



Interactive workshops . Red Tent . Celebration evening . Open space

[www.festivaldufeminin.com/en/bangkok2025](http://www.festivaldufeminin.com/en/bangkok2025)

6<sup>th</sup> edition

# FESTIVAL du FÉMININ

*A transformative journey  
for women by women*

## BANGKOK

### 7-8 March 2025

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



Sathira-Dhammasathan

 festival du féminin Bangkok 2025

#fdfBKK2025

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# FESTIVAL DU FÉMININ®

## A transformative journey by women for women

Thailand's sixth year to welcome again a unique uplifting event on March 7-8th, 2025 hosted at Sathira-Dhammasathan in Bangkok.

### A growing global-awakening sisterhood festival.

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Welcome to the 6th edition of Festival du Féminin® 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 by the Wutao team, this sisterhood movement has since developed in more than 15 countries (Canada, USA, Mexico, Columbia, French Antilles, Belgium, Morocco, Kenya, Singapore, Malaysia, Hong Kong, Indonesia, Thailand, New Caledonia) while new projects are initiated in Middle East. The Festival du Féminin® blossomed on the four continents with the same generous enthusiasm and an engaged vibrant heart. From Europe to America, from Asia to Africa, it keeps resonating and shining so as to pass down to future generations the understanding of feminine diversity and richness.

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!

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

There are a range of inspirational experiences awaiting participants to nurture every aspect of their being. There are 15 workshops to choose from. Some are more dynamic in nature, brought to life with 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.

Where am I as a woman? Come and share in consciousness these unique moments of deep listening and encounters: opening 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**

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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.

More info on page 19.

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

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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  
Asia Festival du féminin®  
Coordinator & Organizer

- **registration: see page 23**
- contact us by email: [fdfbangkok@gmail.com](mailto:fdfbangkok@gmail.com)
- call us on **+66 85 0204 777 (what's app)**
- dates: 7-8 March 2025
- venue: Sathira-Dhammasathan (page 22)
- Youtube: [Fdf Bangkok 2023 Video](#)
- Youtube: [Festival du féminin® Worldwide Tour](#)

# FRIDAY 7 MARCH 2025

## ***From 9:00 am to 9:30 am***

- **WELCOME** at Sathira-Dhammasathan and accommodation check-in

## ***From 9:30 am to 10:30 am***

- Room 1 / **OPENING CEREMONY CIRCLE**

## ***From 10:45 am to 12:15 pm***

- Room 1 / **BONDING BETWEEN MOTHERS AND DAUGHTERS** with Monika WYSS

## ***From 12:30 pm to 2:00 pm***

- **LUNCH**

## ***From 2:00 pm to 3:15 pm***

- Room 1 / **LA JOYA OR THE ART OF JOY** with Gisèle BARADEL
- Room 2 / **WOMB HEALING – REKINDLE YOUR FEMININE FIRE WITHIN** with Angeli JAGOTA

## ***From 3:30 pm to 4:45 pm***

- Room 1 / **TAPPING INTO FREEDOM THROUGH FORGIVENESS** with Alison SHALE
- Room 2 / **SIRCLE: AS WE SILENT THE MIND** with Sejal SOOD

## ***From 5:00 pm to 5:30 pm***

- Room 1 / **ABOUT SATHIRA-DHAMMASATHAN and BODHISATTVA VALLEY** with Punvadee (Joy) AMORNMANEEKUL

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

- **WALKING MEDITATION & EVENING CHANTING**

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

## ***From 6:45 pm to 8:00 pm: DINER & FREE TIME***

## ***From 8:15 pm to 9:15 pm***

- Room 1 / **A TIBETAN SINGING BOWLS JOURNEY** with Trio of Shima Healing Institute

## ***From 9:20 pm to 10:00 pm***

- Room 1 / **TARA MANTRA CHANTING**
- Room 2 or Outdoor / **YIN YOGA AND MEDITATION**

# SATURDAY 8 MARCH 2025

*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 9:00 am: BREAKFAST & FREE TIME*

***From 9:15 am to 10:30 am***

- Room 1 / **RHYTHM AND PRIMITIVE EXPRESSION®** with Gisèle BARADEL

***From 10:50 am to 12:05 pm***

- Room 1 / **MEDECINE DANCE** with Lydia PETETIN
- Room 2 / **HEALING CIRCLE - YOUR WOMB OF CREATION** with Emma MCKENDRICK

***From 12:05 pm to 1:30 pm***

- **LUNCH**

***From 1:35 pm to 3:00 pm***

- Room 1 / **HOLISTIC TAO PRACTISES FOR WOMEN** with Thi THANH-VAN
- Room 2 / **MAPPING OUR WAY TOWARDS MEANING: A VISION BOARD ACTIVITY** with Samantha ROBYN MARION

***From 3:20 pm to 4:45 pm***

- Room 1 / **CONNECTING WITH GAIA & OUR FEMININE LINEAGE** with Sallie YANG

***From 5:00 pm to 6:15 pm***

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

## DAY 1 - FRIDAY 7 MARCH 2025

9:00 AM – 9:30 PM

### WELCOME AT SATHIRA-DHAMMASATHAN



**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.*

9:30 AM – 10:30 AM

### GRAND HALL: OPENING CEREMONY with Sylvie BARADEL

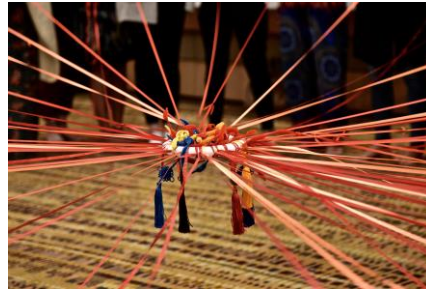
The opening ritual ceremony wishes to anchor and ground our shared space as a safe container in order to satisfy our longing for meaningful connections, to foster vulnerability & empowerment, and encourage us to nurture ourselves with compassion.

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.



**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. She today assists in setting up screenings for the documentary film WOMAN co-directed by Anastasia Mikova and Yann Arthus Bertrand.

**10:45 AM – 12:15 PM**

### **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 20 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](http://www.monikawyss.com) / [www.heartsanctuary.center](http://www.heartsanctuary.center)

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

**LUNCH BREAK: 12:30 PM – 2:00 PM**

**2:00 PM – 3:15 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](http://www.danserlacherprise.fr)

[www.calordanse.org](http://www.calordanse.org)

Facebook: [Expression Primitive Montpellier](#)

## **ROOM 2 / WOMB HEALING – REKINDLE YOUR FEMININE FIRE WITHIN with Angeli JAGOTA**

The Womb is a place where you receive and store energy and therefore also holds repressed anger, rage, and other toxic emotions that you have been unable to acknowledge, transform or release. There is a huge relief and release in the Womb area when you harness the conscious intention to clear your all wounds of lifetimes. The Womb can literally begin to shine. You can experience greater health and vitality in this part of us, and also heal and let go of difficult experiences and patterns to experience a new set of possibilities in your relationships and creative lives. This empowering and transformational journey aims to reawaken and purify our womb space, using an abundance of gentle yet powerful healing modalities.



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

For her unique women empowerment initiatives such as Goddess Yoga Teacher Training, Womb Healing, Soul Mapping and Fertility Yoga, Angeli are work of The Divine. Angeli is often lovingly addressed as 'Eve-Angelist'. She has been actively conducting women empowerment-centric practoyoga programs, 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.

[www.theoliving.com](http://www.theoliving.com)

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

We are Sircle, we dance from the inside out, everything you feel comes out in your movement as you connect to each other and to the movements that unfold. Sircle Yoga Dance is an empowering movement meditation practice that will take you on a reflective journey of movement. It creates space for the body to awaken and embrace its power, using breath and meditation to create a calm, even through the gradually intensifying movement. A Sircle practice will help you experience the extraordinary sensation of freedom in action, and freedom in repetition. It is an integrated practice that is open to all levels. It will simultaneously deepen your ability to meditate, increase your physical stamina and strength, and awaken your mind-body intelligence.



***Sejal SOOD** (US), the visionary behind the transformative Sircle practice, is an accomplished figure in the world of dance and mindfulness. Her extensive training in classical dance, yoga, and improvised movement has cultivated a deep understanding of the body's intuitive language. With over two decades of experience in dance and related studies, Sejal has become a respected teacher and performer. A graduate of the Massachusetts Institute of Technology, Sejal's mathematical background has instilled in her a spirit of inquiry and a passion for exploring the intricacies of human movement. Her extensive travels throughout Asia have allowed her to deepen her understanding of diverse cultural traditions and to share her unique perspective with audiences worldwide. Sejal's Sircle practice has gained international recognition, with classes and workshops offered at prestigious festivals and studios including Yoga Barn in Ubud, Bali, Bali Spirit Fest, SoulPlay, Sonic Bloom, among others. Her ability to seamlessly integrate elements of yoga, dance, and mindfulness has resonated with students seeking a holistic approach to personal growth and well-being.*

[www.facebook.com/sirclebysejal/](http://www.facebook.com/sirclebysejal/)

[www.sirclebysejal.com](http://www.sirclebysejal.com)

**ROOM 2 / TAPPING INTO FREEDOM THROUGH FORGIVENESS with Alison SHALE**

Forgiveness is a gift we give to ourselves—a conscious choice to release pain and reclaim peace. In this transformative workshop, we explore the nature of forgiveness as a profound healing journey, freeing us from past hurts and clearing the path towards living more freely. Forgiving is not about condoning or excusing; instead, it's about finding freedom for ourselves by letting go of suffering and reclaiming our power.

Using Emotional Freedom Techniques (EFT) tapping, together we will clear emotional blockages that stand in the way of forgiving others and ourselves. This gentle but powerful process allows us to tap into self-compassion, understand the true benefits of forgiveness and dispel common myths. As we release old burdens, we'll also explore healthy boundaries that honor our self-worth and sustain our well-being.

Walk away with practical tools and a deeper understanding of forgiveness, self-compassion and boundaries, the keys to reclaiming harmony, freedom, stability, and integrity.



**Alison SHALE** (Australia) is a compassionate, trauma-informed therapist with over 25 years of experience in the field of therapy and health. As a counsellor, Internal Family Systems (IFS) practitioner, an advanced EFT practitioner and Reiki Master teacher. She has worked with individuals across the UK, Australia, and Thailand, creating personalised sessions designed to address the needs of mind, body and spirit, blending traditional and modern approaches. Committed to her own journey of spiritual self-discovery and holistic well-being, Alison is driven by a deep passion to transform fear into self-empowerment—and to inspire and guide others to do the same. She is dedicated to creating safe, nurturing spaces where individuals can thrive and develop empowered self-connection.

[www.facebook.com/shinereikiandyoga](http://www.facebook.com/shinereikiandyoga)

[www.holistictherapybyshine.com](http://www.holistictherapybyshine.com)

**5:30 PM – 6:30 PM**

**GRAND HALL / INTRODUCING TO SATHIRA-DHAMMASATHAN and BODHISATVA 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.

Bodhisattva Valley, under the care of Sathira-Dhammasathan, is located in Petchburi province. Initiated in 2019, this project aims to enhance human well-being through environmental stewardship, guided by the concept of

"Plant Forests, Plant Lives, Plant the Heart of Giving."

It focuses on restoring nature and creating a balanced body and mind through activities such as tree care, ecological restoration, and cultivating mental balance to promote generosity. Bodhisattva Valley provides a space for people to connect with nature, fostering harmony, mindfulness, and spiritual growth.

"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](http://www.sdsweb.org/en)

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



**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.

**5:30 PM – 6:30 PM**

**WALKING MEDITATION & EVENING CHANTING with Joy Punvadee AMORNMANEEKUL**

A walking mindfulness meditation gathers us all to guide us along the serene paths of Sathira-Dhammasathan.

A step followed by another step,  
a breath followed by another breath,  
little by little, silencing ourselves from deep within,  
feeling ourselves wrapped and supported by a generous, inspiring, nourishing nature,  
being aware of soft or imperceptible sounds,  
witnessing and gazing at the whole cycle of life unfolding before our eyes,  
in full appreciation of the ever-changing ballet of subtle,  
tiny changes.

When slowing down mindfully, we allow ourselves to feel  
the present moment,  
perhaps letting go,  
recognizing ourselves as bonded and connected to the  
Living Chain.



This moment promises to be a highlight of the day as we are offered the privilege of entering a sacred sanctuary space radiating and illuminated by thousands of twinkling lights ;

When time suspends its wings

A magical moment stands,

Taking our breath away



**DINNER BREAK: 6:45 PM – 8:00 PM**

**8:15 PM – 9:15 PM**

**A TIBETAN SINGING BOWLS JOURNEY with Trio of Shima Healing Institute with K BIK, K ARRISRA & K PREET**

The vibration from the singing bowls will give you such a profound experience in your body, mind and spirit levels. The trip will take you on a meditative journey to honor and come to strength in our innate power and balance both yin and yang of our being. You may experience and realize 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.

The trio plays the bowls rooted in Eastern philosophy of honoring 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.



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

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



**Jittinan NANTHAPAIBOON** Bik is a respected mindfulness teacher and a sound healer, using Tibetan singing bowls to promote healing and relaxation for individuals and executives in top Thai organizations.



**Preet SRIKUREJA**, a holistic therapist and gifted channel, empowers individuals to release limiting patterns, align with their highest truth, and restore harmony through transformative energy work and sound healing.



**Arrissra LIMPISTHEIN** is a strong advocate for holistic wellness and believes that it is essential for overall health and well-being. She is committed to creating spaces and experiences that promote healing and transformation.

**9:20 PM – 10:00 PM**

**ROOM 1 / TARA MANTRA CHANTING**

**ROOM 2 / YIN YOGA**

For the sleep late persons who still wish to infuse themselves with the powerful energy of Sathira-Dhammasathan at night a Tara Mantra chanting session and a YIN YOGA session are proposed in silent environment before a good restorative sleep.

Here is the breakdown of the sacred Tara Mantra as often recited:  
**Om tare Tuttare Ture Soha**

**Om:** the universal sound, symbolising the infinite and the divine

**Tare:** A call to Tara; invoking her presence and blessings

**Tuttare:** means "liberator" or "savior", signifying Tara's role in freeing us from suffering

**Ture:** represents the feminine principle, symbolizing the power of compassion and wisdom

**Soha:** means 'so be it' or 'may it be so' sealing the mantra with a sense of acceptance and surrender.



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.



## DAY 2 - SATURDAY 8 MARCH 2025

5:00 AM – 6:00 AM

### MORNING CHANTING

For those who wish to wake up early, they are welcomed to join the nuns' community for the morning chanting.

6:30 AM – 7:30 AM

### SUNRISE YOGA & MORNING MEDITATION



BREAKFAST: 7:30 AM – 9:00 AM

9:15 AM – 10:30 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 20 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](http://www.danserlacherprise.fr) / [www.calordanse.org](http://www.calordanse.org) Facebook: [Expression Primitive Montpellier](https://www.facebook.com/ExpressionPrimitiveMontpellier)

**ROOM 1 / MEDECINE DANCE through Aphrodite Archetype with Lydia PETETIN**

The self-repression and unconscious lack of knowledge of the pelvis are entirely linked with the heart and its wounds. Reawakening the pelvis and free its blocked energies give a direct access to wellbeing and health.

These implications go further than we can imagine. Aphrodite Archetype invites us to rediscover the fascia's fluidity, leading us to the liberation of psoas and diaphragm.



**Lydia PETETIN** (France), Oriah Shem, is engaged in an authentic Path in the Feminine Awakening. First French Moon Mother (Miranda Gray) she has been exploring Yoga Wisdom for 25 years (with Christian Tikhomiroff and Michel Leroy) and in 5Rhythms Dance (Gabrielle Roth and Ya'Acov Darling Khan). She is still deeply involved with Quechuas Shamans, Awakening Women (Chameli Ardhag) and Priestess Presence Mysteries. Passionate about both Prenatal and Aerial Yoga, she trained in Oceanic Bodywork Aqua and created the Aquablue therapy. She is currently following Sophro Analyst Teaching, Fascia Training (Celine Hwang) and Neurosciences Coaching Certification. [www.laroseetlecalice.com](http://www.laroseetlecalice.com)

**ROOM 2 / HEALING CIRCLE: YOUR WOMB OF CREATION with Emma McKendrick (Participation limited to 15 people)**

Everything begins in the realm of the Sacred Feminine. And in this realm there is deep listening, receptivity, silence, overflowing love, trust, safety, compassion, alignment and allowing. Accessing this Sacred Feminine part of yourself, with the support of crystal energy, is the entry point into your Womb of Creation. It is here that great trauma can be stored from abuse; sexual (incest, assault, rape, harassment), physical, mental, emotional, spiritual or other forms of suffering that have severely impacted your life. Join me in this intimate circle where you can find a place of sanctuary and deep healing, a refuge where each woman's voice, each tear, each story is honoured. We come together not as broken souls but as women of strength, resilience and divine light. When we speak our truth, we reclaim the power that was taken from us - let's come together to explore ways of deepening our capacity to heal through sharing, listening or simply supporting one another. Our stories, our truths, are sacred offerings to the Universe being held in love.



**Emma MCKENDRICK** (Thailand) is an Intuitive Energy Healer, Reiki Master-Teacher and End-of-Life Doula specializing in Trauma Release, Crystal Healing, Chakra/Aura Balancing, Meditation, Counselling, Past Life Regression and Psychic Awareness. She began her holistic healing journey back in 2005 where she was willing to try any 'alternative' based therapies to regain her health overcoming trauma, addiction, an autoimmune condition and cancer. What began as a personal search for self-healing turned into a passion for learning, understanding and teaching what holistic therapies have to offer and how they can help a person heal within a safe, supportive space. Emma believes it's possible to awaken your 'inner healer' and experience true self-transformation so you can live a life of vibrant health emotionally, mentally, physically and spiritually. [www.emmastouchofhealing.com](http://www.emmastouchofhealing.com)

**ROOM 1 / HOLISTIC TAO PRACTISES FOR WOMEN with Thi THANH-VAN**

The **Tao**, also known as the "Way" or "Path," is an ancient Chinese philosophy that emphasizes living in harmony with the natural world.

This workshop, designed to share fundamental ancestral practices, follows a balanced, threefold fluid sequence:

- Awakening & Energy Circulation - Women's Qi Gong to activate Chi, ovarian breathing to harmonize hormones.
- Fluidity & Grounding - Pelvic opening postures for connection to feminine energy, perineum activation, lunar breathing, gentle twists, and stretches for hormonal balance.
- Tantric beathing & Energy Circulation - Microcosmic orbit to circulate energy, tantric breathing connected to the womb and heart.

You are invited to take home practical tools to support and deepen your practice.

Some of these practises have been transmitted from generation to generation, they amplify the voices of our grandmothers and their mothers before them, they illuminate the connections over time and space and culture, allowing us to understand the women who came before and the daughters who will follow.



***Thi THANH-VAN** (France) is an alchemist of feminine empowerment, guiding modern women to reconnect with their deepest essence. Since 2008, she has been helping contemporary Muses awaken their inner power through holistic practices that combine Feminine Tao, feminine yoga, sex therapy, dance and feminine energy work. She trained with tantric teacher Marisa Ortolan. Her approach blends ancestral wisdom with modern techniques to help each woman break free from societal expectations and fully embrace her femininity. After five years of practice in Paris, she now offers online workshops and coaching. As a trainer and mentor, she also shares her expertise with wellness practitioners and women in career transition.*

**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.



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](http://www.instagram.com/samanthamarionart)

**3:20 PM – 4:35 PM**

### **ROOM 1 /CONNECTING WITH GAIA & OUR FEMININE LINEAGE with Sallie Yang**

In the modern society, we have for too long relied on our masculine energy to give us strength to cope and keep up with everyday life. We have neglected or to some extent rejected our feminine energy as it's often viewed as the weaker energy. The truth is, until we re-learn how to embrace, embody and harness the power of our feminine energy, we shall struggle to find a balance in our physical, emotional and spiritual being.

In the animal world, the natural balance is often effortless. It is also true that in many animal societies, the matriarch plays an important role in leading and guiding the family.

Using shamanic drumming, we shall connect with our Animal Guiding Spirits to accompany us through this beautiful journey to our female ancestors, to ask for wisdom, healing and empowerment with our feminine energy, the source of our true empowerment.

This last workshop also aims to individually support and strengthen our connection to Mother Nature while as a collective it calls on us to committing further to take our responsibilities towards Gaia as our common Mother.



***Sallie YANG** (Singapore) is a practitioner in intuitive energy and shamanic work. Working with spiritual guides from the transcendent realms, she holds shamanic journeying mediation, private readings and healing sessions.*

*Sallie has trained mainly in the methods of Core Shamanism, founded by Michael Harner. Core shamanism consists of universal or near universal features of shamanism to access the spiritual resources for a specific intent, such as connecting with and receiving messages from one's spiritual guides and spirits of nature. Shamanic Journeying is a transformational practice that seeks to empower individuals to take responsibility for their own spiritual healing and development.*

*Sallie has always loved nature and wildlife. Her special connection with animals also led to her current work as an environmental lawyer with an international organization. She also had previous responsibilities in counter wildlife trafficking, with special attention paid to the transnational nature and syndication of illegal wildlife trade.*

5:00 PM – 6:00 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. 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 before going back home.

## IN MEMORY OF VEN. MAE CHEE SANSANEE STHIRASUTA

Ven. Mae Chee Sansanee Sthirasuta, Founder of Sathira-Dhammasathan both in Bangkok and Bodhisattva Valley in Phetchaburi, Thailand. [www.sdsweb.org/en](http://www.sdsweb.org/en)



Ven. Mae Chee Sansanee, affectionately called Khun Mae or Mother, inspired countless young girls and women to take up temporary ordination and practice "ariya" - the noble life of a monastic as taught by the Buddha. Every year, she led large groups of women and girls on pilgrimages to Bodh Gaya in India, offering them the opportunity to be ordained—an experience that was traditionally reserved for boys and men in Buddhist culture.

Khun Mae also spent years focusing on the later stages of life, visiting hospices throughout the country. She encouraged staff members to maintain their deepest compassion and mindfulness, and she personally visited terminally ill patients, encouraging them to face death with faith and equanimity. 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.

Ven. Mae Chee Sansanee's compassion and teachings garnered attention from institutions worldwide. She was frequently invited to attend summits in other countries as a representative of Thai Buddhist nuns. Wherever she went, she brought peace, compassion, and unconditional love, which shone brightly and touched the hearts of those she met.

She served as Co-Chair for the Global Peace Initiative of Women, an organization dedicated to fostering interfaith dialogue as a path to world peace. She worked tirelessly to create both inner and outer harmony in global conflict areas. Recognizing that the youth are our future, she supported them through the Global Peace Initiative of Women and collaborated with the UNDP. In 2006, she played a key role in supporting the Global Youth Leadership Summit at the United Nations in New York and continued to participate in similar efforts.

Under Ven. Mae Chee Sansanee's leadership, the belief that dhamma is sacred and applicable in every aspect of life remained vibrant and alive. She emphasized that every human being has the potential to live a life free from suffering, encouraging the evolution of each individual while respecting and celebrating our differences.

*"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



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

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.



# 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.



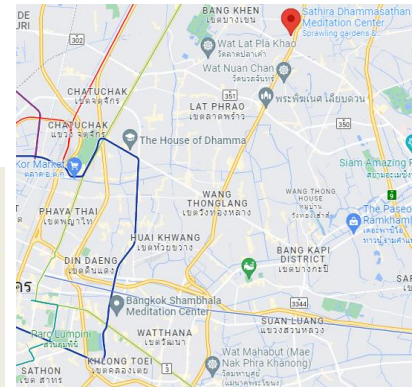


# THE VENUE – Sathira-Dhammasathan



Sathira-Dhammasathan

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



Comfortable and spacious rooms for your stay. The rooms accommodate two people and are equipped with an en-suite bathroom and air conditioning. Some can accommodate three to four people. A whole Himalayan salt-bricked spa is another tempting indulgence.

# REGISTRATION

For its 6th edition, Festival du Féminin® Bangkok 2025 has organized the event as **AN IMMERSIVE TWO-DAY RETREAT** from Friday, March 7th to Saturday, March 8th, 2025 at Sathira Dhammasathan.

The unique experience of being invited to share the evening, night, and early morning hours at such an inspiring, vibrant place is the essence of the Festival du Féminin® experience.

We feel privileged to be hosted in this uplifting spiritual environment, which in turn offers us the chance to share a glimpse of the daily life of the nuns' community.

Festival du Féminin® is a volunteer-based, non-profit organization.

Therefore, the proceeds from two-day ticket sales for the 2025 Festival du Féminin® will be allocated as follows:

- The expenses of organizing and setting up the two-day event Festival du Féminin® 2025
- A donation of 1,000 THB to support the Sathira-Dhammasathan
- Accommodation expenses to be donated back to Sathira-Dhammasathan
- The expenses for the 3 meals (2 lunches, 1 dinner) to be donated back to Sathira-Dhammasathan
- The organization and implementation of future Festival du Féminin® events in Asia and the Middle East

## **TICKET PRICES:**

<b>2-DAY PASS &amp; one night stay &amp; 3 meals included (recommended option)</b>	<b>8 350 thb / person</b>
2-DAY PASS & 2 lunches included	<b>6 900 thb / person</b>
1-DAY PASS & 1 lunch included	<b>3 600 thb / person</b>


### **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](mailto: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:   
ACCOUNT NUMBER: 664-2-03766-4  
ACCOUNT NAME: Sylvie Baradel

For any further request kindly contact on WhatsApp: +66 85 0204 777





## 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 pursuit it.*

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

**Maria**

*"The power of Festival du 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.*

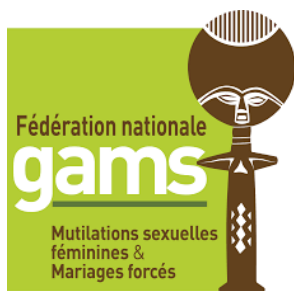
*You will meet different people who own a story of their own and you will feel that it's really ok to own your story. You will find yourself being touched by some of the people who share your happiness and some who would share your tears and uncertainties."*

**Adhira**



## GAMS

Festival du Féminin® Bangkok is happy to raise awareness about **GFM – Genital Female Mutilation**.



GAMS is an international NGO committed to and battling against the **GFM 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](http://www.federationgams.org) [www.endfgm.eu](http://www.endfgm.eu)

## WOMAN

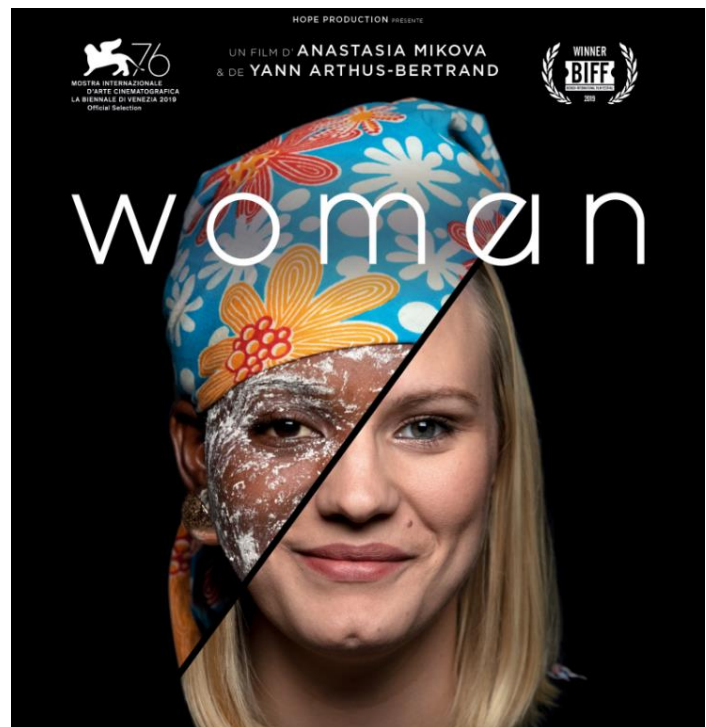
"Woman" is a documentary film directed by Anastasia Mikova and Yann Arthus-Bertrand, released in 2020. The film is a tribute to women around the world, showcasing their strength, resilience, and diversity.

The documentary features interviews with over 2,000 women from 50 countries, sharing their stories, experiences, and perspectives on life, love, family, work, and identity. The film covers a wide range of topics, including:

1. Motherhood and family
2. Love and relationships
3. Career and empowerment
4. Violence and discrimination
5. Culture and tradition
6. Identity and self-expression

Through these stories, the documentary aims to:

1. Celebrate women's diversity and individuality
2. Highlight the challenges and injustices faced by women globally
3. Promote empathy, understanding, and solidarity among women and men
4. Inspire positive change and empowerment for women everywhere



"Woman" is a powerful and emotional documentary that sheds light on the complexities and beauty of women's lives, encouraging viewers to reflect on their own values, biases, and relationships.

## Previous and current supporting media in Thailand



## Previous and current supporting media in France



