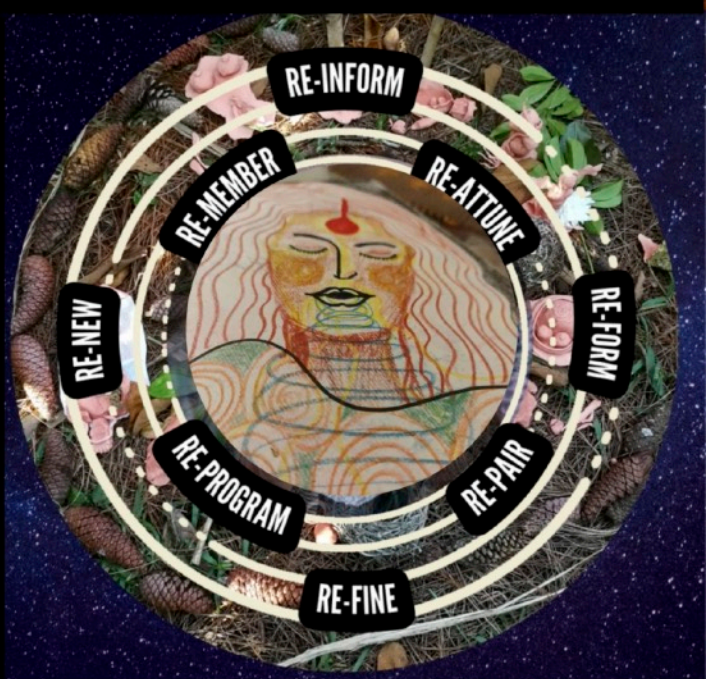


WELCOME TO



BEING EARTH, LIVING WOM(B)AN

3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12 - 14, 2023



Re-membering, Integrating and Celebrating the Life Cycle Rhythms.

it's time to
**PLAN YOUR CONFERENCE
TIMELINE & SCHEDULE**



BEING EARTH, LIVING WOM(B)AN

3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

REGISTER AT [HTTPS://SHESTANDSTALL.COM/CONFERENCE](https://shestandstall.com/conference)

DAY 1. FRIDAY, MAY 12TH

6:00 PM IST (8:30 AM ET) - 40 minutes

RITUAL OPENING OF THE CONFERENCE

Bring for Ceremony: A Source of Light / An object each representing an aspect of Being Earth, Being Wom(b)an.

VAGINA MONOLOGUES PLAY

7:00 PM IST (9:30 AM ET)

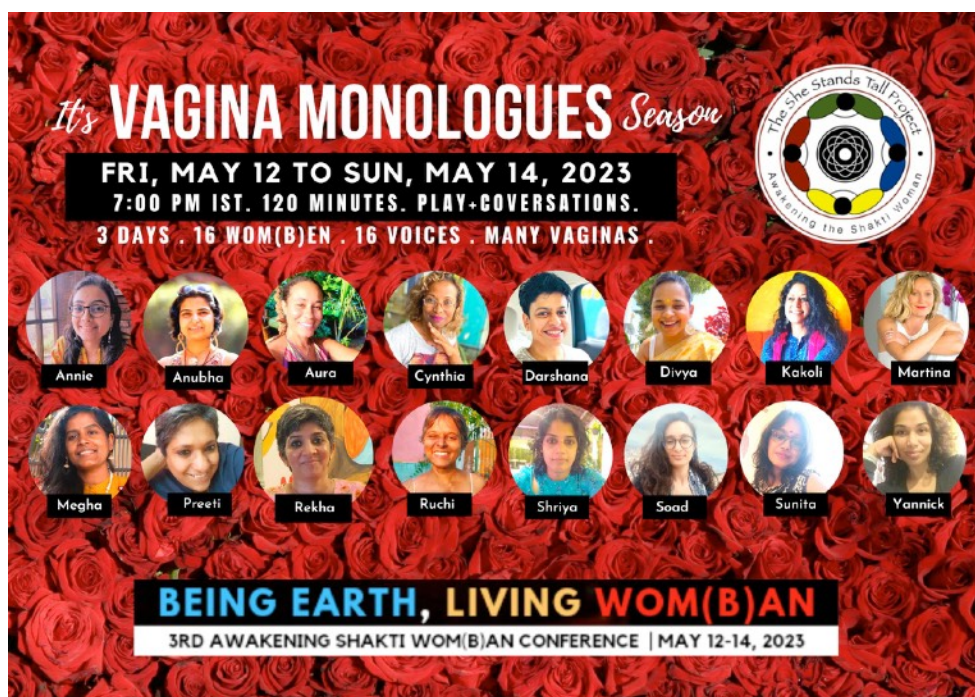
ACT 1. KNOW THE VAGINA

90 minutes

8:30 PM IST (11:00 AM ET)

VM CONVERSATIONS - HER VOICE

40 minutes



9:30 PM IST (NOON ET)

NIGHT PRAYER TO SUN. GUIDING AWARENESS INTO DARK - REST.



BEING EARTH, LIVING WOM(B)AN

3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

DAY 2. SATURDAY, MAY 13TH

6:30 AM IST (9:00 PM ET)

MORNING PRAYER TO SUN.

GUIDING AWARENESS INTO LIGHT - ACTIVITY.

7:00 AM IST (9:30 PM ET) - 60 to 90 MINUTES

SITTING & LEARNING IN THE LIVE NEARNESS OF AN ELDER.








Weaving the Cyclic Reality & Matriarchal Wisdom in Living Human on Earth with **VICKI NOBLE**

VICKI NOBLE IS A FEMINIST ARTIST, WRITER, SCHOLAR, AND WISDOM TEACHER.

Her work is a mix of profound knowledge and practices, beginning with feminism as a path to enlightenment, and then building on that foundation through Buddhism, tantra, shamanism, bodywork, and other forms of spiritual understanding and natural medicine. Informed by four decades of scholarly investigation and grounded in daily practice, she draws from a holistic underground stream of female lineage that runs from the most ancient times when women were the unquestioned spiritual leaders and teachers at the center of our human communities, and the “language of the Goddess” was a shared one. She is an active participant in the vibrant international Matriarchal Studies movement. She and Karen Vogel together created the Motherpeace Tarot Deck.

9:00 AM IST (11:30 PM ET) - 40 MINUTES
PANEL DISCUSSION - LIVING ELDERSHIP
Conversations with Elder Women on their Soul's Journey.

10:00 AM IST (12:30 AM ET) - 120 MINUTES (2 HOURS)
FIVE PARALLEL WORKSHOP OFFERINGS WITH ELDERS

Bhanumathy Vasudevan	Living in Alignment with Nature	You would gain an experiential understanding of being a 'connected whole' , gain insights into Living an ordinary life in alignment with Nature's intelligence, and learn practices to experience, and sustain that knowing.	
Emily Ann Lifton	Practices for Playful Age-ing	Through self-massage, breathing, stretching, mantra meditation, free movement and relaxation, we will learn to strengthen, nourish & enliven our body in a gentle, fun, and alive way.	
Enolia Noki	I AM powerful: The Rite of the Womb	In order to stand in one's power, we must first understand our tools of power. Grandmother Enolia takes you on a journey to introspect the tools you already possess to stand in your power. We will learn where you hold your power, how to stop giving your power away through the teaching in The Rite of the Womb.	
Rahi Santhanam	Embodying the Divine Feminine in Daily Life	The feminine is the all-permeating eternally alive omniscient presence available in everyday life in the simple everyday activities. It requires no external elaboration, complication and grandeur to feel, sense and live it. In this session, we will receive simple ways of Living the Divine Feminine in our everyday life.	
Poonam Illuri	Experiencing Gaia - Living with Nature, Art & Spirituality	From her own lived experience of embracing eldership, Poonam Illuri will guide, and share with participants the various ways of finding a deeper connection with oneself and nature, exploring curiosity, creativity, and consciousness to return to a natural way of life through Gaia.	

NOON IST (2:30 AM ET) - 40 Minutes
GROUNDING & INTEGRATION

Guided SELF-CARE Space facilitated by SSTP Circle Holders to support participants to allow whatever emerges in the workshops a ground to rest, be seen, and expressed.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK - CRONE CATEGORIES: 1, 8 To Register Visit: <https://sheslandstall.com/conference>

Facilitated by
Bhanumathy Vasudevan

Living in Alignment with Nature
SAT, MAY 13, 10 AM TO NOON

You would gain an experiential understanding of being a 'connected whole', gain insights into Living an ordinary life in alignment with Nature's intelligence, and learn practices to experience, and sustain that knowing.




BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK - CRONE CATEGORIES: 1, 3 To Register Visit: <https://sheslandstall.com/conference>

Facilitated by
Enolia Foti

I AM powerful: The Rite of the Womb
SAT, MAY 13, 10 AM TO NOON

In order to stand in one's power, we must first understand our tools of power. Grandmother Enolia takes you on a journey to introspect the tools you already possess to stand in your power. We will learn where you hold your power, how to stop giving your power away through the teaching in The Rite of the Womb.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK - CRONE CATEGORIES: 1, 8 To Register Visit: <https://sheslandstall.com/conference>

Facilitated by
Emily Lifton

Practices for Playful Aging
SAT, MAY 13, 10 AM TO NOON

Through self-massage, breathing, stretching, mantra meditation, free movement and relaxation, we will learn to strengthen, nourish & enliven our body in a gentle, fun, and alive way.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK - CRONE CATEGORIES: 1, 5, 8 To Register Visit: <https://sheslandstall.com/conference>

Facilitated by
Rahi Santhanam

Embodying the Divine Feminine in everyday life.
SAT, MAY 13TH, 10 AM TO NOON

The feminine is the all-permeating eternally alive omniscient presence available in everyday life in the simple everyday activities. It requires no external elaboration, complication and grandeur to feel, sense and live it. In this session, we will receive simple ways of Living the Divine Feminine in our everyday life.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK - CRONE CATEGORIES: 6, 7, 8 To Register Visit: <https://sheslandstall.com/conference>

Facilitated by
Poonam Illuri

EMBRACING ELDERSHIP JOURNEYING THROUGH GAIA
SAT, MAY 13 10 AM TO NOON

From her own lived experience of embracing eldership, Poonam Illuri will guide, and share with participants the various ways of finding a deeper connection with oneself and nature, exploring curiosity, creativity, and consciousness to return to a natural way of life through Gaia.

1:00 PM IST

LUNCH PRAYER TO FIRE. GUIDING AWARENESS TO NOURISHMENT.





2:00 PM IST (4:30 AM ET) - 45 MINUTES

PANEL DISCUSSION - RE-MEMBERING THE MAIDEN

Conversations with Women on Journey of Healing the Girl in her.

3:00 PM IST (5:30 AM ET) - 120 MINUTES (2 HOURS)

EIGHT WORKSHOPS ON KNOWING THE MAIDEN

Aarti Kuber & Ruchi Bhimani	Spring Renewal : A Voice & Body Work Journey	A powerful de-armouring self massage cradled by chants and voicework. By releasing old energy in our body, we make space for the new.	
Aura Potier	Mapping the Pleasure Terrain of Your Body	Rewiring the trauma-pleasure circuitry in the body & the earth through intuitive movement, breath, sound, & touch. Embodying our own erotic pulse & its power as a guiding force of sovereignty and authenticity.	
Madhura Srinivas	Embracing the Maiden	To bring alive the agency and voice of the Maiden in us by embracing consciously the many unconscious initiations, and rites of passage she traverses and treads in her life through experiential, somatic and creative resources.	
Martina Polley	Honouring your Unseen Maiden	This workshop will guide you to re-meet yourself as a girl and explore the unmet needs of the maiden in you. Healing your maiden self supports a more wholesome mother, queen and crone experience.	

Muddita Gupta Thakurani	My Essence	This workshop is an invitation to get creative & integrate a little bit of playfulness into your life – giving your inner child permission to come out through an embodied movement practise.	
Rashmi Balakrishnan	Daughters of the Dusk	A circle to revisit, re-engage in and remember the somatic ancient wisdom that arrives with the blood. Let us explore, and stay with some questions - What was your experience? What did you feel? What did you hear? What colour comes to you? Who are you then?	
Sunitha Sivamani	A Serpent's Calling	We will explore the feminine through the symbolism of the Serpent in dreams, rituals and culture while also, engaging with the movement of Eros through the body and naming the impact of blocking it in our psyche.	
Swati Singla	Intuitive Nature Art Mandalas	We will explore creating nature-based mandalas as a symbolic experience within our bodies by intuitively and playfully connecting with nature elements, our own inner symbols, and simple grounding meditations.	

5:00 PM IST (7:30 AM ET) - 40 Minutes
GROUNDING & INTEGRATION

Guided SELF-CARE Space facilitated by SSTP Circle Holders to support participants to allow whatever emerges in the workshops a ground to rest, be seen, and expressed.

6:00 PM (7:30 AM ET) - 45 MINUTES
Showcasing "Seeking the Mother" Documentary
Conversation With Director, Julianne Reynolds



VAGINA MONOLOGUES PLAY

7:00 PM IST (9:30 AM ET)
ACT 2. FEEL THE VAGINA
90 minutes

8:30 PM IST (11:00 AM ET)
FEEL HER CONVERSATIONS
40 minutes

It's **VAGINA MONOLOGUES** *Season*

FRI, MAY 12 TO SUN, MAY 14, 2023
7:00 PM IST. 120 MINUTES. PLAY+CONVERSATIONS.
3 DAYS . 16 WOM(B)EN . 16 VOICES . MANY VAGINAS .

Participants: Annie, Anubha, Aura, Cynthia, Darshana, Divya, Kokoli, Martina, Megha, Preeti, Rekha, Ruchi, Shriya, Soad, Sunita, Yannick


BEING EARTH, LIVING WOM(B)AN
3RD AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

9:30 PM IST (NOON ET)
NIGHT PRAYER TO SUN.
GUIDING AWARENESS INTO REST
END OF DAY 2 OF CONFERENCE



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK: MAIDEN CATEGORIES: 1, 2, 5, 7 TO REGISTER: <https://shestandtall.com/conference>

Facilitated by
Madhura Srinivas

To recognize, explore and bring alive the agency and voice of the Maiden in us by embracing consciously the many unconscious initiations, and rites of passage she traverses and treads in her life through experiential, somatic and creative resources.



BEING EARTH, LIVING WOM(B)AN
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TRACK: MAIDEN CATEGORIES: 1, 3, 5, 7 TO REGISTER: <https://shestandtall.com/conference>




Facilitated by
Aura Potier

Mapping The Pleasure Terrah of Your Body
SAT MAY 13TH, 3 TO 5 PM IST

Rewiring the trauma-pleasure circuitry in the body & the earth through intuitive movement, breath, sound, & touch. Embodying our own erotic pulse & its power as a guiding force of sovereignty and authenticity.



BEING EARTH, LIVING WOM(B)AN
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TRACK: MAIDEN CATEGORIES: 1, 2, 5, 7 TO REGISTER: <https://shestandtall.com/conference>




Facilitated by
Rashmi Balakrishnan

Daughters of the Dusk
SAT MAY 13TH, 3 TO 5 PM IST

A circle to revisit, re-engage in and remember the somatic ancient wisdom that arrives with the blood. Let us explore, and stay with some questions - What was your experience? What did you feel? What did you hear? What colour comes to you? Who are you then?



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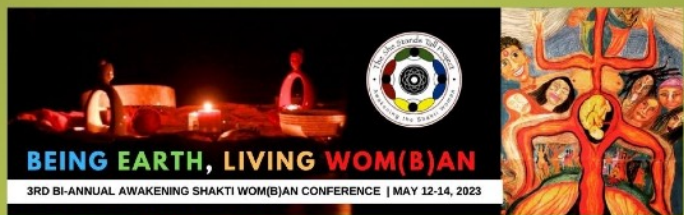
TRACK: MAIDEN CATEGORIES: 1, 2, 5, 7 TO REGISTER: <https://shestandtall.com/conference>




Facilitated by
Martina Polley

Honouring Your Unseen Maiden
SAT MAY 13TH, 3 TO 5 PM IST

This workshop will guide you to re-meet yourself as a girl and explore the unmet needs of the maiden in you. Healing your maiden self supports a more wholesome mother, queen and crone experience.



TRACK : MAIDEN CATEGORIES: 1, 2, 5, 7 TO REGISTER: <https://shestandstall.com/conference>



Facilitated by
Sunitha Sivamani



We will explore the feminine through the symbolism of the Serpent in dreams, rituals and culture while also, engaging with the movement of Eros through the body and naming the impact of blocking it in our psyche.



TRACK : MAIDEN CATEGORIES: 1, 3, 7, 8 TO REGISTER: <https://shestandstall.com/conference>



Facilitated by
**Muddita Gupta
Thakurani**



This workshop is an invitation to get creative & integrate a little bit of playfulness into your life – giving your inner child permission to come out through an embodied movement practise.



TRACK : MAIDEN CATEGORIES: 1, 2, 5, 7 TO REGISTER: <https://shestandstall.com/conference>



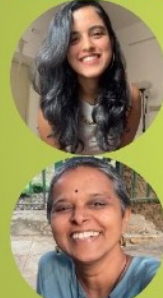
Facilitated by
**Swati
Singla**



We will explore creating nature-based mandalas as a symbolic experience within our bodies by intuitively and playfully connecting with nature elements, our own inner symbols, and simple grounding meditations.



TRACK : MAIDEN CATEGORIES: 5, 7 TO REGISTER: <https://shestandstall.com/conference>



Facilitated by
**Aarti Kuber &
Ruchi Bhimani**



A powerful de-armouring self massage cradled by chants and voicework. By releasing old energy in our body, we make space for the new.



BEING EARTH, LIVING WOM(B)AN

3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

DAY 3. SUNDAY, MAY 14TH

6:30 AM IST (9:00 PM ET)

MORNING PRAYER TO SUN.

GUIDING AWARENESS INTO LIGHT - ACTIVITY.

7:00 AM IST (9:30 PM ET) - 60 to 90 MINUTES

SITTING & LEARNING IN THE LIVE NEARNESS OF AN ELDER.



**Returning to Indigenous
Knowing & Original
Practices for Living
Conscious Human on Earth**
with
DR DARCIA NARVAEZ

Dr **Darcia Narvaez** (*pronounced* DAR-sha narv-EYES) is professor emerita of psychology at the University of Notre Dame (USA), Fellow of the American Psychological Association, the Association for Psychological Science, the American Educational Research Association and the American Association for the Advancement of Science. Born in Minnesota, she grew up living around the world as a bilingual/bicultural Puerto Rican-German American but calls the earth her home. In her academic career, she employs a lifespan, interdisciplinary approach to studying evolved morality, child development and human flourishing, integrating anthropology, neuroscience, clinical, developmental, evolutionary and educational sciences. She hosts EvolvedNest.org and is president of KindredWorld.org. She has numerous publications, including books such as *Indigenous Sustainable Wisdom: First Nation Know-how for Global Flourishing* and the 2022, *Restoring the Kinship Worldview: Indigenous Voices Introduce 28 Precepts for Rebalancing Life on Planet Earth*, and the forthcoming, *The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities*, and more. See her 6-minute movie: <http://www.BreakingTheCycleFilm.org>.





9:00 AM IST (11:30 PM ET) - 45 MINUTES

PANEL DISCUSSION ON LIVING WOMB HUMAN
Conversations with Women in & through the Womb Gateway

10:00 AM IST (12:30 AM ET) - 120 MINUTES (2 HOURS)

WORKSHOPS ON EMBODYING THE WOMB HUMAN

Aakanksha Singh	Crossing the Mysteries of your Soul	This workshop is an attempt to explore, remember, and recognize through ritual the many crossings and unknown callings of our soul that guide us in mysterious ways into life and beyond.	
Lakshmi Venugopal	Pain - as memory, as connection -ancestors the Earth, & my Womb	This offering is an invitation to pause and listen to the Womb. Through guided visualization, gentle movement, art, reflection, and sharing, we will listen, speak and communicate with the pain in our wombs, give voice to its memories, and deepen this connection - within & without.	
Megha Venkatasamy	From Womb we come, to Womb we return	A session that leans on the systemic lenses to lead us in exploring the interconnectedness of our wombs through the lineage of women with Mother Earth. We meet intimacy within and within the "within".	
Preeti Garg	The Way to our Intuitive Wisdom	Our connection with nature is the way back to our intuitive wisdom. This session is an invitation to learn to telepathically communicate with plants and animals around us. Through this connecting, we are able to know their wisdom and hence ours.	

Sheetal Jayraj	Being the Mother - Purnatva	The workshop is about feeling the wholeness of the Mother phase in the body through the five senses, communing with the elements of Earth and Fire through intuitive movement, recording felt experiences through writing and a meditation to land everything in the body.	
Sinu Joseph	Menstruation as an expression of Ma Kali	In this workshop, you will be guided in the exploration and experience of Menstruation and its rhythms as Goddess Ma Kali herself. You will learn ways to re-inform, re-source, and renew your energy, strength, and resilience in the expansive depths of Mother Kali while	
Sunanda Pati	Body Travel with the Inner Mother	An embodied process guiding participants in the exploration of their relationship with their inner mother and working from that awareness to reacquaint with the body's pains and pleasures.	
Vaishnavi Vishwanathan	Mothering Myself	Embodying Mother nature's fierce, destructive, creative and nurturing love for self care and self expression	

NOON IST (2:30 AM ET) - 40 Minutes GROUNDING & INTEGRATION

Guided SELF-CARE Space facilitated by SSTP Circle Holders to support participants to allow whatever emerges in the workshops a ground to rest, be seen, and expressed.

1:00 PM IST (3:30 AM ET)
LUNCH PRAYER TO FIRE.
GUIDING AWARENESS TO NOURISHMENT.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK : MOTHER CATEGORIES: 1, 4 To Register Visit: <https://shestandtall.com/conference>



Facilitated by
**MEGHA
VENKETASAMY**



**From Womb we come,
To Womb we return**
SUNDAY, MAY 14, 10 AM TO NOON IST

A session that leans on the systemic lenses to lead us in exploring the interconnectedness of our wombs through the lineage of women with Mother Earth. We meet intimacy within and within the "within".



BEING EARTH, LIVING WOM(B)AN
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TRACK : MOTHER CATEGORIES: 1, 4 To Register Visit: <https://shestandtall.com/conference>



Facilitated by
**AAKANKSHA
SINGH**



**Crossing the
Mysteries of Your Soul**
SUNDAY, MAY 14, 10 AM TO NOON IST

This workshop is an attempt to explore, remember, and recognize through ritual the many crossings and unknown callings of our soul that guide us in mysterious ways into life and beyond.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK : MOTHER CATEGORIES: 1, 7 To Register Visit: <https://shestandtall.com/conference>



Facilitated by
**LAKSHMI
VENUGOPAL**



PAIN
AS MEMORY
AS CONNECTION
my ancestors,
the Earth,
speaking through
my womb.
SUNDAY, MAY 14. 10 AM TO NOON IST

Pain, womb, and women have become synonymous in our daily medicalized life. Listen - wombs are screaming, Mother Earth is screaming. This offering is an invitation to pause and listen to the Womb. Through guided visualization, gentle movement, art, reflection, and sharing, we will listen, speak and communicate with the pain in our wombs, give voice to its memories, and deepen this connection - within & without.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK : MOTHER CATEGORIES: 1, 4 To Register Visit: <https://shestandtall.com/conference>



Facilitated by
**SUNANDA
PATI**



**Body Travel with
the Inner Mother**
SUN, MAY 14. 10 AM TO NOON IST

An embodied process guiding participants in the exploration of their relationship with their inner mother and working from that awareness to reacquire with the body's pains and pleasures.



BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12-14, 2023

TRACK: MOTHER CATEGORIES: 1, 2, 3, 8 Register Visit: <https://shestandstall.com/conference>



Facilitated by
SINU JOSEPH



menstruation
as an expression of
Ma Kali
SUNDAY, MAY 14
10 AM TO NOON IST

This workshop will enable participants to reconnect with menstruation as a spiritual sadhana that is complete in itself, as an expression of being the Dark Mother Kali. Participants will learn how to tap into the intuitive side of menstruation for themselves and for helping others in their lives.



BEING EARTH, LIVING WOM(B)AN
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TRACK: MOTHER CATEGORIES: 1 To Register Visit: <https://shestandstall.com/conference>



Facilitated by
PREETI GARG



Our Way to Our Intuitive Wisdom
"Communicating with Nature within and without"
SUNDAY, MAY 14. 10 AM TO NOON IST

Our connection with nature is the way back to our intuitive wisdom. Nature teaches us about our nature. This session is an invitation to learn to telepathically communicate with plants and animals around us, through this connecting, we understand their true nature and wisdom and hence ours.



BEING EARTH, LIVING WOM(B)AN
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TRACK: MOTHER CATEGORIES: 1 To Register Visit: <https://shestandstall.com/conference>



Facilitated by
SHEETAL JAYARAJ



Being the Mother - Purnatva
SUNDAY, MAY 14. 10 AM TO NOON IST

Through the five senses, feel the wholeness of and all that is inherent to the abundant Mother phase in your body. Commune with the elements of Earth and Fire. Experience this through structured and organic, intuitive movement, recording felt experiences through writing and meditation to land everything. Revel in the fullness and knowing of the 'Mother' within – Purnatva.



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TRACK: MOTHER CATEGORIES: 1, 7, 8 Register Visit: <https://shestandstall.com/conference>



Facilitated by
VAISHNAVI VISWANATHAN



Mothering Myself
SUNDAY, MAY 14. 10 AM TO NOON IST






Embodying Mother nature's fierce, destructive, creative and nurturing love for self care and self expression

2:00 PM IST (3:30 AM ET) - 45 MINUTES
PANEL DISCUSSION - LIVING THE QUEEN

Conversations with Women on Living her Autonomy, Choice & Authority.

3:PM IST (4:30 AM ET) - 120 MINUTES (2 HOURS)

FIVE WORKSHOPS ON WOMEN EMBODYING QUEENDOM

Chetna Mehrotra	Navigating Fearless Listening	Deconstruct listening patterns - Beliefs - Being in touch with womb space - Trusting emergence of truth - Being ready to receive the truth of the other - Moving - Awareness - Reactive realities - What do we choose to listen when we listen - Moving within - Compassion, Kindness, Care.	
Luisa Spagna	In the body of the Yogini of Hirapur Oracle	Through the oracle deck of the Yogini of Hirapur Oracle, Luisa Spagna will guide to explore, engage, experience and express the dancing body of the Yogini.	
Myriam Negre	Being the Water	Exploring the metaphorical journey of transitioning from the Red Path to the Blue Path of acknowledging the waters in the lake of our queen consciousness prior to merging with the sea.	
Rekha Kurup	In-Habiting Self-Touch	In-habiting touch is an essential need of Adult humans. Our health & well being depends on it. So learns ways to House, & Deepen your Self-Touch through your hands, and nourish connection to intelligence, higher functionality, and nuanced experience of Self.	
Sari Matilla	Glorious You	Discover the glorious gifts of the Queen in the guided exploration of who - where - how you are as you step deeper into your body to live your life in full while trying the cloak of an Elder.	

5:00 PM IST (7:30 AM ET) - 40 MINUTES

GROUNDING & INTEGRATION

Guided SELF-CARE Space facilitated by SSTP Circle Holders to support participants to allow **whatever** emerges in the workshops a ground to rest, be seen, and expressed.

6:00 PM IST (7:30 AM ET) - 45 Minutes
Showcasing "The Red Path" Documentary
Conversation with Director, Myriam Negre



VAGINA MONOLOGUES PLAY

7:00 PM IST (9:30 AM ET)

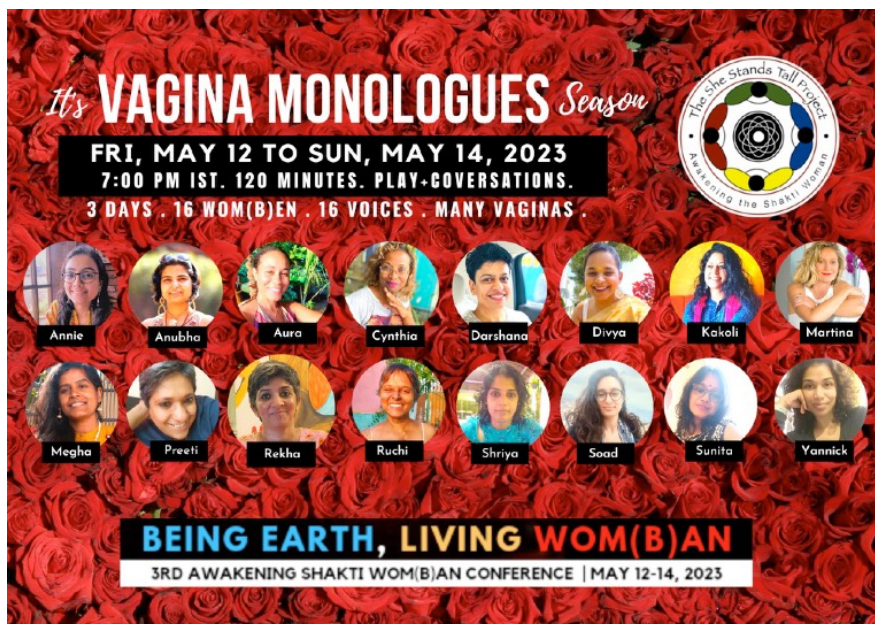
ACT 3. EMBODY THE VAGINA

90 Minutes

8:30 PM IST (11:00 AM ET)

EMBODY HER CONVERSATIONS

40 Minutes



9:30 PM IST (NOON ET) - 40 minutes

RITUAL CLOSING OF THE CONFERENCE

Gathering and Folding-in the Field of the Conference.



Facilitated by
Sari Mattila

The Glorious You
SUNDAY, MAY 14TH, 3 - 5 PM IST

Discover the glorious gifts of the Queen in the guided exploration of who - where - how you are as you step deeper into your body to live your life in full while trying the cloak of an Elder.



Facilitated by
Luisa Spagna

In the Dancing Body OF THE YOGINI OF HIRAPUR ORACLE
SUNDAY, MAY 14, 3 - 5 PM IST

Through the oracle deck of the Yogini of Hirapur Oracle, Luisa Spagna will guide to explore, engage, experience and express the dancing body of the Yogini.



Being the Waters
The journey from the Red Path to the Blue Path as you become the Queen of your life

May 14th 10.30 CET + 1

A Live Online Workshop by
Myriam Negre

Sign in at www.shestandstall.com/conference

BEING EARTH, LIVING WOM(B)AN
3RD BI-ANNUAL AWAKENING SHAKTI WOM(B)AN CONFERENCE | MAY 12 - 14, 2023
Re-membering, Integrating and Celebrating the Life Cycle Rhythms.

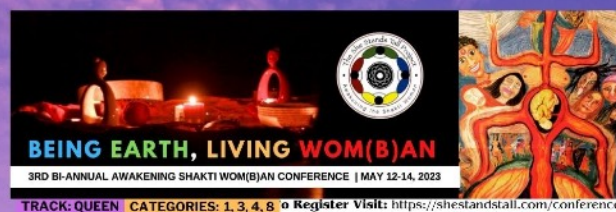
Exploring the metaphorical journey of transitioning from the Red Path to the Blue Path of acknowledging the waters in the lake of our queen consciousness prior to merging with the sea.



Facilitated by
Chetna Mehrotra

EMBODYING FEARLESS LISTENING
SUNDAY, MAY 14TH, 3 - 5 PM IST

Deconstruct our listening patterns - Beliefs informing listening - How do we listen? - Being in touch with our womb space - Trusting the emergence of our truth - Being ready to receive the truth of the other - Moving - Allowing - Awareness - Reactive realities - What do we choose to listen when we listen - Moving within - Compassion, Kindness, Care.



Facilitated by
REKHA KURUP

IN-HABITING Self-Touch
SUN, MAY 14
3 - 5 PM IST

Join me with a bowl of Water, a candle, body oil of your choice, few items varying in texture, and a body brush (optional).

Learns ways to Deepen your Self-Touch in this workshop. Sense of Touch is associated with Air Element. It impacts the neocortical pathways of our brain that is connected to intelligence, higher functionality, and nuanced experience of Self. Hands are instruments of touch, and limbs of our Heart. In-habiting touch is an essential need of Adult humans. Our well being depends on it. So learn to house it.

MEET OUR FACILITATORS

ELDERS

ELDER ENOLIA FOTI



Matriarch and Grandmother Elder Enolia impart ancient wisdom in Modern times. She travels the world to study with indigenous elders. From the lessons of these elders, Grandmother ENOLIA walks the path set before her as a teacher, counsel, and healer empowering others to reach their goals.

BHANUMATHY VASUDEVAN

Bhanumathy started women's work in 1984. She has created holistic body-mind-spirit work, innovating pedagogy and leadership specific to women. In 2002, she received the book – “Psychic Moon: Teachings for women of this century” in her daily meditations. The teachings became the guide post for her work.



RAHI SANTHANAM

Rahi Santhanam lovingly called Rahima is a Psychologist, a practising Yoga-therapist and a Wellness-consultant by profession. Rahima travels extensively and is involved in training yoga teachers at home and abroad through talks, workshops and YTTs. She is also involved in bringing people together through being an integral part of eco-spiritual tourism.



EMILY LIFTON

Emily is a Body therapist, yoga teacher, and body wisdom teacher. She has volunteered and worked for a humanitarian spiritual organization teaching youth and adults stress relief programs for 30+ years. The SSTP journey happily led me to the Facilitators Training in Mauritius and to this conference!



POONAL ILLURI

An artist and a designer by profession, Yoga and nature have been my paths to go deeper and rediscover the magic. Natural healing, flower remedies, energy work and meditation are my helpers.

MEET OUR FACILITATORS

QUEENS

LUISA SPAGNA



Luisa Spagna, author of the round oracle deck Yogini of Hirapur Oracle and the creator of the Yogini Ritual Dance. Dancer and Dancetherapist, member of the Professional Association of Arts Therapy ARTE. She is the author of books and articles on Dance.

WEBSITE: <https://sutraartiperformative.com/>

MYRIAM NEGRE

"I have incarnated this lifetime to create space for the emergence of the sacred feminine through the medicine of art and holding space in nature and with nature".

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

Website: <https://mujerancestra.com/>



SARI MATTILA



Sari Mattila is a coach, a mentor and facilitator. She engages with groups to explore what life is or can be. She blends her Shaktiship knowing, mysticism, dialogue skills, psychodrama among other approaches. She has a PhD in leadership and organisational behavior.

CHETNA MEHROTRA

Chetna is an artist. Her artistic practices find roots in deeper-psycho-spiritual-embodied listening and dialoguing through narrative tools of applied arts and theatre. She invites a creative, joyous and vibrational energy of acknowledging our gifts and claiming our space.



REKHA KURUP

Rekha Kurup is a Trauma-Aware Compassionate Inquiry-informed Integrative Systemic Therapist and Keeper of the Cyclic Earth Wisdom traditions. She facilitates spaces that support you to explore, express, experience, and embody the truth of Who You Are, and Return to Wholeness.

WEBSITE: <https://rekhakurup.com>



MEET OUR FACILITATORS

MOTHERS



AAKANKSHA SINGH

A common woman, a private human being. My interest lies deeply in practicing my humanness and I keep surrendering to the calls of my wild heart. A therapist, a lover, a pragmatist.

<https://in.linkedin.com/in/aakanksha-singh-40581513>

AARTI KUBER

Aarti is a tarot reader, expressive arts therapy practitioner, facilitator, artist & planeteer. She crafts herbal blends for sacred self-care and hosts workshops through her initiative, The Chandrakala Collective.

<https://linktr.ee/aartikuber> , <https://www.youtube.com/@chandrakalacollective3856>



AURA POTIER

Naked in Nature enthusiast & retreat guide, author of Wild Inspiration for the Sensitive Creative, facilitator, intuitive mover, visionary, crystal healer, yoni guide, creatress of Fierce Feminine Rise, infinite being.

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

MADHURA SRINIVAS

Madhura is a trained Visual and Somatic artist and a practitioner in Integrative and Systemic Therapy. She blends her experiential wisdom gathered over many years along with a formal training received through exceptional teachers and mentors in her offerings as a facilitator.

www.madhurasrinivas.com

Instagram: @madhura_srinivas



MARTINA POLLEY

Martina is a wom(b)an in love with the mystery of life. She believes in the awakened women and in women making choices that support their aliveness. Martina facilitates authentic women's circles.

MEGHA VENKATASAMY

My body whispers that life and death cycles in the company of each other. Within this togetherness, , I support women in owning, creating, leading and living an empowered life.

www.meghavenketasamy.com

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

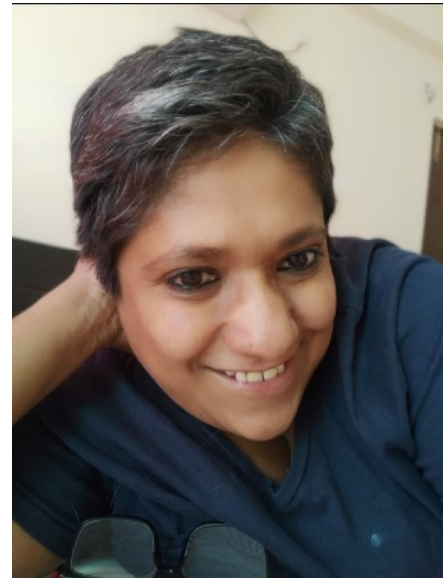




MUDDITA GUPTA

As a Certified Therapeutic Movement & Expressive Art Facilitator, Multi-Dimensional Constellation Facilitator, and a Shamanic healer, I'm focused on bridging the gap between healing and therapy through my body-centred-healing approach.

PREETI GARG



RASHMI BALAKRISHNAN

Rashmi Balakrishnan is a body-based expressive arts therapy practitioner and a women's circle facilitator. She facilitates group sessions for maidens, mothers, and queens with an intention to offer safe and sacred spaces to explore and express their lived experiences in their bodies. She also co-facilitates a nine-month long journey on the book *Women Who Run with the Wolves*.

<https://www.facebook.com/rashmi.balakrishnan.9>

RUCHI BHIMANI

As she transitions to her Queendom, Ruchi finds herself firmly and consciously on the path of Shakti. Through music, movement or art, she seeks to become a channel for all that she has harvested through this ongoing journey.



SHEETAL JAYARAJ

Sheetal is a yoga practitioner and teacher. Her family has a deep connect with the Moon leading her to facilitate moon rituals regularly. Sheetal also conducts chakra workshops and body-breath led transformative sessions.

<https://www.youtube.com/user/sheetaljayaraj>

<https://www.yogawithsheetal.com>

<https://www.instagram.com/sheetal.yoga/>

SINU JOSEPH

Sinu Joseph is a menstrual educator, an author and one of the pioneers of the menstrual health movement in India. Her work on menstruation has been unique in its efforts of unearthing the ancient science behind native menstrual practices and bringing forth a narrative which is the Bharatiya perspective on menstruation. She is the co-founder and Managing Trustee of Mythri Speaks, and also works with The Forward Foundation.

<https://amzn.eu/d/cWGD1yc>





SUNITHA SIVAMANI

Sunitha Sivamani is a daughter, wife and a mother. She's a Jungian Psychotherapist who works with dreams, images, myths and art to embody the wisdom of the unconscious while working with the psyche. In the mental health field, she works with adults in the area of Trauma. She's a seeker and takes keen interest in embodied feminine wisdom, working with the lunar earth rhythms to engage with the mind-body

connection. She's done research around the ritualistic practices with respect to the symbol of the Serpent's in Kerala and it's connection to myth of the land. She's a poet and a trained Bharatnatyam dancer and weaves the images with her body and senses.

FB: @aserpentscalling

SUNANDA PATI

Sunanda identifies as an embodied and expressive arts facilitator and a communications specialist with over 11 years of experience. She centers most of her work around the body, while borrowing her learnings from Nature and various expressive arts to inform deeper processes.

Instagram handle: @gaiacity

Email: gaiacomestothecity@gmail.com





SWATI SINGLA

Swati is a dreamer, moon lover, stargazer, tree-hugger, dandelion blower, rainbow-chaser, and lover of natural wonders. She curates earth and moon-based rituals, through nature mandalas and nature-based poetry/writing, as a way of intuitively connecting with and expressing the body's and earth mother's love and mysteries.

VAISHNAVI VISHWANATHAN

Vaishnavi is a tree woman who courageously steps into unknown depths of herself. Her biggest leap of faith is that of becoming a mother to a lovely 1.5 yr old who is her strongest and most loving teacher so far.



MEET OUR LEADERSHIP TEAM

KAKOLI DAS



Conference Co-Manager

DIVYA MADHUR



Conference Co-Manager

AURA POTIER



Facilitator & Offerings Co-Lead

**MEGHA
VENKETASAMY**



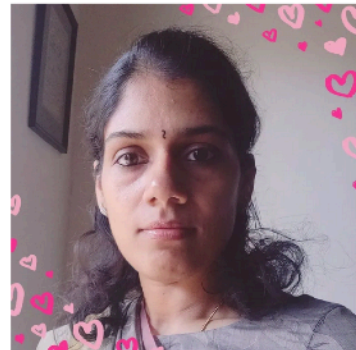
Facilitator & Offerings Co-Lead

MARTINA POLLEY



Registration Co-Lead

**SHRIYA
SWAMINATHAN**



Registration Co-Lead

CYNTHIA PAYENDEE



Grounding & Integration Co-Lead

YANNICK BOSQUET



Grounding & Integration Co-Lead

DARSHANA SANGHVI



Vagina Monologues Co-Lead

KAVYA BHARADWAJ



Vagina Monologues Co-Lead

REKHA KURUP



Conference Visionary/Director