



Interactive workshops . Red Tent . Celebration evening . Open space

www.festivaldufeminin.com/en/singapour

1st edition

FESTIVAL du FÉMININ

*A transformative journey
for women by women*

SINGAPORE

1st - 2nd april 2017

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

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FESTIVAL DU FÉMININ® Singapore Edition

A transformative journey by women for women

The Festival du Féminin® is coming to Singapore! Following its successful launch in Bangkok last year, Singapore will be hosting the exceptional for women only Festival this April 2017!

The Festival du Féminin® will be launched in Singapore on 1 and 2 April 2017 at SCWO (Singapore Council of Women's Organisations). 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 together and connect with each other.

During the two-day festival, women go on a beautiful journey of self discovery that allows us to feel, access and connect with the multiple facets and spaces within ourselves, that which we know as our femininity.

The Singapore edition of Festival du Féminin® comprises 14 interactive workshops guided by experienced and acclaimed local and international facilitators. Included among them are therapists, lecturers, writers, shamans, dancers, painters, singers, energetic healers, coaches and midwives. They all generously share their deep experiences and guide women to trust and follow their own path to reach their essence, their deepest, their most sacred and vibrant inner world. Through this process, participants are empowered to discover their strengths and vulnerability, their sensitivity and power.

The Festival is designed to be experienced fully, with body and mind, with all senses awakened. Come and share in consciousness these unique moments of deep listening and interaction: 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 change we wish to see in the world.



Amelia Kang
Organizer of Festival du Féminin® Singapore



In loving memory, we dedicate Festival du Féminin® Singapore 2017 to Christine Gatineau, co-founder of Festival du Féminin® and to Sophia Lessard, a Festival du Féminin® facilitator.

Festival du Feminin[®]

Festival du Feminin[®] Day 1 Programme

1 April 2017, Saturday

8:30am–9:00am	Registration	SCWO Lobby
9:00am–9:30am	Opening Ceremony	Training Rm 2 & 3
9:45am–11:00am	Workshops A. Awaken the Soul of the Body Through the Art of WUTAO by Delphine L’Huillier and Prune Derriennic B. Awakening Aphrodite by Lydia Petetin	Training Rm 2 Training Rm 3
11:30am– 12:45pm	Workshops A. Freeing the Little Souls and Healing the Broken Heart by Anne Morin B. Manage Your Life and Your Business with the 5 Elements by Maitie Trelaun	Training Rm 2 Training Rm 3
12:45pm–1:45pm	Lunch	
2:00pm–3:15pm	Workshops A. The Story Keeper of the Family by Janet Chui B. Guided Shamanic Journey: Connecting with Our Feminine Lineage by Sallie Yang	Training Rm 2 Training Rm 3
3:45am–5:00pm	Workshops A. Primitive Expression®: Dance, Express, Let Go, Vibrate! by Gisele Baradel B. She’s Got the Power: All Levels Yoga Practice To Empower Every Woman by Dr Trish Corley	Training Rm 2 Training Rm 3
5:00pm	Good Bye! See you tomorrow!	

Festival du Feminin[®]

Festival du Feminin[®] Day 2 Programme

2 April 2017, Sunday

8:30am–9:00am	Registration	SCWO Lobby
9:00am–9:30am	Grounding & Clarity Meditation by Amelia Kang	Training Rm 2 & 3
9:45am–11:00am	Workshops A. Love and Soul Women by Delphine L’Huillier and Prune Derriennic B. Getting Back Her Sovereignty by Lydia Petetin	Training Rm 2 Training Rm 3
11:30am–12:45pm	Workshops A. What the Monthly Cycle Teaches to the Woman by Maitie Trelaun B. Sensuality by Anne Morin	Training Rm 2 Training Rm 3
12:45pm–1:45pm	Lunch	
2:00pm–3:15pm	Workshops A. Colour Me, Colour My World by Chwen Sia B. Value, Vision and Success: Art of Feminine Leadership by Pang Sinlaparat	Training Rm 2 Training Rm 3
3:45am–5:00pm	Panel Discussion: Vote for your favorite topic 1) How can we have more women leaders? 2) Can we transform the world by unlocking the greatness of girls?	Training Rm 2 & 3
6:30pm–8:15pm	Closing Concert	Centre 42 Black Box

Programme Details

DAY 1: 9:45am-11:00am

Room 2: Love and Soul Women by Delphine L'Huillier and Prune Derriennic: Women need to reconnect to their essence, to their most intimate sense of selves. But how? Once we learn to listen to our bodies, they act as caring guides. The contemporary art of Wutao invites us to reconnect in this way, with sensitivity, beauty and strength. Wutao liberates the pelvis, and releases an 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. This undulation nourishes the opening of the heart and the flourishing of the mind; the "soul" blossoms. Without effort. With ease. To incarnate a woman who is anchored and sensitive. To awaken the soul of one's body, to open to oneself, to other women, and to the world.



***Delphine LHUILLIER** has an academic background in ethnology. Editorial manager of Génération Tao, she took part in the creation of the Centre Tao Paris. Cofounder of Festival du Féminin and coordinator of the Festival editions in the world. She is a Wutao teacher and trainer. Author of « Tribal Tarot », a card deck and book, (Le Souffle d'Or) and of the book « Le féminin sans tabou » (Eyrolles). www.festivaldufeminin.com / www.wutao.fr / www.tribal-tarot.fr*



***Prune DERRIENNIC**, In 2010, after ten years performing professionally as an actress in Paris and New York, Prune 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" 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.*

Room 3: Awakening Aphrodite by 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 Ardha) and passionate about Prenatal Yoga. www.laroseetlecalice.com*

DAY 1: 11:30am-12:45pm

Room 2: Freeing the Little Souls and Healing the Broken Heart by 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.*

Room 3: Manage Your Life and Your Business with the 5 Elements by Maitie Trelaun: The 5 elements are the foundation of the Chinese Traditional Medicine. They place human being as a global system connected with the Universe. Maitie use this ancestral knowledge to create a new way to understand relationships. That changes the concept of management in family life and in business. In this workshop, you will discover the 5 elements as 5 human characters; you will play with them to feel their specific energy and understand how that can help you to simplify your today life; you will know those who are activated for you today and those you have to activate to realise your own fulfillment.



***MAITIE TRELAUN:** Her unshakeable faith in the Living has led her to be a midwife, her passion for the movement trains her in the exciting maze of the woman's cycle. She becomes Nomad Woman walking her life to the rhythm of her cycle's. Coach, dancer, speaker, trainer and author, she developed an original approach of the woman's cycle, which makes it a real personal development tool, which invites the woman to return to her Source.*

DAY 1: 2:00pm-3:15pm

Room 2: The Story Keeper of the Family by Janet Chui: Women often fulfill the role of remembering family history and passing the stories from generation to generation, storing physical keepsakes and keeping up with news of the family members. The stories that are shared help shape the younger generation, either by instilling them with pride (or shame), and set the attitudes towards those family members who may have broken away. The way we have been told about other female family members more than likely shaped the women we felt we were allowed to become. And sometimes the stories that are NOT told are the ones that could have changed our lives. How do we make these stories empowering for ourselves and for our children?



***Janet CHUI** is an artist and writer with a background in Journalism and publishing. She once worked as a heritage tour guide, and is fascinated by history and the art of storytelling; how we are shaped by stories, how we live our own stories and how we are empowered by writing and sharing them. She is also the creator of the Self-Love Oracle, a deck of cards of her own art and writing that helped her come to terms with her own creative worth--something she had always struggled with. Now she helps others polish and publish their writing as she continues on her own art and writing projects.*

Room 3: Guided Shamanic Journey: Connecting with Our Feminine Lineage by 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 reject our feminine energy as its 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. 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.



***Sallie YANG** is a practitioner in shamanic journeying and healing. Sallie has always loved nature and wildlife. To be with nature and wildlife is one of the most precious and sacred moments for her. As a result, her shamanic practice naturally gravitated towards specialized working with the spirits of nature and animal guides. Her connection with animals also led to her to her current work to counter wildlife trafficking, with special attention paid to the transnational nature and syndication of illegal wildlife trade.*

DAY 1: 3:45pm-5:00pm

Room 2: Primitive Expression®: Dance, Express, Let Go, Vibrate! by Gisele 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 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> Facebook: *expression primitive Montpellier* www.calordanse.org

Room 3: She's Got the Power: All Levels Yoga Practice To Empower Every Woman by Dr Trish Corley:

Step into your power through the practice of yoga. The mind and body are connected. When you unlock new space and strength in your physical body, you create space for new possibilities everywhere in your life – your relationships, careers, hobbies, spirituality, etc.! Discover that what you want to make happen in your life is possible. Be empowered to give up the things that hold you back and realise you are ready to make manifest your dreams. This Baptiste Vinyasa yoga practice is appropriate for women with any level of yoga experience. First timers and seasoned yogis welcomed!



Dr. Trish CORLEY, founder of New Angle Yoga, is a doctor of physiotherapy and an internationally recognized Baptiste certified yoga teacher. She leads a variety of yoga teacher trainings and anatomy based workshops. She is passionate about enhancing people's lives and healing both the human body and spirit through movement and connection.

<http://newangle yoga.com>

DAY 2: 9:00am-9:30am

Room 2&3: Grounding & Clarity Meditation by Amelia Kang: After an exciting programme on Day 1, it is time to regroup and integrate your energies by stabilizing and clarifying our mental and emotional selves. In this meditation, we set our intentions and create a deeper connection with our inner selves so as to start Day 2 balanced, calm and centred.



Amelia KANG is a Holistic Consultant & Founder of Ame de Lumiere Holistic Consultancy Singapore. Amelia dedicates her life to help empower her clients all over the world. She believe that a holistic and balanced approach that balances energetics, metaphysics and practical solutions is necessary for women who aspire to success so that health, love, happiness and wealth are not compromised in the pursuit of success. She advocates stepping into our Feminine Power and taking responsibility for all our creations, good and bad, to facilitate self healing.

DAY 2: 9:45am-11:00am

Room 2: Love and Soul Women with Delphine L'Huillier and Prune Derriennic: Christine, co-founder of the Festival de Féminin and Delphine's partner, passed away on August 29, 2016 from cancer. Shortly before her last breath, Christine sang "It's raining love, hallelujah! It's raining love, hallelujah!" From our first inhalation to our last exhalation: breath, music, a cycle. In death as in life: two journeys, two doors. And life passes through us. What do we do every day with this breath that is given to us? To whom and to what do we dedicate it? This workshop invites us to reconnect to the gentle source, intimate and powerful, which animates us and makes us shine. From heart to heart. A universal dynamic, poetic and sensory, an anchoring, beauty and grace alchemize. Where women find their unique chorus.



Room 3: Getting Back Her Sovereignty with Lydia Petetin: only the woman who is well placed on her throne can truly carry her crown." Christiane Singer

The reminder that we are all Queens does not in any way mean that we are dominating characters, defying man on his turf, neither does it mean that we should act in the energy and shadow of masculine-driven castrating women.

On the contrary, this archetype invited us to embrace our life with coherence, equilibrium and dignity. It asks us to open our eyes wide, to open up our spaces, to broaden our vision and our hearts..

Let's grow and strengthen our roots

Let's rediscover our Power

Let's embody our dreams by respecting others and the Living

This is a true ecology of Being, engaging the celebration of Life in all its glorious panoply of colours

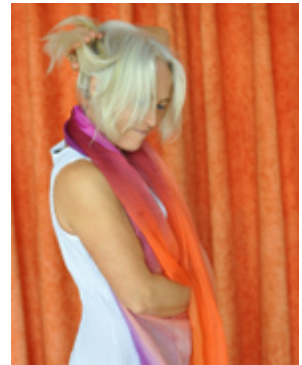
This workshop will be under a banner of exchanging and sharing, in the spirit of good humour and authenticity. It is a practice of dance and mind-body exercises designed to discover and reveal in your nobility.



DAY 2: 11:30am-12:45pm

Room 2: What the Monthly Cycle Teaches to the Woman by Maitie Trelaun:

Which memories do you have of the day you had your period for the first time? How did you live that moment? Which transmission did you receive from your mum and how did you transmit that to your daughter at your turn? The cycle sculpts and invites the woman to create her own dance to harmonize it. It enables her over the months to open her vulnerability and to release her power. How can she surf with her cycle's energies to respect herself with more accuracy in her everyday life? During this workshop, Maitie will tell you the magic of the Woman's body in connection with the Universe. It will offer you the keys to go to meet your cycle and learn how to read it. Menopausal women too can learn and still benefit from the precious energy of the cycle.



Room 3: Sensuality with Anne Morin:



What is desire, what feelings in our everyday life, what place in our lives?

What is pleasure, what feelings in everyday life, what place in our lives?

Desire, pleasure, sensuality, and voluptuousness:

How can we put this potential of our living body at the service of our life?

DAY 2: 2:00pm-3:15pm

Room 2: Colour Me, Colour My World with Chwen Sia: When was the last time you draw? What is the picture you see yourself now and in the future? What is your role as a woman to the people in your life? What do you want to present yourself as?

Come on a journey and let the colours you choose speak for you! Allow yourself to express Who you are, What you care for in the form of a painting and colours! Let the magic of colours heal you!



***Chwen SIA** is an executive coach and trainer/facilitator based in Singapore with clients in Singapore and throughout Asia. She specializes in coaching middle management and senior management in the field of leadership development and management with organizations throughout Asia. Prior to her fulltime role in training, facilitation and coaching, Chwen has worked with diverse international teams of MNCs in Singapore, Japan and China in the last 22 years.*

Room 3: Value, Vision and Success: Art of Feminine Leadership with Pang Sinlaparat: Women have a unique challenge in the workplace in the face of ingrained gender bias. Studies show that leadership is still equated with traditionally masculine qualities, like being aggressive, direct and dominating. However, when women choose to lead with this style, we tend to suffer. It shows that traditional models of leadership actually works against women, which could lead to either being view as aggressive or a lack of confidence and lack of impact. In this workshop, you will get a chance to get in touch with your value, vision and your own definition of success; and learn to embody Feminine Leadership.



***Pang SINLAPARAT:** Pang has 15 year experience working in international bank, where she takes multitude of roles in management accounting, project management, product implementation and global product management in the corporate space. Being in an international bank allowed her to work and mingle with colleagues and clients from diverse nationalities and cultural backgrounds. Pang has deep passion in understanding human psyche and personal & organizational development, resulting in shifting her career to a mindfulness coach. She believes that sustainable success includes well-being and fulfillment.*

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. 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 links women from different generations with each other.

The confidentiality of their sharing is ensured and the small group of women (limited to 8 women) welcomes everyone. The RED Tent is available in 3 slots from 11:00am to 1:00pm, 1:00pm to 3:00pm, and from 3:00pm to 5:00pm.

About RED Tent Facilitators:



Chwen SIA is an executive coach and trainer/facilitator based in Singapore with clients in Singapore and throughout Asia. She specializes in coaching middle management and senior management in the field of leadership development and management with organizations throughout Asia. Prior to her fulltime role in training, facilitation and coaching, Chwen has worked with diverse international teams of MNCs in Singapore, Japan and China in the last 22 years. She also volunteers at Beautiful People (Juvenile Delinquent Teenage Girls men) as a Big Sister for under privilege teenage girls.



Doreen GOH's passion is about helping people to develop to their highest potential. She believes everyone can be developed as long as they have the inner desire and will to be coached and nurtured. She believes coaching works at any level of intervention, be it a performance issue or even in preparing someone to take on additional responsibilities or next role. To Doreen, it is integrated coaching - we all show up as one whole person, not as a segmented individual. Coaching is about developing the competencies to generate excellence in the long term, which is both self-generating and self-correcting.



Cassandra LEE As an Executive Coach, Cassandra coaches by building trust and confidence in her clients and provides them with tools that make them proactive in achieving their own goals. She creates outlets for self-expression, self-realization and changes behavior in a way that produces results. She believes in the holistic approach in the personal development program. By working progressively with the individuals, she draws on parallels that reflect attitudes, moods and points of view that are mirrored in their professional and personal lives.

The Venue

Workshops @ SCWO (Singapore Council of Women's Organisations)
96 Waterloo Street, Singapore 187967

Concert @ Center 42 Black Box
42 Waterloo Street, Singapore 187951

Registration

Pricing:

A ticket for 2-day pass costs \$333 includes:

- ✓ Access to the workshops
- ✓ Access to the Red Tent
- ✓ Access to the evening concert on Sunday

A ticket for a day pass costs \$180 includes:

- ✓ Access to the workshops (Choose from Day1 or Day2)
- ✓ Access to the Red Tent
- ✓ Access to the evening concert on Sunday (if pass is for Day2)

A ticket for Sunday evening concert cost \$50.

Enjoy early-bird promotion of \$250 for 2-day pass and \$150 for a day pass by registering before March 4th, 2017.

How to register:

Kindly send your name, your mobile number and your email address to events@amedelumiere.com.sg while confirming your choice of payment.

How to pay:

Local Bank Transfer	DBS Savings Plus Account Name: Amelia Kang Account No: 27-2-028802	Please indicate your full name in the description or whatsapp the photo of your transaction receipt to +6597492857
Cheque	Cross cheque and payable to Amelia Kang	Please send the cheque to 5A Dunearn Close, S299578
Paypal	Payable to email: ame.de.lumiere76@gmail.com	Please email the reference number or acknowledgement to events@amedelumiere.com.sg

Registration is completed upon receipt of payment.