SINGING BOWLS JOURNEY** with Akiko IGARASHI

From 9:15 pm to 9:45 pm

- LIBRARY ROOM or OUTSIDE / **TARA MANTRA CHANTING**

SATURDAY 4 MARCH 2023

From 5:00 am to 6:00 am: MORNING CHANTING

From 6:30 am to 7:30 am: YOGA & MEDITATION

From 7:30 am to 8:30 am: BREAKFAST & FREE TIME

From 8:45 am to 10:00 am

- Room 1 / **RHYTHM & PRIMITIVE EXPRESSION®** with Gisèle BARADEL
- Room 2 / **TALKING AND GUIDED HEALING CIRCLE** with Mamouchka SIMON

From 10:15 am to 11:30 am

- Room 1 / **ARE YOU READY TO RECEIVE?** with Lydia PETETIN
- Room 2 / **LISTENING TO MOTHER** with Joy FOX

From 11:45 pm to 1:00 pm

- Room 1 / **THE MAGIC OF A GONG BATH** with Melanie GILES-CLAP
- Room 2 / **A VISION BOARD ACTIVITY** with Samantha ROBYN MARION

From 1:00 pm to 2:25 pm: lunch break

From 2:30 pm to 3:45 pm

- Room 1 / **MANDALA BODY ALIGNMENT** with Pamela KAUR
- Room 2 / **ARCHETYPES OF WOMAN** with Mutsumi ADACHI

From 4:00 pm to 5:00 pm

- Room 1 / **KASALA** with Sylvie BARADEL

From 5:15 pm to 6:15 pm

- Room 1 / **INTEGRATION AND CLOSING CEREMONY**

	Friday 3 March 2023	
	Room 1	Room 2
9:00 am - 10:00 am	Opening ceremony	
10:15 am - 11:30 am	Family constellation	Womanhood
11:45 am - 1:00 pm	Intuitive song	Shadows of intimacy
1:00 pm - 2:25 pm	Lunch & free time	
2:30 pm - 3:45 pm	La Joya	The healing circle
4:00 pm - 5:15 pm	Sircle	Mandala creation
5:30 pm - 6:30 pm	Introducing Sathira-Dhammasathan	
6:30 pm - 8:00 pm	Diner & free time	
8:00 pm - 9:15 pm	Tibetan singing bowls	
9:15 pm - 9:45 pm	Tara mantra chanting	
9:45 pm onwards	Night at Sathira-Dhammasathan	

	Saturday 4 March 2023	
	Room 1	Room 2
	5:00 am - 6:00 am	Morning chanting
	6:30 am - 7:30 am	Yoga & meditation
	7:30 am - 8:30 am	Breakfast & free time
8:45 am - 10:00 am	Primitive expression	The healing circle
10:15 am - 11:30 am	Art of receiving	Listening to Gaia
11:45 am - 1:00 pm	Gong bath	Vision board
1:00 pm - 2:25 pm	Lunch & free time	
2:30 pm - 3:45 pm	Mandala body alignment	Archetypes of woman
4:00 pm - 5:00 pm	Kasala	
5:15 pm - 6:15 pm	Integration and closing ceremony	

8:00 am – 8:50 am: Registration

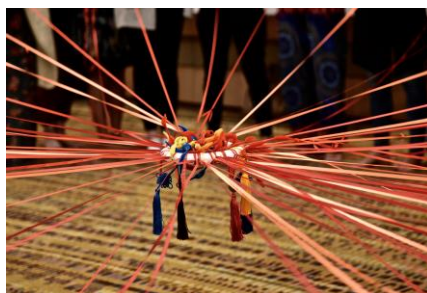
9:00 am – 10:00 am

GRAND HALL / OPENING CEREMONY

Welcoming words by the organizing team of Festival du Féminin® and by Mrs Saisampan Panyasiri, president of Sathira-Dhammasathan foundation. The opening ritual ceremony wishes to anchor and ground our shared space as a safe container in order to satisfy our longing for meaningful connections, to foster vulnerability & empowerment, and encourage us to nurture ourselves with compassion.

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

For centuries women have gathered in circle to commune with each other through genuine interest and acceptance. Bonds between women can be some of the most intensely satisfying and unbreakable. We learn to see and hear one another and to offer our support without imposing advice or placing judgment, recognizing that each woman is whole and complete even when in the midst of a personal challenge.



10:15 - 11:30

ROOM 1 / BONDING BETWEEN MOTHERS AND DAUGHTERS with Monika WYSS

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

The workshop will show you how to come to peace with your own mother, with the mother part in you and with your Life. Healing the relationship with your mother and your female lineage makes you a strong, loving, confident and compassionate woman who knows what she wants and how to get it, and all this happens while you are coming from the heart.



Monika WYSS (Poland) is a Family Constellation Trainer and Facilitator and has been following the path of personal development for the past 17 years. Coming from a dysfunctional family she was always looking for ways to improve and heal her relationship with her parents. Family constellations brought her enormous insights and healing and she dedicated her work to help others to improve their lives starting with their own family, especially mother. Monika is the founder of Heart Sanctuary and she has been working passionately with people from all walks of life helping them to find their place in the family, their life, and discover their purpose. Monika organized Festival du Féminin® in Kuala Lumpur in 2018 & 2019.

www.monikawyss.com www.heartsanctuary.center

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

ROOM 2 / CELEBRATE WOMANHOOD With Angeli JAGOTA

An invitation to cleanse the body, release insecurities through a womb ceremony ritual to help clear out the past lovers' imprints, subconscious patterns, suppressed emotions & psychic debris in your field. Join Angeli for this empowering and transformational journey to reawaken and purify our womb space, using an abundance of gentle yet powerful healing modalities.

You will be lovingly held and supported with gentleness as we delve deep into our sacred womb space. Now is the time to remember your truth and reclaim your power. Together we will rise.. This will be a reminder of true sisterhood. Feeling safe and supported to be yourself. A remembrance of the magic that lies within You. Releasing blockages, pains and attachments weighing you down, and in turn creating space to invite new opportunities into your life, in the form of sacred relationships, dreams and all your heart desires.



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

For her unique women empowerment initiatives such as Goddess Yoga Teacher Training, Womb Healing, Soul Mapping and Fertility Yoga, Angeli is often lovingly addressed as 'Eve-Angelist'. She has been actively conducting women empowerment-centric practoyoga programmes, workshops, trainings, retreats and seminars. In these events Angeli has been helping womenfolk heal their bodies, turbulent relationships, infertility issues, emotional breakdowns, mother-child issues and family planning among a plethora of other issues.

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

www.theoliving.com

ROOM 1 / FINDING OUR OWN VOICE with Maéva MICHEL

Do you know that your voice is treasure?.. yes yes, YOUR voice !

I know what you're thinking: "I don't like my voice, I can't sing." You know, I've been a professional singer since the age of 18 but really, I have been singing since my childhood. As far as self-confidence is concerned in the art of singing, I have encountered it all and I still stray off the path of self-appreciation.

I know one thing for sure; all the people that told me that they can't sing, have since discovered a new world, where it feels so good to sing. How about trusting the little voice inside you that whispers "what if I made peace with my voice?"

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? Come and enjoy the profound sweetness to be enveloped in a sound bath and to joyfully play with improvised exercises.



Maéva MICHEL (France) is a professional singer, with a passion for human & self development, who is being trained as an energy healer (musicotherapy, sound therapy, sound yoga, kotakama, diphonic songs...). Through songs and music, she found ways to approach her own depths and to communicate with others beyond words. She is eager to impart her discovery of this precious gift of voice that connects each of us to our Self, to each other as well as to the realm bigger than us.

In her early childhood, with her first experience of live concert, she had a mystical experience. 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

[Youtube: Va mon âme- Maéva Michel](#)

ROOM 2 / DISCOVER OUR SHADOWS OF INTIMACY with Teresa ONG

Our intimacy is the most hidden, protected, private aspect of who we are and not being aware of our intimate shadows leads to feeling unable to express ourselves in the way we would actually like. It is expressed through our behaviour and lifestyle patterns which can be influenced by the deeply suppressed shadows. It is thus impacting how we express our sexuality (understood as a vital life force in each of us), how we feel about our bodies, how we are able to express ourselves physically towards others and to the types of relationships we choose.

This workshop allows imbalances to be addressed by delving deeper into our intimate shadows without judgements at desires, fantasies, shame, fear, guilt or embarrassment around intimacy and sexuality. It softly and delicately welcomes to integrate these areas fully into our psyche so as to help realize our personal power through our awakened sexual selves.



Teresa ONG (Malaysia) combines her experience as a Clinical Hypnotherapist, TaoTantric Facilitator, QHHT Level 2 Practitioner, Functional Medicine Coach and Trainer in actively conducting one to one sessions and group workshops in Soul Regression and Progression, Sacred Femininity, Breath-Work, and transformative meditation, coaching and workshops with tantric and psychotherapy aspects.

The key successes to Teresa's approach are her innate abilities to help reveal one's soul and life purpose, and identifying life patterns, shadows and conditionings by helping people to understand the importance of creating unique, focused and decisive actions that would ultimately affect positive outcomes in their lives.

She has passionately dedicated her life purpose to assisting others in their own journey of soul discovery, offering a real glimpse of the hidden power and strength within every unique soul.

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

LUNCH BREAK: 1:00 pm – 2:25 pm

2:30 pm – 3:45 pm

ROOM 1 / LA JOYA OR THE ART OF JOY with Gisèle BARADEL

LA JOYA or the art of Joy is inspired and derived from BIODANZA (the dance of life created by Roland Toro). It is an intuitive, vibrant (from Spanish vivencia) and holistic practice creating 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 united.

Simple, joyful, La Joya helps to rediscover the pleasure of feeling the body with spontaneity and naturalness. As people open themselves to their own feelings within a benevolent supporting group, it invites to more spontaneous communication with others. It is an activity through which one cultivates the encounter with one self, the other, bigger than us. Cheerful, lively and light-hearted..



Gisèle BARADEL (France), a professional dancer and Latin dance teacher for the last 15 years, trained in La Joya with French philosopher Bruno Giuliani who created La Joya, a method of wisdom inspired by the ethics of the philosopher Spinoza. She is also currently a Primitive Expression dance therapist following the teachings of France Scott Billman, a renowned psychologist and anthropologist who initiated and developed the discipline. Gisèle co-founded CalorDanse school and Danser Lâcher prise association while she is the choreographer of a Samba filles group. She is passionate about percussion music and the powerful opening transformative process that dance creates within a group, between a couple, and inside a person: letting go, daring to move, pelvic fluidity, easiness to guide and acceptance to be guided. Today she runs group sessions in Primitive Expression across a wide range of societal structures (community health center, elderly clubs). Her recent achievement is the creation and the organization the Festival Danse therapie & danse en conscience, the first festival in Nancy, France fully dedicated to healing dances.

www.danserlacherprise.fr

www.calordanse.org

Facebook: [Expression Primitive Montpellier](#)

Room 2 / THE HEALING CIRCLE with Rasee GOVINDANI

(Participation limited to 15 people)

The healing circle is a safe space for exploring grief and loss-of a person, a home, an identity, or the live we loved- over the last few challenging and complicated years.

Share your story, listen, or sit in silence, and marvel in the human spirit and how we can survive the unimaginable.



Rasee GOVINDANI (Thailand) is a certified birth, postpartum doula and childbirth educator who has been serving families for over 10 years. She spent five years teaching childbirth education classes at Bumrungrad International Hospital and has helped run Breastfeeding Cafe, a weekly support group for mothers, for many years. She is passionate about supporting families as they transition into parenthood and believes it is essential that women understand and embrace the power of their bodies. Rasee is also a breast cancer survivor and co-founded support group 'beyond Boobs' to provide information and support to those dealing with breast cancer in Bangkok.

Rasee has held space in both birth and death and believes that vulnerability is sacred and stories are medicine.

www.doularasee.com [Beyond Boobs Bangkok](#)

4:00pm - 5:15pm

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

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

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



Sejal S SOOD (USA) is the creator of Sircle. She has trained in Indian Classical dance for 18 years, but her true inspiration comes from folk dance and Yoga. Though she is formally trained in Mathematics from MIT the prestigious Massachusetts Institute of Technology, her passion for dance has led her to travel, across Asia for the last 12 years. She has completed a 200-hr Pure Yoga Teacher Training at Pure Yoga in Hong Kong, and creates unique exhibition performances across Asia. As an artist, she paints Dance Universes, a complex array of dancers in a mandala formation to bring forth the simplicity of meditation and peace.

Sircle is her latest creation, which she truly believes has the potential to make the world dance. Universal in her approach, Sejal's dance has the ability to cross cultural and political barriers, a pure body language for humanity.

www.facebook.com/sirclebysejal/

www.sirclebysejal.com

ROOM 2 / CREATION OF MANDALA ACCORDING TO JUNG with Christelle CELERIER

For Gustav Carl Jung, the mandala is a representation of the state of the soul at a given instant "T." It allows the emergence of archetypes and the appearance of zones of darkness of our subconscious, so that we can advance consciously in our process of "individuation" peculiar to each of us. This cryptogram of the state of our "Self", if well carried out, allows the liberation and the channeling of our psychic energy. It also reveals which our own myth is to ourselves in order to let us, literally, engender ourselves in the truth of our being. After the presentation of the various tools of Jungian analysis, we will each have the opportunity to create our own mandala.

Carl Gustav Jung founded the analytical psychology movement and is known for ideas such as the Collective Unconscious, archetypes, and one of the first conceptions of introversion and extraversion.

His work has been influential in psychiatry and in the study of religion, literature, and related fields. One purpose of Jung's research was to study the analogies between the contents of the conscious in Western cultures as compared to the cults, myths and rituals of more primitive societies.



*Born of an Indian father and a French mother, **Christelle CELERIER**, completed studies in French literature and Cultural Management (creation of cultural events) at the University of the Sorbonne in Paris, where she lived for ten years, working as a cultural journalist in radio and press..*

Passionate about literature, dance and arts in general, she works as a teacher and as an organizer of multiple cultural events in the different countries where she lived: New Delhi, India (2003-2011), Rome, Italy (2011-2015) and Bangkok, Thailand (since 2015). It is in Bangkok that, in addition to her teaching and her charitable work in Bangkok slums and with handicapped children, she puts together and started managing a French collective theatre company: "Le Théâtre des Invités."

She is drawn to the mysticism in all religions, the language of the soul and of the living, and in particular to the work of Carl Gustav Jung.

5:30 pm – 6:30 pm

GRAND HALL / INTRODUCING TO SATHIRA-DHAMMASATHAN and BODHISATTVA VALLEY with Punvadee AMORNMANEEKUL (Joy)



Sathira-Dhammasathan learning center in Bangkok, along with Ban Sai Samphan, a shelter for women was founded by beloved nun, Venerable Mae Chee Sansanee Sthirasuta (1953-2021). She has infused the living vibrant nature of Buddhist dharma into every aspect of Thai society, including some previously unexamined facets.

Her hard work has helped many people to attain better mental well-being from the original conception of the spirit to the final return to nature.

From encouraging consciousness of pregnant mothers and early childhood

education, to visiting the dying and Hospice staffs in every major hospital in Thailand, she has brought light, life and energy of loving kindness to the entire circle of life, here and all around the world.

Sathira-Dhammasathan is a home where people of diverse backgrounds, ages, languages, races and religions come together. This is a community of all ages: infant, teenager, young adult (Generation Alpha), as well as parents and the elderly. A learning community where older generations pass their knowledge and experience on to the young, the new generation of the digital communication era.

"All human beings have the innate potential to benefit the world. Everyone can use the gift of being born into this life to go beyond themselves to help others" *Ven. Mae Chee Sansanee Sthirasuta*

www.sdsweb.org/en

[Facebook: sdsface](https://www.facebook.com/sdsface)



Saisampan PANYASIRI (Thailand) has worked along her younger sister Ven. Mae Chee Sansanee

For over 30 years. She has dedicated her life to fulfill Ven. Mae Chee Sansanee's mission of helping humanity along the Dhamma path. She is now the president of Sathira-Dhammasathan foundation.



Punvadee AMORNMANEEKUL (Joy, Thailand) has a bachelor's degree in Engineering and completed her Master's degree in Business in the US. She was helping out in her family's business when she met Venerable Mae Chee Sansanee (Khun Mae). Joy's life turned around 180 degrees from that moment. She went on to become Khun Mae's "12-in-one": Joy was the Photographer, video technician, secretary, translator, diplomatic liaison, travel agent and attendant to Ven. Mae Chee for over twenty years.

Together, they travelled to over fifty countries. The world became their home, as they joined with female luminaries such as Jane Goodall at the Global Peace Initiative of Women gatherings at hotspots everywhere.

In the last six years, Joy felt called to organize a group of Thai adolescents to develop compassionate understanding of global service and develop their own mature perspective through service. The ISV (International Spiritual Volunteer Club) is thriving today. With Khun Mae's passing last year, Joy has carried the community's mission and clarity forward, as the current director, secretary and international coordinator of Sathira-Dhammasathan foundation.



Ven Mae Chee Sansanee was our guest of honor of the panel discussion at Festival du féminin® Bangkok 2018.

DINER: 6:30 pm – 8:00 pm

8:00 pm – 9:15 pm

LIBRARY ROOM / A TIBETAN SINGING BOWLS JOURNEY with Akiko IGARASHI

The vibration from the singing bowls will give you such a profound experience in your body, mind and spirit levels. Akiko will take you on a meditative journey to honour and come to strength in our innate power and balance both yin and yang of our being. You may experience and realise our truths and real power from within as a result of it. Deep sound from seven sacred metals of antique singing bowls penetrate through your entire being also may relieve pain, uplift your spirit and gain clarity you may never have felt before.

Akiko plays the bowls rooted in Eastern philosophy of honouring the 'silent space' in between the sound which is called "Ma" in Japanese. This space may give you ideas to create, heal the different levels of bodies and receive many answers you have been seeking for a long time. Please come and join to be in touch with our real feminine self from ancient vibration...

In this state, our body releases tension and relaxes deeply. You come out refreshed and in a calming state of mind.



***Akiko IGARASHI** (Japan) is a distinguished teacher of healing and the founder of Shima Healing Institute: a training center of traditional healing arts in an enchanted island in southern Thailand. The instruction at Shima is focused on imparting unadulterated ancient practices to empowering students to cultivate and embody the true essence of healing. Modalities taught are an Eastern energy and sound from Tibetan Singing bowls. She has been on her journey over two decades and sharing her wisdom to those who have courage to work on themselves deep and step forward.*

<http://shima-healing.org/>

9:15 pm – 9:45 pm

LIBRARY ROOM or OUTSIDE / TARA MANTRA CHANTING

There is no such place as Sathira-Dhammasathan where to blissfully connect to Tara, Her energy and recite Her mantra for how long we may feel like it.

How beautiful could it be to gather as one voice?

What is it that I, that you, that we, could give to and receive from Her on both a personal and a collective level. Whatever our beliefs and independently of how we may express or not a bond to any "religious" matter, we will enjoy the magical serene atmosphere under the Milky Way.



Tara is a paramount female deity in both Hinduism and Buddhism who personifies compassion and offers salvation from the suffering of rebirth and death. She is thought to have been born of empathy for the suffering world and is regularly invoked for protection, guidance, and deliverance from difficult situations. In Buddhism Tara is regarded as the female embodiment of Avalokiteshvara who himself is understood as the embodiment of compassion and compassionate wisdom.

SATURDAY 4 MARCH 2023

5:00 am – 6:00 am

PRAYING ROOM / EARLY MORNING PRAYERS

We are welcomed to join the nuns in prayers times at dawn.

6:30 am – 7:30 am

GARDEN / OUTDOOR YOGA & MEDITATION

BREAKFAST : 7:30 am – 8:30 am

8:45 am – 10:00 am

ROOM 1 / RHYTHM and 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, a renowned psychologist and anthropologist who initiated and developed the discipline. Gisèle co-founded CalorDanse school and Danser Lâcher prise while she is the choreographer of a Samba filles group. She is passionate about percussion music and the powerful opening transformative process that dance creates within a group, between a couple, and inside a person: letting go, daring to move, pelvic fluidity, easiness to guide and acceptance to be guided. Today she runs group sessions in Primitive Expression across a wide range of societal structures (community health center, elderly clubs). Her recent achievement is the creation and the organization the Festival Danse therapie & danse en conscience, the first festival in Nancy, France fully dedicated to healing dances.

www.danserlacherprise.fr

www.calordanse.org

Facebook: [Expression Primitive Montpellier](https://www.facebook.com/ExpressionPrimitiveMontpellier)

ROOM 2 / TALKING AND GUIDED HEALING CIRCLE with Mamouchka SIMON

(Participation limited to 15 people)

The death of a child, whether she/he was born or not, is and remains a traumatic event that can have long-term effects on the life of a woman (consciously or unconsciously) who can suffer a broad range of difficult mental and physical symptoms (sometimes without knowing the source).

Grief, anger, guilt, self-sabotage, anxieties are among the feelings women can face after this tragedy. This workshop wishes to offer a benevolent space to women who experienced abortion (sometimes under pressure), miscarriage, stillborn child, sudden infant death syndrome as well as women who dramatically lost a child from an accident or sickness.

If you have experienced one of the above situations, whether it happened recently or a long time ago, Mamouchka supports you to express your feelings and offers to guide you in a healing session using her most used tools that include "light hypnotherapy, NLP, breathing, psychology and some meridian tapping points" to help reverse any negative feelings. It will also initiate forgiveness, self-love, and acceptance bringing lightness to your body and mind.



Mamouchka SIMON (France), owner of the "blue Eden Holistic Room" in Ekamei, Bangkok, is a highly qualified naturopath (trained with Dr Irène Grosjean) and an alternative medicine therapist. She is regularly contacted to organize workshops, to offer sessions in holistic centers, and to complement doctors' protocol in integrative cancer clinics.

She also offers Chinese Medicine, Cranio-Sacral Therapy (CST), Emotionally Focused Transformation techniques (EFT) and Reiki for people from all over the world using a wide range of different tools and therapies for people seeking help in rebuilding their health physically and emotionally. Mamouchka wishes to offer an attentive ear before guiding, opening one's consciousness, giving hope and tailoring healing plans for each unique individual whatever the problem is. Mamouchka created an "Holistic Pack" online to guide French speaking women rebuild their health to survive cancer.

www.blueedenholisticroom.com

10:15 am - 11:30 am

ROOM 1 / ARE YOU READY TO RECEIVE? with Lydia PETETIN

It is very difficult for many women to express their femininity and sensuality. Pressure exerted by society, religious doctrine, family attitudes and self-image has, in large part, led to women, either consciously or unconsciously, adopting feelings of guilt and shame, and developing a complex when it comes to femininity. Women feel that they will be perceived as different, judged, and measured against others, and this leaves women feeling denigrated, rejected. This workshop invites us as women to connect gently to the radiant, joyful, joyous and sensual Energy of Aphrodite that lies slumbering in each and every woman. The beauty of our being expresses itself first and foremost by the esteem in which we hold it. The archetype of Aphrodite opens us and invites us to celebrate that essence of self and the vitality that we perceive in our womb, our uterus, our hips, our breasts but also, and most of all, in our YES to Life and to a world experienced by our senses. Aphrodite makes Love an Art of Living. We will rediscover Her generous and divine Nature within ourselves through Dance, through short and precious millennium-old rituals and through meditations/visualizations that we can all re-experience daily.



Lydia PETETIN (France) Oriah Shem, is engaged in an authentic Path in the Feminine Awakening. First French Moon Mother (Miranda Gray) she has been exploring Yoga Wisdom for 25 years (with Christian Tikhomiroff and Michel Leroy) and for 16 years in 5Rhythms Dance (Gabrielle Roth and Ya'Acov Darling Khan). She also intensively practiced Shintaido while still deeply involved with Quechuas Shamans and Awakening Women (Chameli Ardhag) and passionate about Prenatal yoga. She further follows her personal training in Quantum Neuro Science, Watsu & Oceanic Bodywork Aqua, Aquajanzu. Only an integration of, and a conscious connection with, an enchanting heart centered life shall further guide her path.

www.laroseetlecalice.com

ROOM 2 / LISTENING TO GAIA with Joy FOX

As Greta Thunberg said recently:

"If I had to choose just one historic era to dwell in, it would be right here and right now. No other time has been so decisively critical to our survival."

We already know it is time to stand and speak up for Mother Gaia.

To address the biggest challenge of our lives, our own ability to morph and grow at the speed of light is a pre-requisite.

Like the snake that shed her skin every year, to renew and grow...perhaps we too need to slither out of some outmoded cultural identities and assumptions?

No is able to control stamp out thoughts. That would simply drive them deeper into darkness. But we can witness our own biases that we receive prenatally, archetypically, socially, karmically.

With laughter and sharing we expand.

Come and take a look, sisters!



Joy FOX (USA) is the creator of Wattle Hollow Retreat Center in the Ozark Mountains of Arkansas. (U.S.A.). She has been listening to the Mother, building and growing there, for over forty years. Joy has also been a fruit picker, homesteader, a world-wide hitch-hiker, baker, grief therapist, bereavement coordinator for Hospice, meditation and yoga teacher, and mud builder.

One woman-many lives: She has had a huge life, one that has spanned continents, spanned careers and spanned human connections. She has never stopped learning the lessons life has wanted to teach her, not even for a second.

Fox also contributes to her community and the world at large in so many other ways -- such as the aforementioned bereavement counseling, work with the incarcerated and as a climate change educator. Every experience has either helped her expand or helped her witness someone's pain, which is what she wants to be here for.

ROOM 1 / THE MAGIC OF A GONG BATH with Melanie GILES-CLAP

Gongs are majestic, awe-inspiring instruments both visually & sonically. For thousand years, humans have tapped into the vibrations of gongs to signal celebrations or impending danger; to call together community for important announcements; to clear undesirable energy.

The sound waves of masterfully made Gongs are galactic, containing all the sounds of the Universe. Being beyond the Conscious mind's labeling, their sounds will lull you into deep state of theta brainwave, in turn promoting inner peace, deep relaxation & rejuvenation of the entire nervous system. They will penetrate every cell and fiber of your body. The entire nervous system is put under pressure to adjust and heal itself.

The Sound therapy has been used for millennia across various cultures to heal and uplift the human body, mind and spirit. The sacred gong produces complex, deeply penetrating sound waves that cut through subconscious chatter to regenerate the parasympathetic nervous system. Come and enjoy lying down to bathe body and mind in the flow of sound currents, releasing all tension as symphonic waves travel over and through you.



*Hong Kong born **Melanie GILES-CLAP** (Thailand) has lived and worked in Thailand for over 20 years. She is the Founder of Lotus Wellness studio in Sathorn, Bangkok. Initiated into energy healing aged 10 through Traditional Chinese Medicine, she believes that the only road to wellness is a holistic one. Her personal wellness journey weaves together a potent blend of Reiki, Kundalini Yoga, Water Therapy, Essential Oils and Integral Sound Healing. Her professional path encompasses two decades as a PR and Marketing specialist in the music, hospitality and property industries as well as primary school teaching.*

Besides offering group/private sessions and wellness certification courses in 5 languages at her home garden oasis, Mel has also been honored to share the healing vibrations of her gongs at major festivals (TEDex Chiang Mai, Wonderfruit), museums (BACC), hotels (Dusit, Kempinski) and private major corporate brand events (Heindriks, Gin, Netflix).

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

www.lotuswellnessbangkok.com

ROOM 2 / MAPPING OUR WAY TOWARDS MEANING: A VISION BOARD ACTIVITY with Samantha ROBYN MARION

Explore your inner world and create a map towards your highest self through the use of color and symbols during this collaborative, creative experience.

If you were to draw yourself a map to arrive to where you are right now what wisdom would you share with your younger self to guide her home?

Women carry within them the wisdom that has been accumulated over their lifetime and generations past. Harness the power of these experiences and chart a course towards your destiny by creating a visual reminder of how to navigate the lows and highs of your journey. Then,

collaborate together with your sisters to create a collage that celebrates where we have come from and where we are going so we can move towards a more beautiful and unified world together. Join the workshop on a journey to find balance between intuition and logic, light and dark, joy and pain, to create a map home to yourself.

A vision board gives a direction where you want to go in several areas of your life. It allows identifying and visualizing what goals you want to achieve. Becoming a source of encouragement-through positive reinforcement-it is a reminder of what your priorities are.



*As an intuitive, self-taught artist **Samantha ROBYN MARION** (USA) began painting everyday as part of her healing practice. Through the years she has hosted many events in her community including free weekly art night experiences and women's circles as the Gather the Women Circle Coordinator for Thailand. Living between two worlds, as a certified trainer and facilitator of lifelong learning, Samantha has also supported the development of many people globally through her work in the luxury hospitality industry, with experience in operations, sales, communications and customer relation.*

www.instagram.com/samanthamarionart

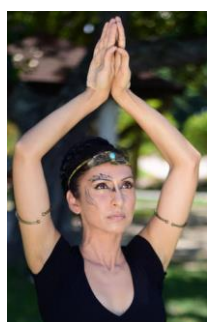
LUNCH BREAK: 1:00 pm – 2:25 pm

2:30 pm – 3:45 pm

ROOM 1 / MANDALA BODY ALIGNMENT with Pamela KAUR

Mandala body alignment and dance is a deep practice of working with energy, body and consciousness, which combines in its structure dance movements, breath and attention skills. This workshop is the basic stage of the practice which includes: body alignment, breath and movement, bringing ourselves back to conscious living in the body. During the practice we breathe in a certain way, consciously controlling the rhythm of breath and attention, helping our body to release blocks, releasing negative experiences, healing the soul memory.

This is the return of the free flow of energy, the primordial joy and purity, the fullness of life in all its manifestations. It is the restoration of the power of true female nature.



***Pamela 'Akasha' KAUR** (Thailand) is a certified KRI Kundalini Yoga Practitioner and Conscious Pregnancy Yoga Instructor. With a belief system that is embedded in the divine feminine, Pamela places the development and power of women at the forefront of her life's task. A significant moment in her journey lies in an uplifting conversation with the Master of Mandala Dance herself— Maya. Being the founder of this mystical art of Tantra, Maya shared her learned wisdom with Pamela. Combining the sacred geometry in movement, energy, and power of feminine nature, the art of Mandala Dance emerged. It encapsulates how creativity, spirituality and body practices merge into a singular path. Nestled in Bangkok, Pamela owns a safe space where these intuitive practices can overlap in harmony: the Akasha Wellness Studio.*

The green-filled utopian sanctuary harbors a myriad of services. From the Sacred Dance itself, to Yoga, Pilates, Meditation, Reiki, and Sound Healing, the studio acts as a multidisciplinary haven for all things wellness.

Instagram: [akashawellnessbangkok](https://www.instagram.com/akashawellnessbangkok)

ROOM 2 / ARCHETYPES OF WOMAN with Mutsumi ADACHI

Woman can handle multitask. She can be a child, a lover, a mother, a business partner....etc
Mutsumi will show you and make you feel different archetypes women from prehistoric times to the woman of the future. By playing the avatar of each archetype, we are invited to feel and grasp the extension of energy inside ourself. This workshop will boost your self confidence, self love most of all. Encourage others to express from their Heart magnetic field together with the analytics brain. Enhance limited Creative possibilities to manifest your future reality.



Mutsumi ADACHI (Japan) was a trained Japanese Esoterism monk during her business career in Hong Kong, She was the managing director of Omroom a holistic center in Bangkok where she offered memory therapy session and workshops. During 10 years she travels around the world working as a fashion designer in Paris then an entrepreneur in Hong Kong. She met with famous physicians and polymaths to teach her knowledge of collective consciousnesses & galactic connection. She often explains the supernatural with newest scientific discoveries. She has inspired many people to pursue the spiritual path, cause spirituality and science are one. Her devotion for Mother Earth let her also founded Sang foundation to raise awareness of our ocean debris situation in Thailand. www.mutsumi-healing.com

4:00 pm – 5:00 pm

ROOM 1 /KASALA with Sylvie BARADEL

As practiced today, the Kasàla is an heritage of African oral praise poetry. It is a form of praise (self-praise or other-praise) and a path for a person's enfolding. Through an improvised or written text, sung, recited or read, using lyrism, metaphors and emphasizing techniques, a person (or a group) consents to offer the best of herself, allows her to be seen in her innermost being, where wonderment emerges.

It is a ritual practice that builds the confidence, creates new powerful feeling of unity as well as complicity between the living beings. This art of revelation offers a shared horizon of meaning. It is a celebration and a gratitude of life in oneself, in others and in nature. By exhorting ourselves of expressing inner force and beauty, it is a vehicle of vital force and essential values to support our actions for a wider world vision.



Sylvie BARADEL (France) has made Bangkok her home over the last fifteen years. She has been travelling worldwide and passionately enjoying the fashion (Chloe, Christian Dior, Paco Rabanne), jewelry (Korloff) and cultural (Musée Océanographique de Monaco) corporate worlds. Through her participation in 2013 at the Women's Forum for the economy and society in Myanmar and at 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. Hence her volunteer involvement as Asia ambassador for Festival du féminin®, a growing global awakening sisterhood movement, helping to co-organize a dozen events. She co-founded and organized the "Festival Danse thérapie & Danse en conscience" in Nancy, France that honors healing dances on both individual and collective level.

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

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

The adventure of the Festival du féminin®

Since March 2012, when the Festival du Féminin® was created in Paris by the team of Wutao®, 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, Malaysia, Indonesia, Singapore, Hong Kong while initiating and supporting new projects in the Middle East.

For info about new Festival du Féminin® development : fdfbangkok@gmail.com

www.festivaldufeminin.com

5:15 pm – 6:15 pm

Integration & Closing Ceremony



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 also so much fun! This essence of being alive feels so good, so vibrant, brimming to the full. 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 before going back 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.



GAMS

Festival du Féminin® Bangkok is happy to raise awareness about GAMS.



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

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

Right of the Universal Constitution Chart.

www.federationgams.org www.endfgm.eu

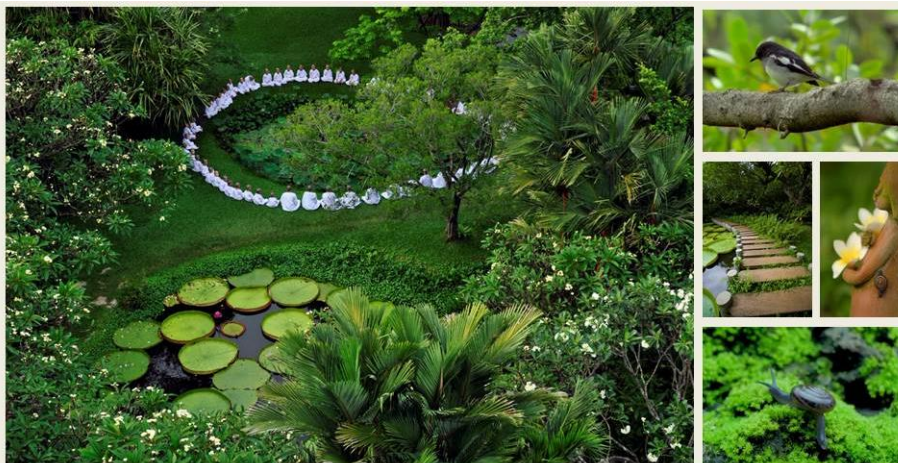
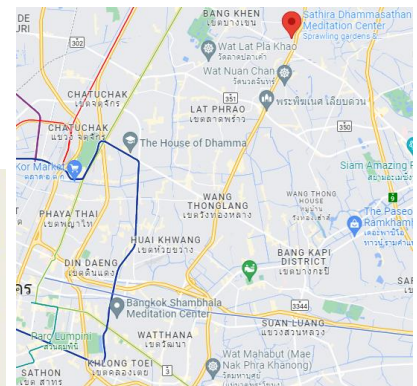


THE VENUE : Sathira-Dhammasathan Meditation Center



Sathira-Dhammasathan

Address: 24/5 Moo 8, Watcharaphol Rd Ramintra 55, Tha Rang, Bang Khen, Bangkok 10230, Thailand



FESTIVAL DU FÉMININ BANGKOK 2023

Tel: +66 85 0204 777 email: fdfbangkok@gmail.com

www.festivaldufeminin.com/en/bangkok2023

Facebook event: [Festival du Feminin Bangkok 2023](https://www.facebook.com/festivaldufemininbangkok2023)

REGISTRATION

For our 5th edition, Festival du féminin® Bangkok 2023 has organized **a two day- retreat, in full immersion** from Friday the 3rd of March 9 am to Saturday the 4th March 6 pm. You will also have the opportunity to stay overnight on site at Sathira-Dhammasathan meditation center.

The unique perspective of sharing the evening, night and early morning hours at such an inspiring vibrant place is the embodiment of the whole Festival du féminin® experience.

The accommodation capacity on site is limited to 60 participants only. As such, priority is given to the participants who register for the complete two-day & one night stay.

Festival du féminin® is a volunteer non-profit organization.

Therefore the proceeds from the 2023 Festival du féminin® will be allocated to the following:

- **The expenses of Festival du féminin® Bangkok 2023**
- **A donation to Sathira-Dhammasathan to humbly support Bodhisattva Valley project**
- **The pursuit of organizing and implementing new Festival du féminin® events in Asia**

Prices:

2-DAY PASS & one night stay & 3 meals included (recommended option)
7 350 thb / person

- *The two-day pass Festival du féminin® event: 6 000 thb*
- *Accommodation (double occupancy): 750 thb /person*
- *Meals (vegetarian buffet): 200 thb / per meal / person*

Only upon availability:

2-DAY PASS & 2 lunches included (only upon availability)	1-DAY PASS & 1 lunch included (only upon availability)
6 400 thb / person	3 200 thb / person

How to register?

Please send your full name, your nationality, your mobile number, your email address, the copy of your bank slip to fdfbangkok@gmail.com.

Registration is completed upon payment.

How to pay?

Payment can be made alternatively by ATM or by bank transfer on following account.

Bank: ttb 

ACCOUNT NUMBER: 664-2-03766-4

ACCOUNT NAME: Sylvie Baradel

For any further request kindly contact: +66 85 0204 777 (whatsapp until Feb 2nd)

FESTIVAL DU FÉMININ BANGKOK 2023

Tel: +66 85 0204 777 email: fdfbangkok@gmail.com

www.festivaldufeminin.com/en/bangkok2023

Facebook event: [Festival du Féminin Bangkok 2023](#)

SOME TESTIMONIES

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

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

Maria

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

Amelia

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

Karen

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

Kate

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

Anne

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

Lek

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

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

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

Adhira

Previous and current supporting partners in Thailand



Previous and current supporting partners in France



FESTIVAL DU FÉMININ BANGKOK 2023

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WELCOME SEE YOU SOON!

