



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/bangkok-2

2nd edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

BANGKOK

24-25 March 2017

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



facebook event : festival du feminin Bangkok 2017
bangkok.womenfestival@yahoo.com / tel : +66 (0)85 0204 777

FESTIVAL DU FÉMININ®
A transformative journey by women for women

Asia's second year to host an exceptional for women-only event in Bangkok!

Thailand will host for the second time the Festival du Féminin® from March 24-25, 2017 hosted at LA VIE Bangkok, a MGallery hotel by Sofitel. Created and started in Paris by the Centre Tao, this registered trademark festival is held in cities all over France and in French-speaking countries (Quebec, Belgium, Morocco) and it is rapidly developing internationally (India, USA, Colombia, Thailand, Singapore, Hong Kong) with new projects starting in Kenya and in Iran. The Festival du Féminin® links women all over the world to gather and connect with each other.

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

The Festival du Féminin® comprises 20 interactive creative workshops guided by an array of experienced and acclaimed local and international facilitators.

Included among them are therapists, lecturers, writers, shamans, dancers, painters, singers, energetic healers, coaches, midwives or wise women. They all generously share and convey their deep experience to accompany and empower women to trust and follow their own path to reach their essence, their deepest, their most sacred and vibrant inner world. They will guide us to discover our strengths and vulnerability, our sensitivity and our power.

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

It is joyful, it is liberating, it is convivial, it is soft, it is powerful, it is communicative, it is fulfilling, it is vibrant, it is pleasurable, and it is in full swing!

Where am I at as a woman? How do I live my femininity in my heart, in my body, in my belly?

Come and share in consciousness these unique 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. A longing for values and liberty, a longing for grounding and harmony to contribute to the reenchantment of the world.

Workshops are conducted in English.

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

- on website: www.festivaldufeminin.com/en/bangkok
- on facebook page: facebook.com/festivaldufeminin, facebook event page Festival du feminin Bangkok 2017
- by email: bangkok.womenfestival@yahoo.com
- by phone tel: +66 85 0204 777
- YouTube link on worldwide Festival du féminin tour: <https://www.youtube.com/watch?v=7FdzAEYQduA>



Sylvie Baradel
Organizer of Festival du Féminin® Bangkok

You are all most welcome! Let's celebrate!





In loving memory, we heartfully dedicate this second edition of Festival du Féminin® Bangkok 2017 to pay tribute to Christine Gatineau, co-founder of Festival du Féminin® and to Sophia Lessard, a Festival du Féminin® facilitator.

FRIDAY 24 MARCH 2017

From 8:30 am to 9 am: Welcome participants and registration

From 9 am to 9:30 am:

- Room 1 / **WELCOMING WORDS** by the organizing team and the Godmother of this second edition. **OPENING RITUAL:** Calling for the Mother Earth Spirit for blessing and grounding.

From 9:30 am to 10:45 am

- Room 1 / **INNER DIAMOND MINING** with Amélie YAN-GOUIFFES
- Room 2 / **FAST TRACK TO YOUR MOST AUTHENTIC EMPOWERED SELF** with Jaz GOVEN

From 11 am to 12:15 pm

- Room 1 / **THE AWAKENING OF APHRODITE** with Lydia PETETIN
- Room 2 / **AWAKEN THE SOUL OF THE BODY THROUGH THE ART OF WUTAO** with Prune DERRIENNIC

From 12:15 pm to 1:45 pm: lunch break

From 1:45 pm to 3 pm

- Room 1 / **FIND YOUR OWN VOICE** with Athalie de KONING
- Room 2 / **SHAMANIC CONNECTION WITH OUR FEMININE LINEAGE** with Sallie YANG

From 3:15 pm to 4:30 pm

- Room 1 / **PRIMITIVE EXPRESSION: DANCE, EXPRESS, LET GO, VIBRATE** with Gisèle BARADEL
- Room 2 / **EXPLORE QI QONG FEMININE ENERGY** with Grace T. KIM

From 4:30 pm to 5 pm: a welcoming break to rest, to refresh, to chat, to exchange

From 5 pm to 6:15 pm

- Room 1 / **RITE OF THE WOMB – THE 13th RITE OF THE MUNAY-KI: EMPOWERING THE DIVINE FEMININE** with Onyx ANTARA
- Room 2 / **HEALING OUR LONGING (NOSTALGIE) FOR ELSEWHERE THROUGH LOVE AND BEING LOVED** with Arouna LIPSCHITZ.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

From 6:20 pm to 6:30 pm

- Room 1 / **DIAPORAMA** of the ongoing adventure of Festival du Féminin®

From 6:30 pm to 7:30 pm

- Room 1 / **TIBETAN SIGING BOWL CONCERT** with Akiko IGARASHI

SATURDAY 25 MARCH 2017

From 8:30 am to 9 am: Welcome participants

From 9:00 am to 10:15 am

- Room 1 / **FREEING THE LITTLE SOULS AND HEALING THE BROKEN HEART** with Anne MORIN
- Room 2 / **WAS THAT ME WHO DID THAT ? CREATIVE PAINTINGS** with Anne THENON

From 10:30 am to 11:45 am

- Room 1 / **TO INSPIRE ESPECIALLY THAI WOMEN TO FOLLOW THEIR DREAMS AND DISCOVER THEIR INDIVIDUAL VALUES BY GAINING AWARENESS OF THEIR ENVIRONMENT** with Sunansa NITHISVASIN
- Room 2 / **PANEL TABLE** with 4 age generation guest speakers: **CHALLENGES AND TRANSITION**

From 12 pm to 1:30 pm: lunch break

From 1:30 pm to 2:45 pm:

FAMILY CONSTELLATION is proposed on both workshops

- Room 1 / with Anutosh FOO
- Room 2 / with Jaclyn BAIN and Monika WYSS

From 3 pm to 4:15 pm

- Room 1 / **BALANCE WITH THE PRESENT MOMENT THROUGH MOVEMENT** with Ronelle STOESSEL and Erin ORSINI
- Room 2 / **FROM CULPABILITY TO FORGIVENESS CIRCLE** with Anne CHERON GUIARD and Catherine BARBIER

From 4:30 to 6 pm

- Room 1 / **INTEGRATION AND CLOSURE CEROMONY: A JOYFUL CELEBRATION, RITUAL AND THE SHOWER OF LOVE**



FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

FRIDAY 24 MARCH 2017

From 8:30 to 9 am: Welcome participants

9:00 – 9:30

ROOM 1 / OPENING CEREMONY: blessing and grounding

9:30 - 10:45

ROOM 1 / INNER DIAMOND MINING with Amélie YAN-GOUIFFES.

How happy would you be if you dared being fully yourself? How much professional success could you harvest if you unleashed your full potential? Join us for 75 minutes of digging and mining to uncover your inner diamond and bring it up to the world. The inner diamond is your unique and true potential and can shine only when you allow it to. We will dare stepping out of the zone of low self-esteem and disempowerment to enjoy the heights of confidence and power, with fun, sense of safety and sisterhood. Meditation, visualization, body, voice and energy will be our tools for this unconventional mining workshop. “And as we let our own light shine, we unconsciously give other people permission to do the same” - Marianne Williamson.



Amélie YAN-GOUIFFES is French, and lives in Bangkok. She is a motivational speaker and a public speaking coach. She created Be and Become® to undertake her mission: Speaking to empower people and organizations. She uses public speaking as a tool for powerful personal and professional development.

She brings to her mission a rich learning of 17 years working in war zones and countries hit by natural disasters from Ex-Yugoslavia, to Zimbabwe, Eritrea, Haiti, Colombia, etc.

She is a member of Global Speakers Federation (GSF) and is a certified coach accredited by the International Coach Federation (ICF-ACC). She founded the first French-English Toastmaster group in Bangkok. [facebook.com/beandbecome](https://www.facebook.com/beandbecome) ; www.bblicfcoaching.com

ROOM 2 / FAST TRACK TO YOUR MOST AUTHENTIC, EMPOWERED & FEMININE SELF with Jaz GOVEN.

Do you know who is running you? You may think it is your adult self, but if you feel you are not living a life that equates to your full potential, then it's probably time to investigate into, discover and release those limiting beliefs, programs and behavior patterns from your subconscious that were formed in your past. These negative patterns may be yours or those you have “taken on” from another (i.e., inherited from your parents, culture, the media etc.), and are often operating 24/7. And they are in the way of you Being, Doing and Achieving what you want as an authentic, empowered, feminine woman. Many techniques just look at one or a few aspects of releasing such beliefs: Fast Track Technique allows you to see, and release, at the bigger-picture level. It has a consciousness of its own, allowing you to shift deep-seated fear and suffering. The result, a lighter, freer, more peaceful you. Consider it a psychic/higher-consciousness reading, cards, muscle testing, brain entrainment and releasing protocol all rolled into one.



Jaz GOVEN is the creator and founder of Fast Track Technique. Originally from the UK, Jaz decided to set up home in Thailand over 15 years ago. When her marriage fell apart, so did she, and it was this that prompted her to take a journey towards healing herself, and then others. On her path of healing she discovered first-hand the negative impact of sub-conscious programming and set about undoing her own “ball of string”.

And thus Fast Track was born. She now works and travels in Thailand and abroad helping others do the same. Jaz shares her passion with the subconscious with groups, individuals and conducts training sessions on a wide range of topics, including Money, Relationships, Weight & Healthy Eating, and all aspects of personal development and empowerment. www.fasttracktechnique.com

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

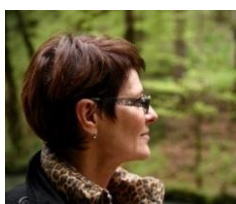
www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

11:00 – 12:15

ROOM 1 / AWAKENING APHRODITE 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, French, 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 and Awakening Women (Chameli Ardhag) and passionate about Prenatal Yoga. www.laroseetlecalice.com

ROOM 2/ AWAKEN THE SOUL OF THE BODY THROUGH THE ART OF WUTAO with Prune DERRIENNIC

Free your pelvis, rediscover the sensation of your pelvic floor, fill up your womb and build your verticality. This is what the art of Wutao offers. Once we learn how to listen to our body, they act as caring guides. Wutao puts the focus on various aspects: self-centering, liberation of the breath, beauty of our movement, restoring the wavy undulation that travels through the spine. At the origin of life, this undulation exists in each of us, but as we grow up we tend to lose it. Our path is therefore to reactivate it, as if we were reconnecting to the universe. Reconnecting to life itself. It allows us to awaken our creativity, our inspiration and our vitality. As the energy can flow again, we can feel our femininity in a new way. We connect to the universal feminine. We can embody a centered and sensitive woman. We awake the soul of our body, opening up to ourselves and to the world. Without effort. With ease.



In 2010, after ten years performing professionally as an actress in Paris and New York, Prune DERRIENNIC found herself yearning for a way to explore more deeply her connection to movement and expression. She discovered Wutao, which completely transformed her relationship to her body, breath, and personal life. Over the past six years, Prune has worked closely with the creators of Wutao, and is a certified "Professeure." She is currently also training in the art of Transanalyse, an approach to awareness that incorporates movement, postural analysis, physical theatre, and a deep exploration of breath work. Working with American movement artist and Wutao teacher David Poznanter, Prune recently co-founded InSpiral (www.inspiralarts.com), a company that offers workshops and classes internationally. www.wutao.fr

LUNCH BREAK : 12:15 - 1:45

1:45 – 3:00

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

ROOM 1 / FIND YOUR OWN VOICE with Athalie DE KONING.

Your voice is your most personal treasure. It's the first thing people hear when they meet you, and it can reveal so much – whether you are healthy or sick, happy or sad, confident or nervous, and many other nuances. This is why it is so important to know your voice, not only physically, but also on an emotional level: experiencing that your figurative voice, your opinion, is valuable and needs to be heard. In fact, when we are born, we use our voices naturally. A baby doesn't use a microphone, yet her cry can be heard from far away. We all possess the facilities to use our voices fully, yet along the way, through messages from our environment and ideas about a “good vs bad” sound, we build habits that block our natural vocal power. In this workshop, you will go on a journey to release your own voice. You will be invited to go beyond the social and aesthetic expectations, to explore and play, to unleash your personal message and discover how far your voice can reach.



Athalie de KONING, Dutch, is an international jazz vocalist, composer, and vocal coach with a passion for improvisation. She holds a Bachelor of Education in Music and a Masters of Arts Education with a specialty in interdisciplinary improvisation. Drawn to the arts from an early age, Athalie experienced vocal problems as a teenager, which affected her confidence and blocked her from releasing her potential. Through improvisation and letting go of “industry expectations,” Athalie discovered that the voice is much more than a marketing tool – when fully realised, the voice is a deeply personal treasure, an expression of the true self, and a powerful gift to connect in harmony with others.
www.athaliedekoning.com

ROOM 2 / SHAMANIC CONNECTION WITH OUR FEMININE LINEAGE with Sallie YANG.

In 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 is 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 be guided to connect with our Animal Helping Spirits to accompany us through this beautiful journey to our female ancestors, to ask for wisdom and re-connect with our feminine energy, the source of our true empowerment. You will be actively participating in the meditation as we seek to enable each one of you to take responsibility for your own healing and growth.



Sallie Yang, Singaporean, is a practitioner in shamanic journeying and healing, and 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. These may come in many forms including that of power animals for the purpose of problem solving and healing for oneself and to help others. 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. To be with nature and wildlife is one of the most precious and sacred experiences for her. As a result, her shamanic practice naturally gravitated towards specialized work with the spirits of nature and animals guides. Her special connection with animals also led to her current work to counter wildlife trafficking, with special attention paid to the transnational nature and syndication of illegal wildlife trade.

3:15 - 4:30

ROOM 1 / PRIMITIVE EXPRESSION®: DANCE, EXPRESS, LET GO, VIBRATE! with Gisèle BARADEL:

Primitive Expression® (PE) 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

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

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 feel energized and happy!

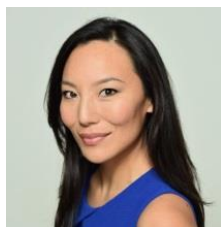


Gisèle BARADEL, French, a professional dancer and latin dance teacher for the last 15 years, is a Primitive Expression dance therapist following the teachings of France Scott Billman, who initiated and developed the discipline. Gisèle co-founded CalorDanse school and is the choreographer of a Samba filles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

structures. <https://dansetherapie.co/expression-primitive> **Fb: expression primitive Montpellier**
www.calordanse.org

ROOM 2 / EXPLORE QI QONG FEMININE ENERGY with Grace T. KIM

Discover your power to nourish and balance the feminine energy with QiGong, as it teaches the art of promoting your life force energy (qi, prana, ki) through meditation, movement and breath work. This workshop is designed for beginners and Grace has many years' experience of teaching this subject to demystify this ancient practice and Eastern philosophy. You will acquire basic techniques and the secrets of the masters to bring about an immediate change in your energy. In this workshop, you will learn how to harness and direct life force energy in and around your body; learn how to promote the nourishment of life force energy to your sacred womb, which is also the location of the reservoir of your qi and essence called the Dantian; and learn how to connect with your divine feminine energy. You will also gain insight on the correlation of yin yang philosophy and feminine and masculine energy that may enrich your inner harmony. This is your chance to use Life Force to cultivate the divine feminine and balance the yin and yang energies.



Grace T. Kim, Korean, is author of "Life Force Revolution: 5 Keys to Boost Your Energy and Finding Inner Peace". She is a 5th Dan Taekwondo master and 2nd generation Acupuncturist from Canada. She has devoted her life to mastering modalities that help people make breakthroughs and powerful transformations. She is also a certified coach, Thetahealing instructor, yoga instructor and Intuitive Energy Healing teacher. She believes that when we do our inner work we raise other people's vibrations just by being in their presence. For more information on Grace or her book, please visit her website:

www.graceTkim.com

4:30 – 5:00: a 30 mn break to pause to rest, refresh, reflect, chat, exchange

5:00 – 6:15

ROOM 1 / RITE OF THE WOMB – THE 13th RITE OF THE MUNAY-KI : EMPOWERING THE DIVINE FEMININE with Onyx ANTARA:

We will gather in circle to participate in a powerful ceremony of healing, transformation, and creation. The womb is a place to create and give birth to Life in all its forms. Sometimes we misguidedly store fear and pain in the womb space. The rite is a gentle and nurturing ceremony that honors a woman and her relationship with herself, her lineage, and the Great Earth Mother. It offers healing that may be physical, emotional, intellectual, or spiritual and the opportunity to recognize, acknowledge, and release pains that we may have carried with us for years or lifetimes. The 13th Rite of the Munay-Ki (the Rite of the Womb) is an energetic transmission passed down from a lineage of Sacred Womb Keepers/Medicine Women from the jungles of Peru.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017



Onyxe Antara, American, is deeply committed to how sacred witnessing of personal journeys can expand world views and transform lives. In 2007, she was initiated into the Peruvian shamanic rites of the Medicine Wheel teachings and has facilitated the 13th Rite of the Womb to women in America and Thailand. As a Regional Coordinator for Gather the Women, a global sisterhood dedicated to changing the world one woman and one circle at a time, Onyxe facilitates a multi-cultural, multi-ethnic, and multi-faceted women's circle in Bangkok. She received a degree in Mind-Body Transformational Psychology from Southwest Institute of Healing Arts in Arizona, USA and offers sessions in Polarity Therapy and CranioSacral Unwinding as well as group workshops.

ROOM 2 / HEALING OUR LONGING (NOSTALGIA) FOR ELSEWHERE THROUGH LOVE AND BEING LOVED with Arouna LIPSCHITZ.

For Arouna, the root of our suffering from a broken-heart lies in what she calls « The Longing for Elsewhere ». Because of this cosmic home sickness, we yearn for a lost paradise and this fuels our yearning to fuse with others to attain perfection. Yet no matter how sublime Love is, there is no guarantee that we will experience love through being in a relationship that works. So what do we do? We start to make Love come alive in our day to day life.



*Arouna Lipschitz is a successful and respected relationship philosopher, and spiritual seeker. She has walked several paths of wisdom. Once she had brilliantly completed her accomplished literary doctorate from the Paris A Pantheon Sorbonne, with Roland Barthes as a member of her thesis jury, Arouna took on the robes of a Swami in the 1980s, dividing her time between India and Paris where she founded her ashram. During this journey, she discovered the limitations of a spiritual path that effaces the other in the name of God or Divine Love. She created The Way of Being in Love many years ago and has taught it, and keeps teaching until today, to thousands of people. This holistic approach integrates relationship development to personal and spiritual development. Arouna started an online distance learning platform and has spoken at numerous international conferences. www.lavoiedelamoureux.com She has authored several books (*Dis moi si je m'approche, L'Un n'empêche pas l'autre, La Voie de l'amoureux, 52 cartes pour vivre l'amour, un jeu initiatique pour mieux aimer*). She is also a producer and is currently directing her first film, a feature-length fictional and innovative account on love and angels (follow the adventure here: <https://www.facebook.com/lanostalgiedelailleurslefilm>; <https://vam.eu/kisskiss>)*

6:20 - 6:30 : The adventure of the Festival

ROOM 1 / Handing over the flame that is transmitted one Festival to another Festival, presentation of a diaporama.

6:30 -7:30: CONCERT

ROOM 1 / CHANTING & TIBETAN SINGING BOWL CONCERT with Akiko IGARASHI

What a better relaxing sweet ambiance than to finish the day with the sounds of graceful Tibetan bowls. Come and discover & experience how Tibetan Singing Bowl work. It is moving, sweet, deep and beyond words. It is a unique ambiance, chanting for Bhakti the devotion and Nada Yoga, sound of Yoga with toning and Tibetan Singing Bowl to complete silence. Purity of silence. A beautiful moment of this first day integration.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017



Akiko IGARASHI is a native of Hokkaido Japan, and the founder of Shima Healing. Shima means 'Island' in Japanese, 'Love' in Sanskrit and 'Mother' in Navajo, Native American. She has been a practitioner of Reiki since 2003, obtaining her Hatha Yoga teacher training in 2005 and Yoga Therapy teacher training in 2006 in India.

In 2009, after 11 years of IT corporate life, she found her passion and discovered her own truth while teaching yoga to 30 children at an orphanage in Kathmandu, Nepal. On that occasion, the harmonic overtone from the sound of Tibetan Singing Bowls resonated with her deeply and shook the very foundation of her being. This experience profoundly and forever changed the course of her life – in the pursuit to share the wisdom of the healing arts and to dedicate her life to children and their wellbeing. Ever since that fateful day, she has been full time teaching yoga, giving treatments Singing Bowl Therapy and Reiki at number of resorts such as Paradise Koh Yao, Six Senses, Niramaya, Glow Elixir and Island Yoga on Koh Yao Islands. Her first objective is to teach the healing-arts for personal empowerment. Her goal is to touch as many people in her lifetime. <http://shima-healing.com/about-us/akiko-igarashi/>

SATURDAY 25 MARCH 2017

Doors open at 8:30 am

9:00 – 10:15

ROOM 1/ FREEING THE LITTLE SOULS AND HEALING THE BROKEN HEART with Anne MORIN

Abortions, miscarriages, stillborn babies, sudden infant death, in our lives or in our ancestors lives. These interrupted lives get locked into a cage of sadness. And remain like imprisoned souls, like ghosts. This workshop will allow us to open that cage, and propose to the soul to find its path of freedom and finally go towards the light, continue its life path. "My heart is broken, my heart is in pieces..." These expressions show much about our heart wounds. This workshop also proposes a ritual to recover our heart, full and whole, because how can you love again if your heart is in pieces?



Anne MORIN, French, is a Midwife, yoga teacher, trained in eutony, naturopathy, sophrology, dance. Her major tools are the sounds of vowels and the shamanic drum. The sound vibrations enable to go and touch the deepest emotions within oneself, then allowing healing of the mind-body at a cellular level. Anne creates a very safe space, a quality coming from her long experience of being a midwife in home births, and of being a sailor. She guides you in the birth of your essence, your sacred sexuality, the recognition of your inner child... to allow your life force to emerge, to be released. In the pleasure of being deeply with a joyful heart **fb:la santé enchantée**

ROOM 2/ WAS THAT ME WHO DID THAT? CREATIVE PAINTINGS with Anne THENON

Drawing from your conscious and subconscious creativity, this workshop invites you to contact, feel and express your emotions and feelings and to experiment with the joyful pleasure of creating. There is no need to "know" how to paint or draw. Making use of all the material, you enjoy your body as well as your heart and surprise yourself with meaningful lines, shapes and colors that will arise. Starting with two individual proposals you will be then invited to take part in an amazing collective work! A pleasurable and rewarding experience to start the day. (Limited to 20 people)



Anne THENON is by background a high school French teacher. As she embraced becoming a painter artist and art-therapist she trained at Irfat, and specializes today in creating spaces and opportunities for young and adult handicapped people, for whom painting is a means to expression. She also conducts painting workshops in her studio les M.O.BLEUS and keeps finding her greatest grace painting for herself and for exhibitions. Her energetic paintings question the body of the women beyond words. www.lesmobleus.com

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

ROOM 1/ TO INSPIRE ESPECIALLY THAI WOMEN TO FOLLOW THEIR DREAMS AND DISCOVER THEIR INDIVIDUAL VALUES BY GAINING AWARENESS OF THEIR ENVIRONMENT with Sunansa NITHIVASIN.

Sunansa will share her personal experience dealing with social pressure of being raised by a single mother and negative stereotypical perception she faced growing up in both personal and professional career as actress, entrepreneur, and public speaker.

In Thai culture parents expect a lot out of their daughter in law, in that their first priority is to take care of the house and the children. If you marry into a wealthy family you may feel pressure to be obedient and stay quiet while you may feel encouraged to stop working as your husband can take care of you. Why should you work then? As a young person you may also feel that you won't be respected as much as elders are. You are 'requested' to be confident, but not too confident. You are expected to be beautiful, but not too beautiful. The social pressure is intense for women on how you look, how your appearance is, women become dependent on the fashion diktat without finding the right distance. Therefore the balance is quite difficult in the business environment.

Women struggle more to prove their skills and talents. From an early age Thai children, and even more so with girls, are requested to ask permission, even to go to the toilets. Failure to ask permission brings punishment. In the long run one is not encouraged to take risks hence a strong resistance for Thai people to enjoy taking initiative. Some prefer to flee, escape or withdraw rather than expressing discomfort. The workshop will share techniques to help you discover who you 'really' are, once stripped from all social responsibilities and obligations (family name, title, position, order, expectation), in order to reconnect with your inner-self in order to lead to healthy relationships in both the personal and professional life.

The workshop aims to inspire Thai women to live life for themselves despite society's expectation of what a 'woman' is and to learn how to reach inside themselves to release the true potential because true happiness does not need permission. This workshop will also interest women who are not Thai to hear the perspective of their hosts in their everyday lives.



Sunansa NITHIVASIN, (Joy) Thai, a talented young celebrity star appeared in TV series such as Mor-San-Chan, Raknee Keng Tawan, Slow Life A Beautiful Day, and My Lady. Her other professional career includes modeling, MC, and author of "Will you marry me" published by Amarin Printing Publisher.

Even with the fame and fortune, Sunansa still felt incomplete and that something was still missing in her life. On a quest to find what this was, she turned to Meditation and Vipassana hoping to seek for the answer that will change her life forever. She is now a certified NLP coach and trainer with one of the most renowned NLP Masters in the world,

John Thomas Grinder in Spain and is now working as a motivation speaker organizing events to develop teamwork, communications, and leadership skills. Her work includes 1-on-1 coaching for organization such as BST Elastomer, Prohed, Comone PR and more. She is now working on publishing her 2nd book about relationships and self-improvement to inspire others. fb:Coach Joy Sunansa

ROOM 2/ PANEL TABLE with 4 Thai Guest speakers representing four age generations.

They will share and exchange about the challenges that Thai women are facing today.

What has changed over the past ten or twenty years? What has not? What remains hidden? What keeps resisting to change? They will identify similarities and differences with farang women as far as mentalities or social attitudes are seen, perceived and expected from each side. The name of the 4 Thai speakers will be revealed later.

This panel table aims at a better understanding of some cultural features beyond common clichés.

LUNCH BREAK: 12:00 – 1:30

1:30 - 2:45

We are delighted to open up for all participants two workshops of Systemic & Family Constellation to be guided by internationally renewed and experienced facilitators.

Systemic & Family Constellation work is about relationships and in increasing the flow of love. It invites for an embodied sense of how we each are an important part of a greater whole and what we do can be a way of honoring those that came before us and also how we participate and contribute to life through our choices and actions can impact the future generations.

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.

Women can often feel safe again giving themselves permission to be sacred, joyful sensual beings if there were traumas that disrupted this movement from previous generations.

Feel the support of generations of women who came before us. Be in harmony with them. In this family constellation inspired session we focus on acknowledging the presence of our mothers and grandmothers, clearing entanglements and bringing a natural order that frees us to live happier, more fulfilling lives. This is a safe and gentle approach to bring peace to our ancestral past, and to inherit the collective strength of our female lineage.

ROOM 1 / with Anutosh FOO



*Born in Singapore, living in Seattle, USA, **Anutosh FOO** descends from a line of traditional herbalist healers of the Hakka tribe of China. She has participated in intensive professional trainings with Bert Hellinger and other prominent facilitators such as Francesca Mason Boring in Seattle. Anutosh has over 18 years of extensive international experience participating in, coordinating, and facilitating Family Constellation workshops in the Continental U.S. and Hawaii, Singapore and Bali.*

Anutosh a licensed massage practitioner is also the Owner and operator of Anutosh Healing Arts (AHA). Her work with people as a Certified Nursing Assistant, working in hospices for the dying, and being present as a Doula for assisting women in childbirth have all supported her ongoing development. Her loving care and humble respect for each person's journey enables Anutosh to connect in a pure, deep way.

Her Family Constellation work combined with her own challenging life lessons make Anutosh a wise and compassionate facilitator. Over thirty years of meditation practice and personal healing work bring calm, positive energy and intuitive power to her presence and work. www.anutoshhealingarts.com

ROOM 2 / with Jaclyn BAIN and Monica WYSS



***Jaclyn BAIN**, Malaysian, is a trained, certified and experienced Family Constellation facilitator and Reiki Master Practitioner. In 2006 she took a career detour from running a retail business in interior decoration and design to become a Releasing facilitator, Yoga instructor (Cert. by The Yoga Institute, Mumbai, India), meditator and painter. In 2012 she was trained in Systemic/Family Constellations and Transformational Coaching (Kuala Lumpur, Malaysia). She became Reiki Master (L3) while living in Bangkok, Thailand and currently offers Family Constellation group workshops, one-to-one sessions and Reiki*

treatments. . www.jaclynbain.com

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017



Monika WYSS grew up in Poland, Eastern Europe in a family afflicted by poverty and alcoholism. She began exploring spirituality at an early age through the I-Ching. Today, three decades later, she is a group facilitator and teacher running a successful Holistic Practice. She is the founder of Heart Sanctuary, a space for personal development trainings, workshops and healing, providing Holistic Energy for Alignment Renewal & Transformation. Even as an experienced Holistic Transformation Coach, she still considers herself a student who loves learning and researching. Her work is her

passion. www.monikawyss.com

3:00 - 4 :15

ROOM 1 / BALANCE WITH THE POWER OF THE PRESENT MOMENT THROUGH MOVEMENT with Ronelle STOESSEL and Erin ORSINI

We will be using several sacred rhythms to guide you into a transformative trance as we access different states of being. By connecting the body to the mind, we allow ourselves to open to and surrender to the timeless ecstasy of the present moment where deep healing, restoration, self-discovery, and excitement can occur. The rhythms will allow us to fully balance our flow of energies, expressing our vulnerabilities, emotions and desires. Diving deeper than ever before. Discover your feminine and masculine energies and ignite your connection to yourself and the Divine. First, we will discover our opposing polarities of the Masculine and the Feminine.

Then, we will unify them in a passionate chaos. Out of that chaos will emerge a space of safety and ease where we will re-connect to the pure Essence of who we are. Which will lead us to the last stage where we will merge with All That Is and drift off into a glorious meditation. We will take you to the Theta brainwave where we will transcend, expand, and become one with Source Energy.



Ronelle STOESSEL, South African, has lived inspiring, mentoring and facilitating tremendous healing for many as an intuitive, healer, seeker and spreader of Love and Light. Her journey of personal growth has led her to numerous retreats/ seminars/ certification courses/workshops dedicated to energy healing, wellness and self- improvement with Jim Rohn, Dr. Wayne Dyer, Anthony Robbins, Deepak Chopra, Louise Hay and others. For the past 22 years she has been managing a successful career in health and nutrition. Ronelle has done extensive work with ThetaHealing and holds the Theta Healing Master and Certificate of Science from the ThetaHealing Institute of Knowledge in the USA. For the last 25 years

Ronelle has been living in Bangkok Thailand where she teaches ThetaHealing certification courses, does healing workshops and private consultations. Fbpage: Life by design with Thetahealing; fb and meet up group: bangkok's energy healers and seekers



Erin ORSINI, Canadian, is an adventurer of consciousness, seeker, and creative at heart. Erin has touched several healing modalities such as Reiki and Thetahealing. She has lived in Thailand for 5 years and loves dancing, traveling, reading, and expanding. She is inspired by mysticism, philosophy, altered states, sacred sexuality, and art.

ROOM 2 / FROM CULPABILITY TO FORGIVENESS CIRCLE with Annie CHERON GUIARD & Catherine BARBIER

Inspired by The Forgiveness Circle as a beautiful powerful ritual, created by Olivier Clerc, based on his experience with Don Miguel Ruiz (The four Toltec agreements) and inspired by the Ho'oponopono practice, this workshop aims at giving you the possibility of forgiving. Forgiveness towards yourself & others, towards the situation and the process. A forgiveness circle is a great ritual that makes it possible to reconcile the heart and the mind, it helps to heal the deep hurts inside, consciously and unconsciously, what is denied, what prevents us from moving forward in joy, lightness and simplicity. It definitely touches the feminine dimension of our being, often ill-treated and bullied in our very intellectual society, disconnected from emotions and feelings. This is a beautiful experience to live that resonates deep inside you.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017



Annie CHERON GUIARD is today a Counsellor in Human Relations and Personal Development. She trained in France at the Institut de Psychologie Humaniste et Transpersonnelle de Rezé/Nantes. She is interested in spiritual psychology. She believes, when we ask the question when it comes to our lives, that we can live better in light of who we really are in a holistic way, namely the physical, mental and also our soul's needs. She is also qualified in Ayurveda Massage, receiving training from numerous therapists and doctors in India. She has lived abroad for 13 years, and has been in Bangkok for the past 4 years. She is a member of the Oxygene association.



Catherine BARBIER, French, works in counselling and consulting. She spent 32 years in South Asia and South East Asia which gives her a sensitive approach to transcultural questions. She developed a lot of experience in the corporate world during her stay in India and has started consultancy on transcultural management. She also provides psychotherapy for adults, couples, adolescents and children. She was trained in France in Clinical psychology and Human Resources, her approach today is very much based on family, work and other relationships, trying to help how to find a balanced in yourself and the others.

4:30 – 6:00

ROOM 1/ INTEGRATION CELEBRATION RITUAL: THE SHOWER OF LOVE AND THE ART OF LIVING

All participants are gathering together for the last workshop that comes to close 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 goes have created and supported. I am grateful for having touched this chord that resonates to the very core of myself and connects to others.

Wow it is fun! This essence of being alive feels so good, so vibrant, brimming to the full. Could this be oxytocin?!

So, is this what sisterhood feels like?! ☺ This is a pearl I am committed to looking after.

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

THE RED TENT



Festival participants have the opportunity to take part in a RED TENT. A red tent is an intimate space dedicated to women to allow them to share without judgment nor taboo their experiences.

The concept comes from a novel written, by American author Anita Diamant. It symbolizes a space where in ancient traditions of women circles or gynaecea, like Moon lodges, women met once a month when they had their menstruation and took care of each other.

It is a sacred space of listening and transmission of the main moments of a woman, from puberty to menopause, through or not maternity. It links women from different generations with each other.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

The confidentiality of their sharing is ensured and the small group of women (limited to 8 women) welcomes everyone one by one.

Two Red tents are proposed each day in the morning and in the afternoon.

On Friday 24 March from 11am to 12:15am and from 1:45 to 3pm.

On Saturday from 10:30 am to 11:45am and from 1:30 to 2:45pm.

Prior registration is requested.

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 not 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.

Each entrance ticket for the Festival du Féminin® will partially support the cause of GAMS.

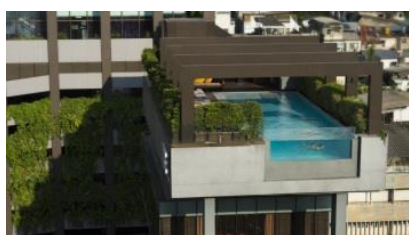
www.federationgams.org; www.endfgm.eu



THE VENUE



VIE Hotel Bangkok, MGallery by Sofitel, is a 5-star luxury designed hotel and creation of renowned French architect J.H. Boiffils with a spellbinding atmosphere and complete with works of art, exotic furniture, soft shades and audacious colors.



Conveniently located in the heart of the city, it is just steps away from the BTS Skytrain Ratchathewi station, on station after Siam interchange, and within walking distance of a range of shopping malls such as MBK Center, Siam Paragon, Siam Center, Siam Discovery Center, Central World

We kindly invite you, as much as you can, to immerse yourself completely without interruption by staying overnight at VIE hotel. By so doing you will enjoy meeting with new friends and the team of the facilitators. It is an appreciated beautiful moment of integration and rest.

Address: 117/39-40 Phayathai road, 10400 Bangkok. Tel: 02 309 3939

How to get there: Ratchathewi BTS, exit 2, VIE Hotel is just at the bottom of BTS station.

FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

REGISTRATION

Price:

The two-day pass costs **6 000 thb**. It includes:

- Access to the workshops
- Access to the Red Tent
- The evening concert on Friday

Enjoy the **early-bird promotion of 5 300 thb only** by registering before **February, 22nd, 2017**.

Duo pass of 10 600 thb instead of 12 000 thb valid till March, 23, 2017.

The **one-day pass costs 3000 th**. Priority is given to the two-day pass to allow a whole immersion.

Registration is completed upon payment.

How to register?

Kindly send your name, your nationality, your mobile number and your email address to bangkok.womenfestival@yahoo.com while confirming your choice of payment.

How to pay?

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

TANACHART BANK (logo TBNK) ACCOUNT NUMBER: 058-6-06538-2
ACCOUNT NAME: Sylvie Laurence Baradel ep Moussey

For cash payment or any further request kindly contact Sylvie Baradel 085 0204 777
sylviebaradel@yahoo.fr



SUPPORTING PARTNERS 2016-2017 in Thailand



FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

SUPPORTING PARTNERS in France



FESTIVAL DU FEMININ BANGKOK 2017

Tel: +66 85 0204 777 email: bangkok.womenfestival@yahoo.com

www.festivaldufeminin.com/en/bangkok-2/

Facebook event: Festival du Féminin Bangkok 2017

