

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://shestandtall.com/conference>



Facilitated by
**Rahi
Santhanam**

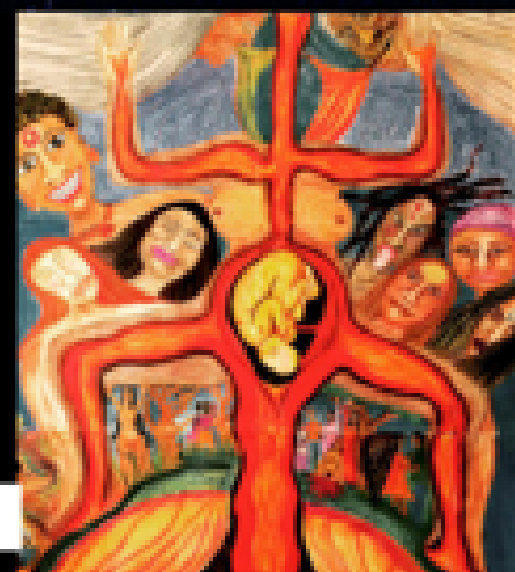
Embodying the

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.



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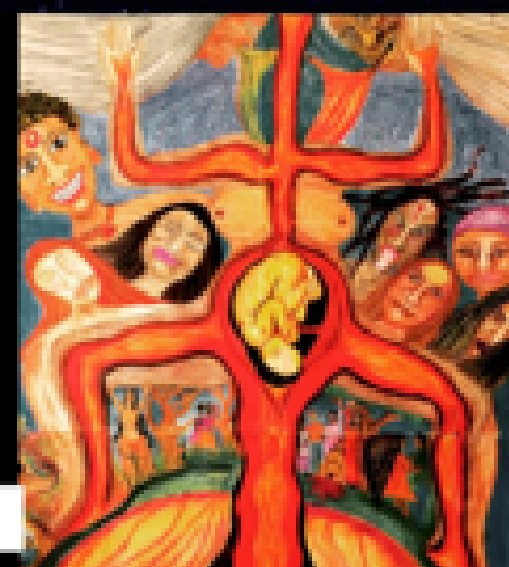
Facilitated by
**Bhanumathy
Vasudevan**



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.



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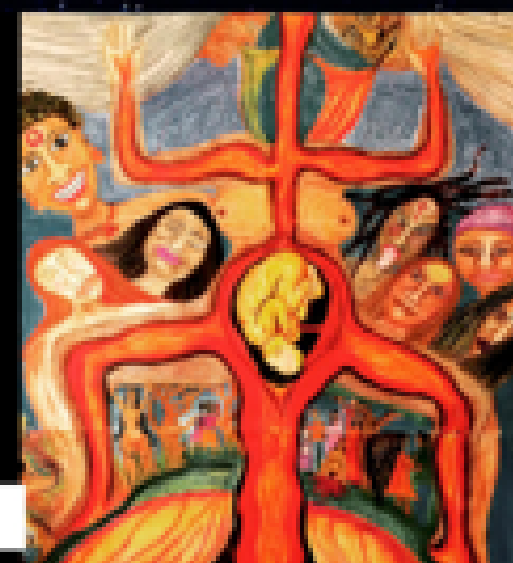


Facilitated by
**Emily
Lifton**

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.



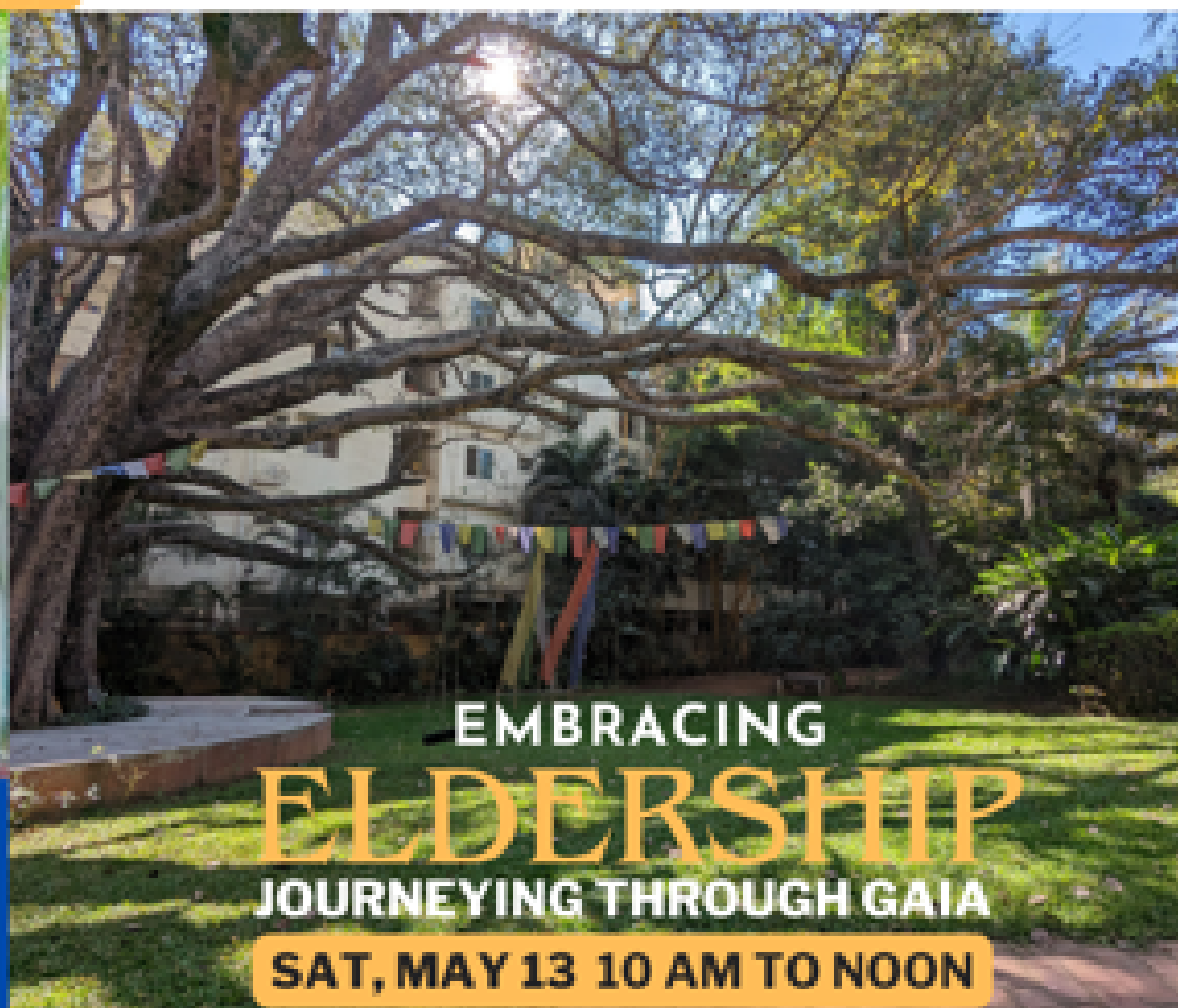
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TRACK - CRONE CATEGORIES: 6,7,8 To Register Visit: <https://shestandstall.com/conference>

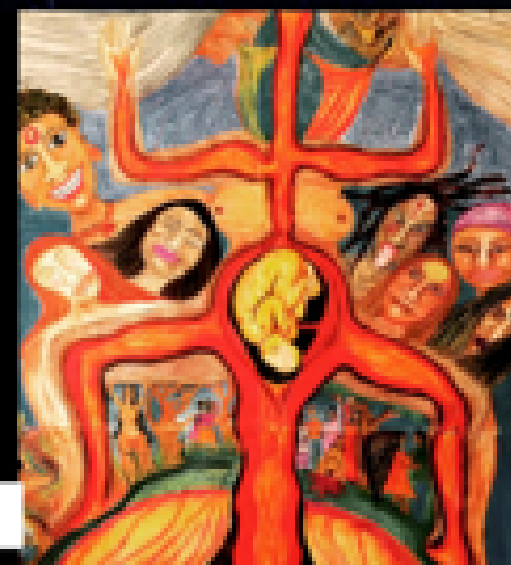
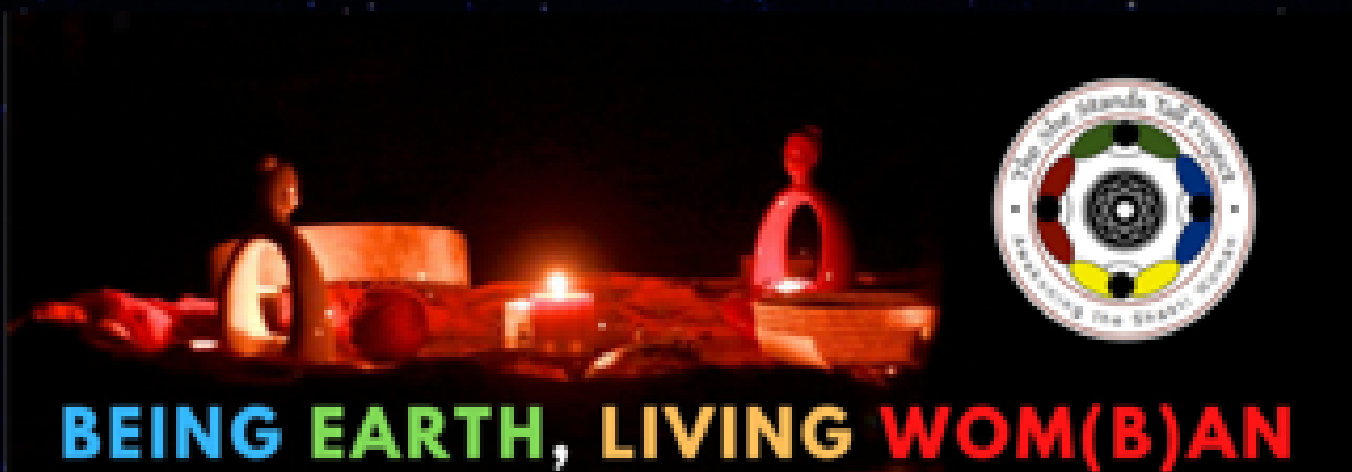


Facilitated by
**Poonam
Illuri**



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.



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TRACK - CRONE

CATEGORIES: 1, 3

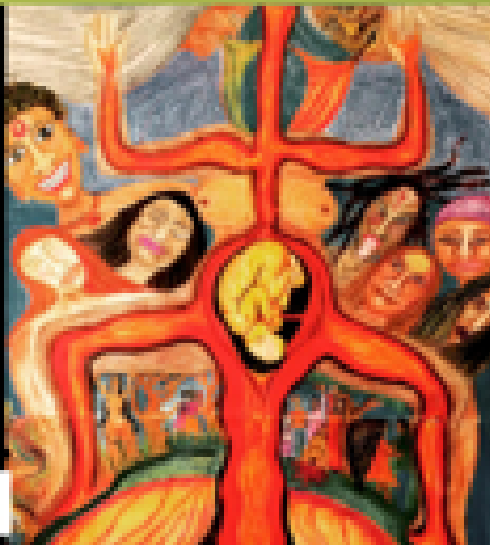

To Register Visit: <https://shestandstall.com/conference>



Facilitated by
**Enolia
Foti**



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.



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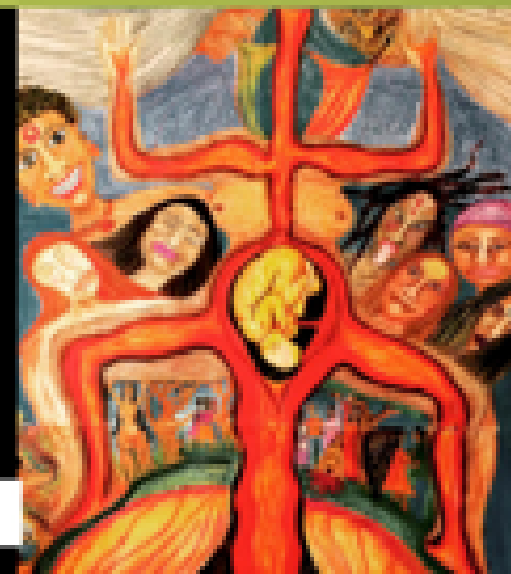
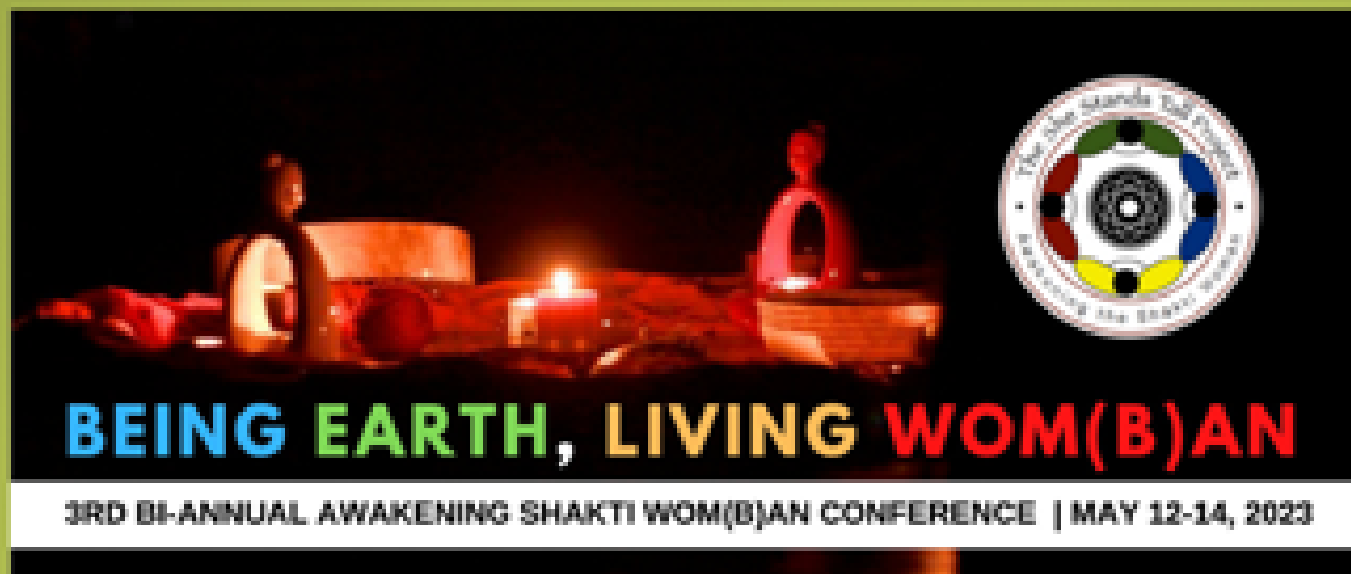
TRACK : MAIDEN **CATEGORIES: 1, 2, 5, 7** **TO REGISTER:** <https://shestandstall.com/conference>



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.



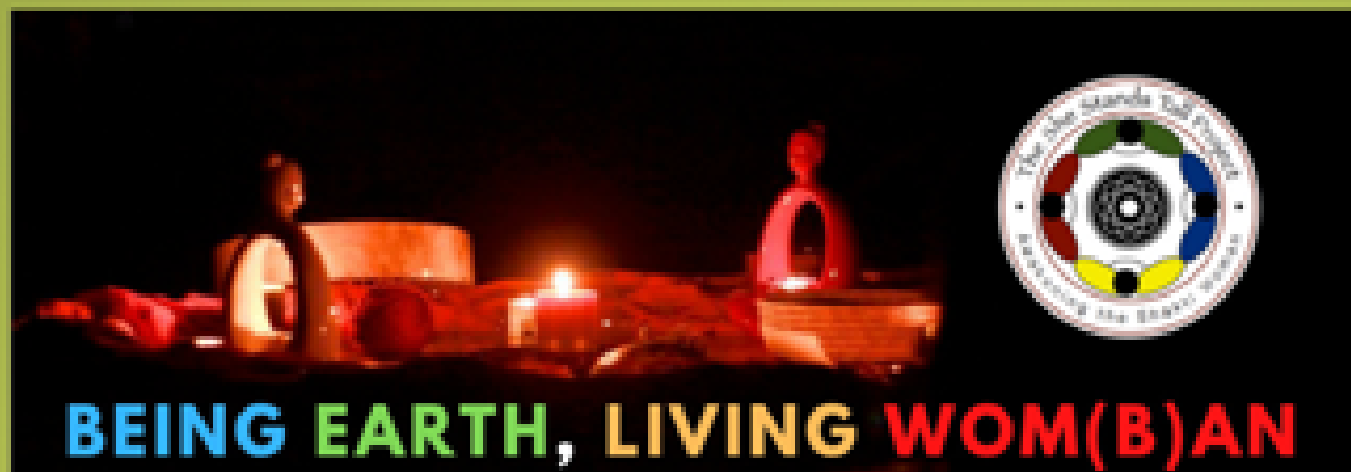
TRACK : MAIDEN **CATEGORIES: 1, 3, 5, 7** **TO REGISTER:** <https://shestandstall.com/conference>



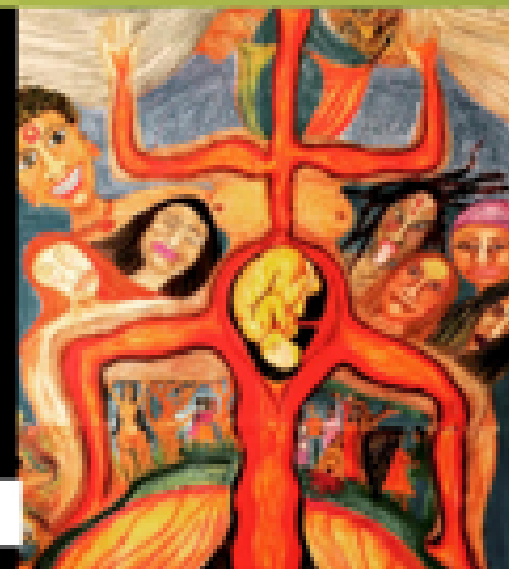
Facilitated by
**Aura
Potier**



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.



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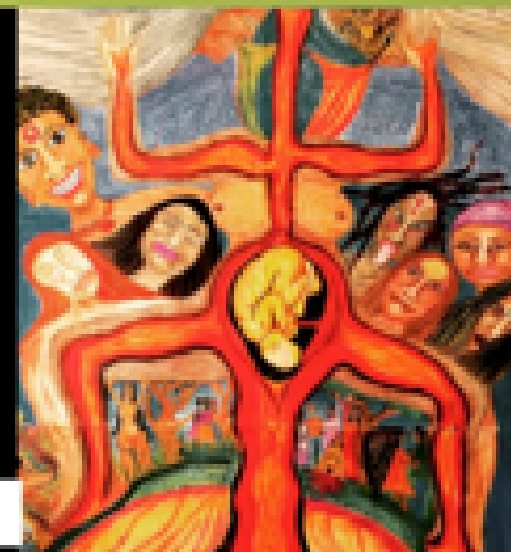
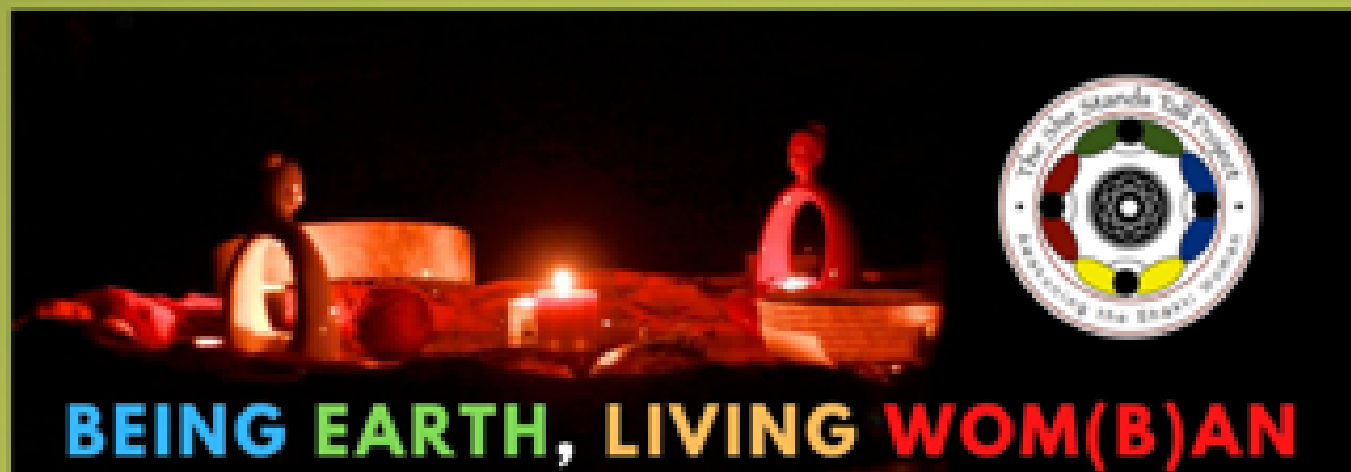


Facilitated by
**Martina
Polley**

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.



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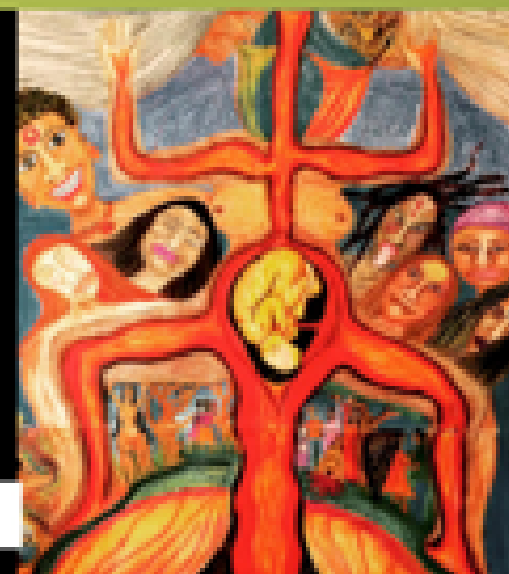
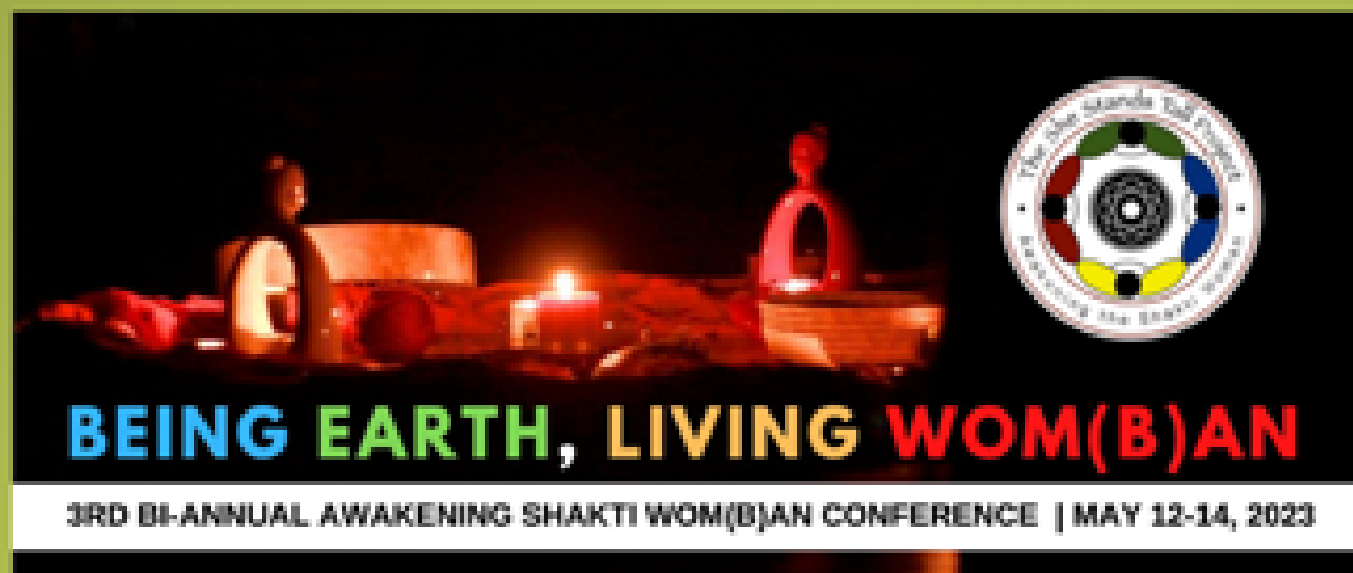


Facilitated by
**Rashmi
Balakrishnan**



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?



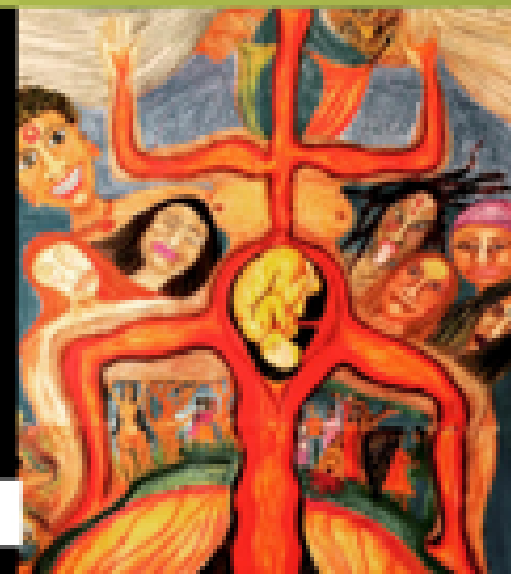
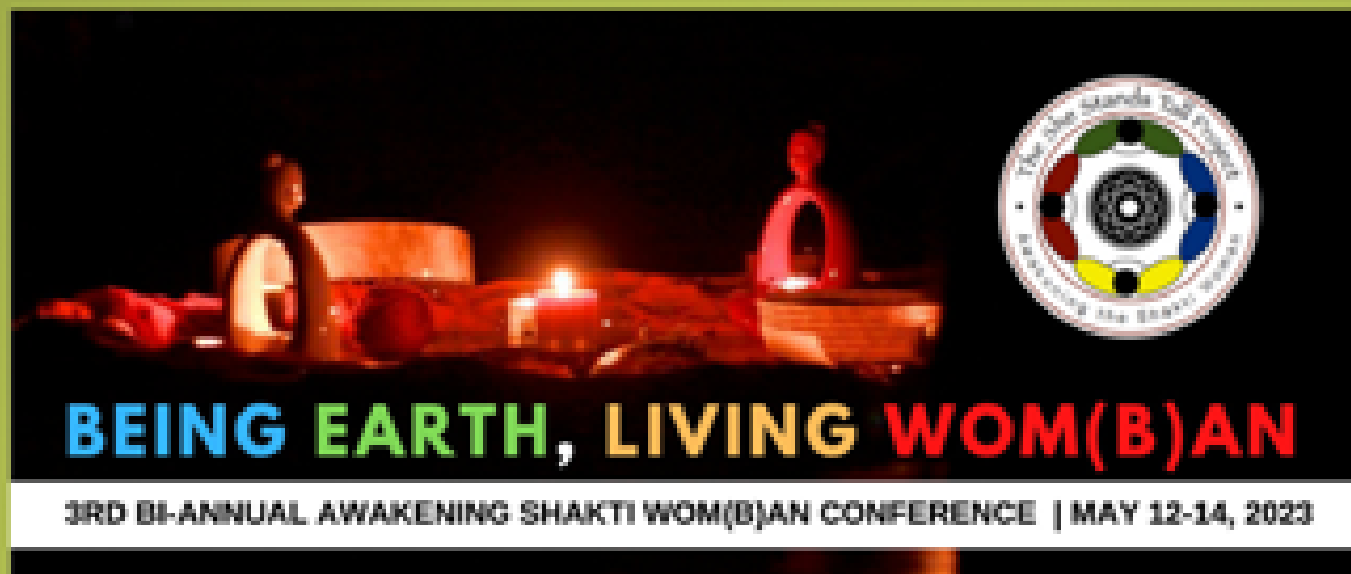
TRACK : MAIDEN CATEGORIES: 1, 2, 5, 7 **TO REGISTER:** <https://shestandstall.com/conference>



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.



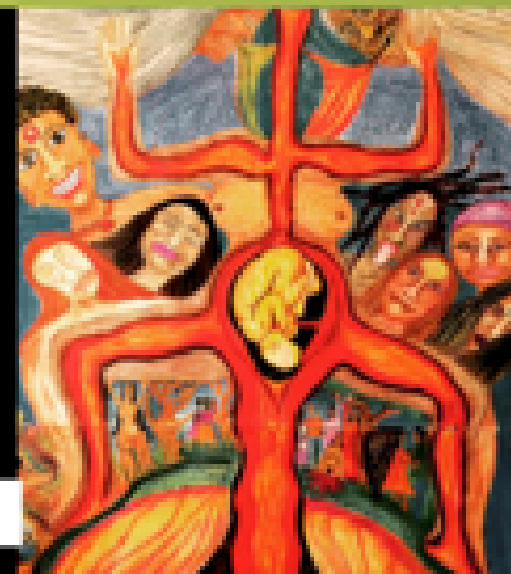
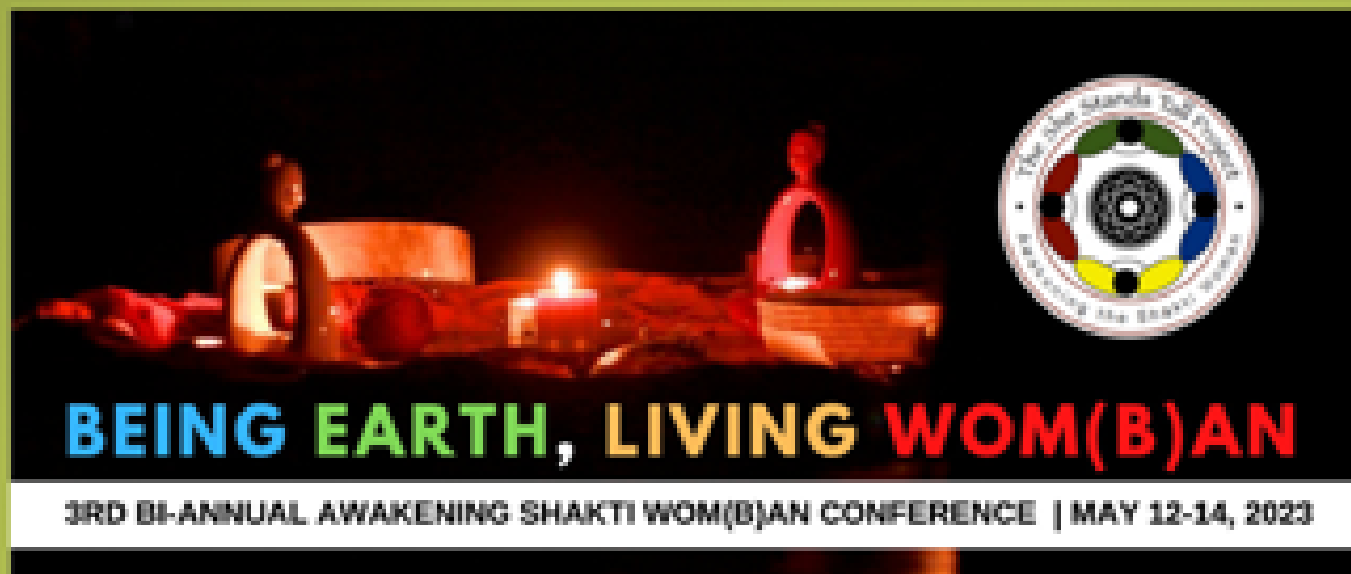
TRACK : MAIDEN CATEGORIES: 1, 2, 5, 7 **TO REGISTER:** <https://shestandstall.com/conference>



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

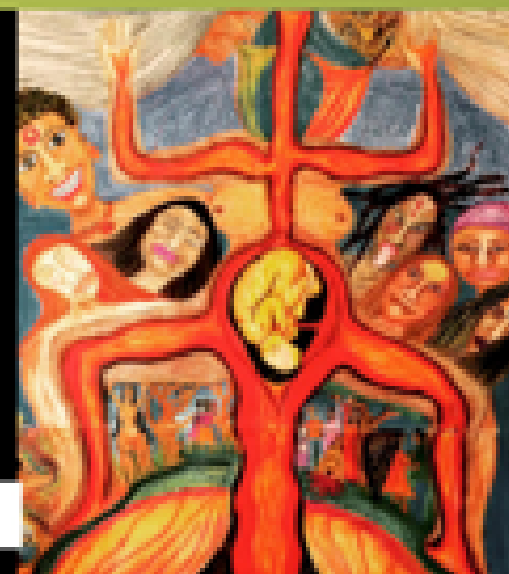
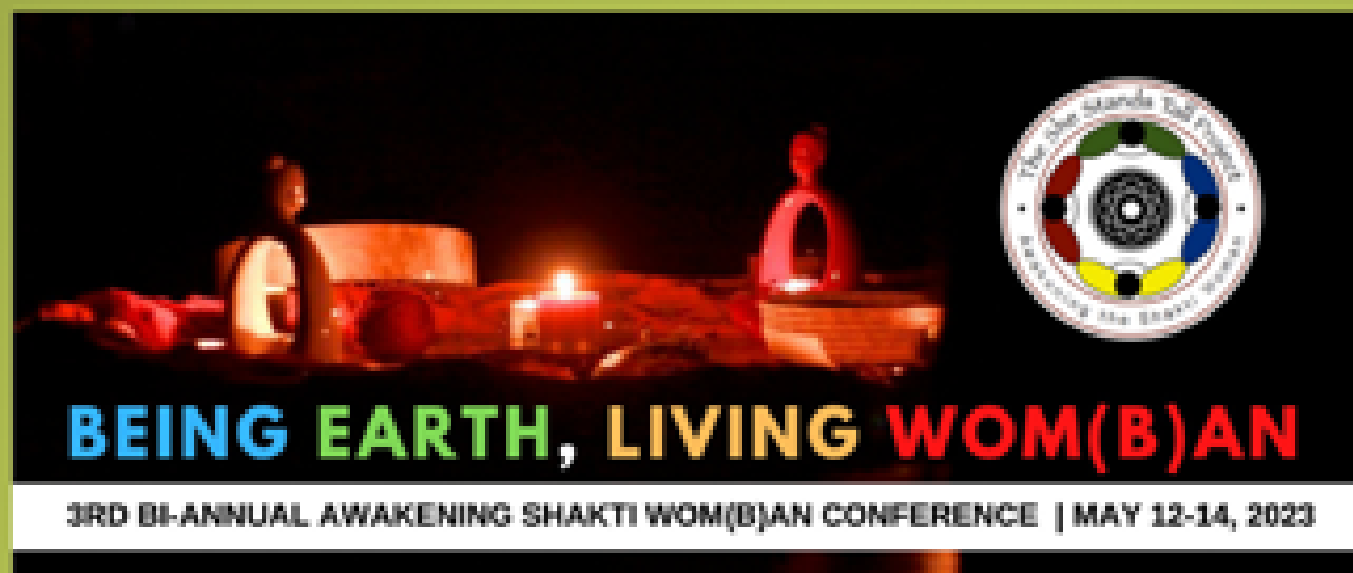


Facilitated by
**Muddita Gupta
Thakurani**



My Essence
SAT MAY 13TH, 3 TO 5 PM IST

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: 5,7

TO REGISTER: <https://shestandstall.com/conference>

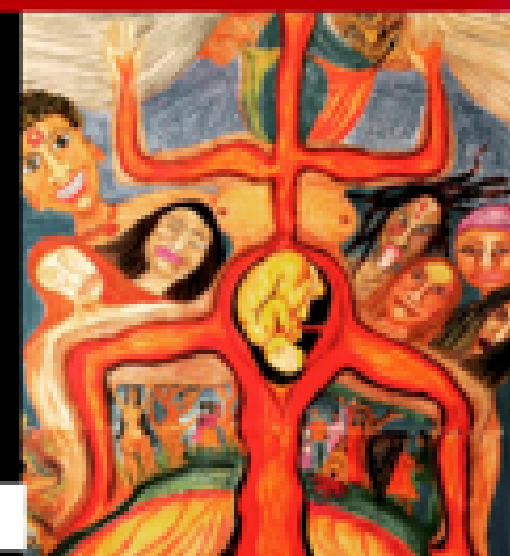


Facilitated by
**Aarti Kuber &
Ruchi Bhimani**

Spring Renewal :
A Voice & Body Work Journey

SAT MAY 13TH, 3 TO 5 PM IST

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



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

TRACK : MOTHER

CATEGORIES: 1, 4

To Register Visit: <https://shestandstall.com/conference>



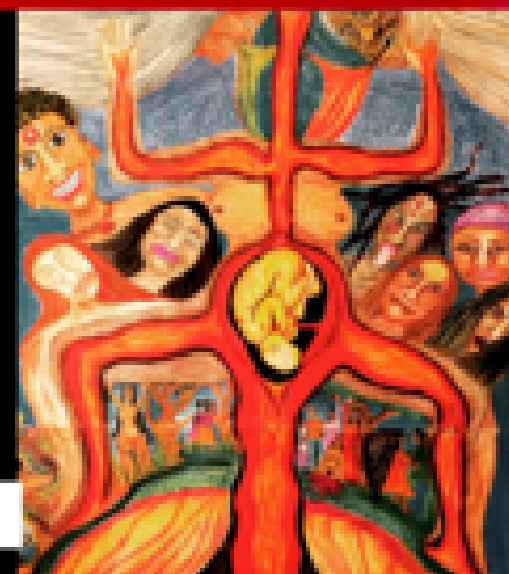
Facilitated by
**MEGHA
VENKETASAMY**



**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".



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

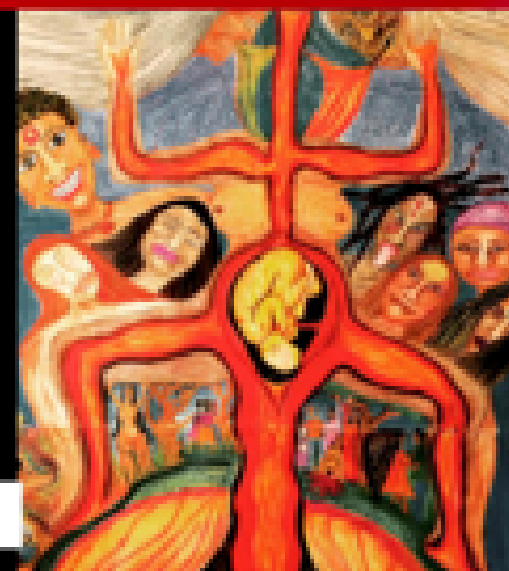


Facilitated by
**AAKANKSHA
SINGH**

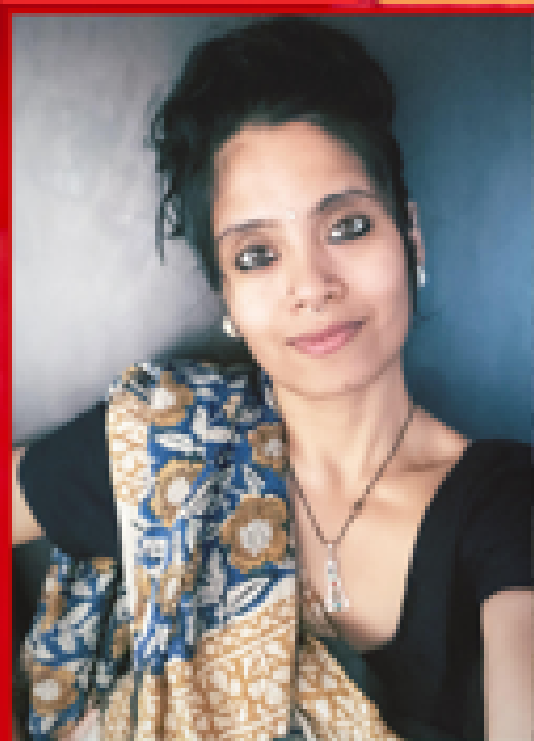
Crossing the Mysteries of Your Soul

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.



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

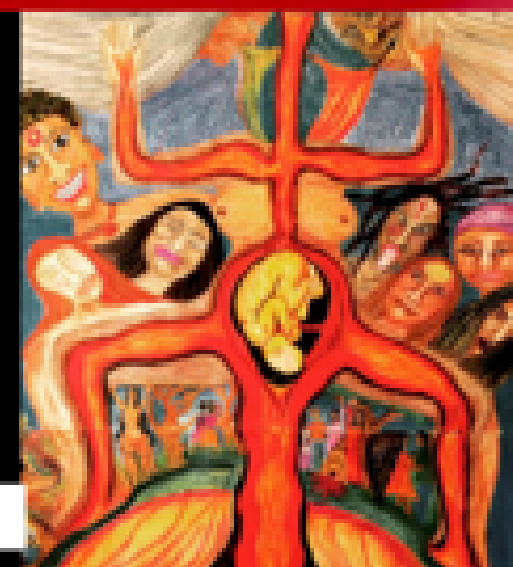
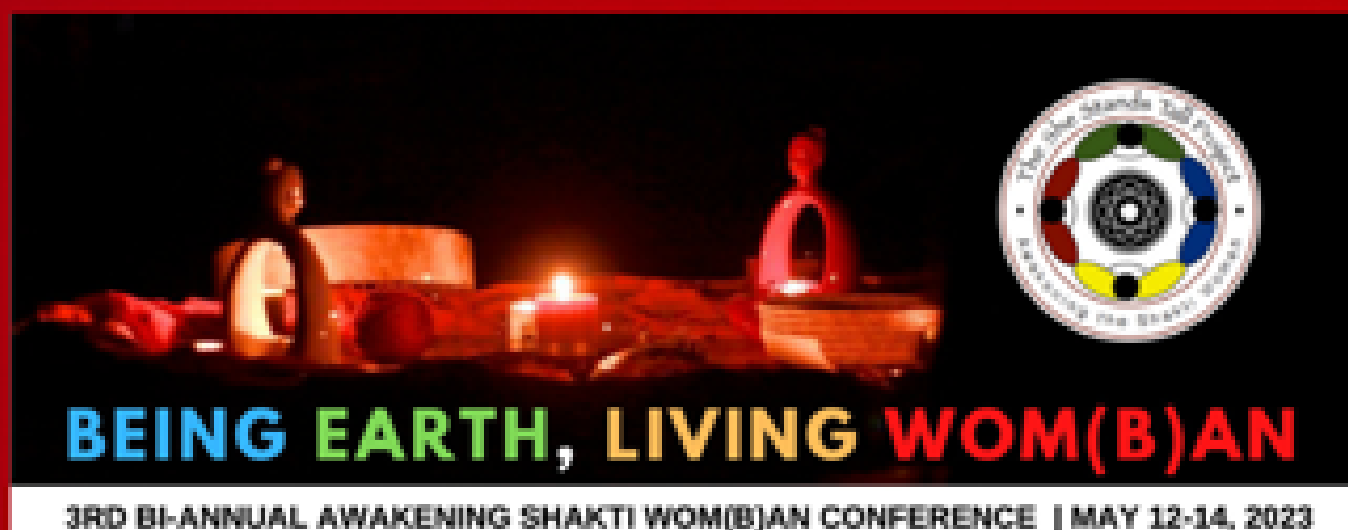


Facilitated by
**SUNANDA
PATI**

*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 reacquaint with the body's pains and pleasures.



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



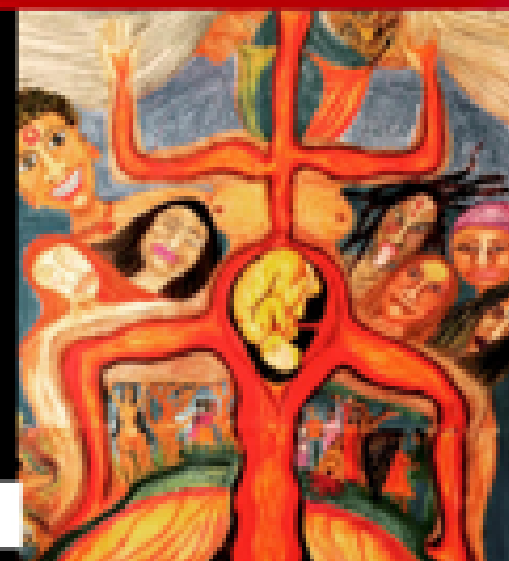
Facilitated by
**LAKSHMI
VENUGOPAL**



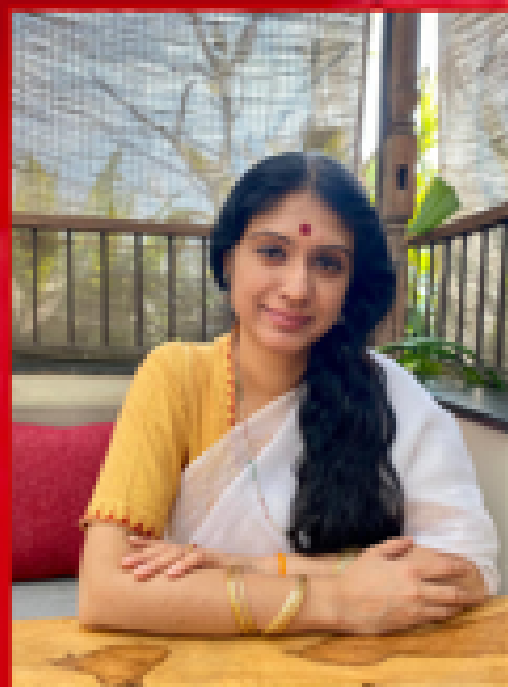
PAIN
AS MEMORY
AS CONNECTION
my ancestors,
the Earth,
speaking through
my womb.

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.



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





Facilitated by
**SINU
JOSEPH**



menstruation
as an expression of
Ma Kali

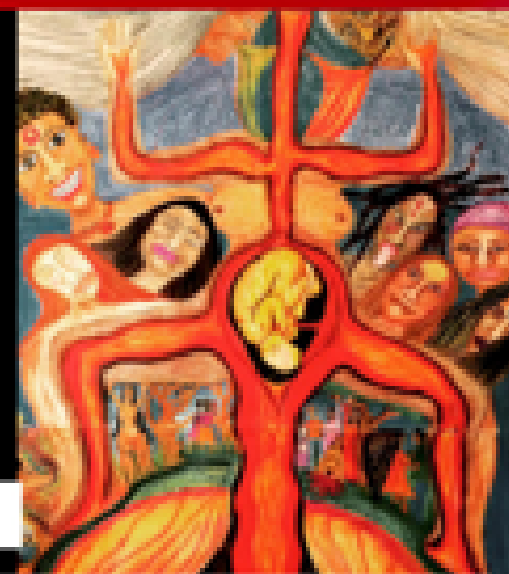
**SUNDAY, MAY 14
10 AM TO NOON IST**

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.



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TRACK : MOTHER

CATEGORIES: 1

To Register Visit: <https://shestandstill.com/conference>



Facilitated by
**PREETI
GARG**

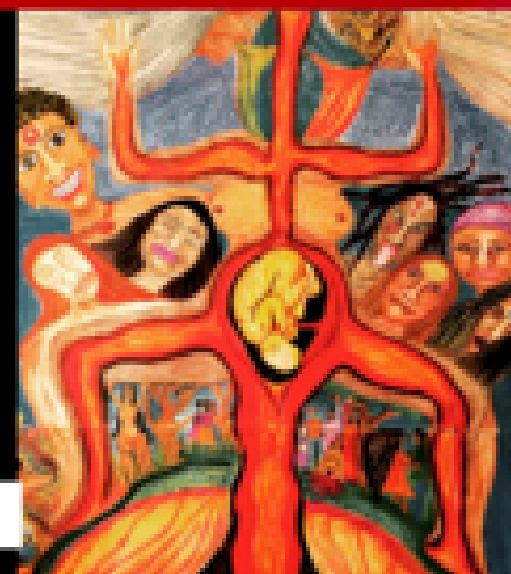
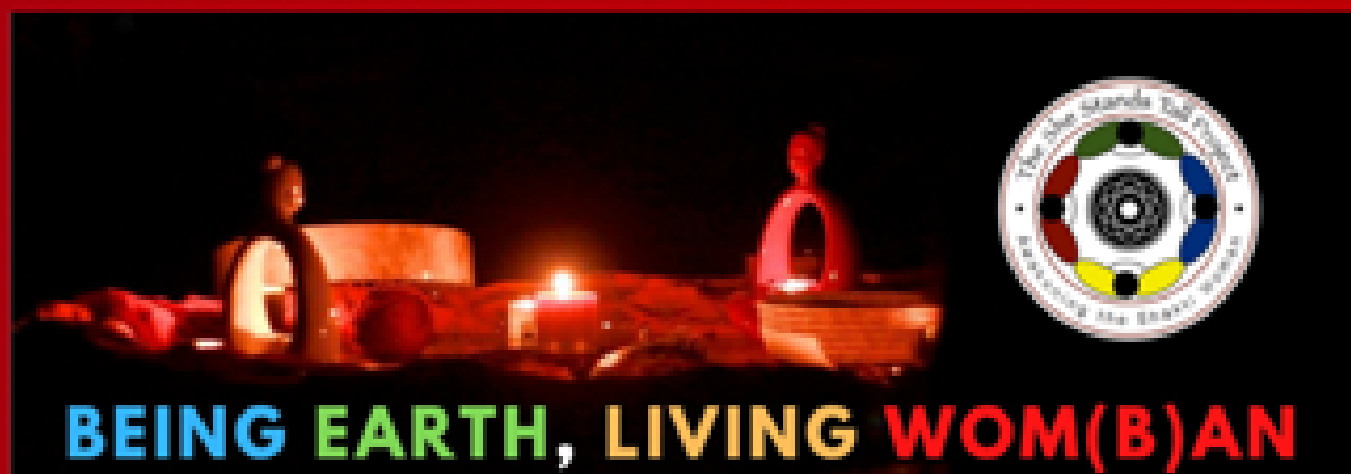


Our Way to Our Intuitive Wisdom

"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.



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TRACK : MOTHER

CATEGORIES: 1

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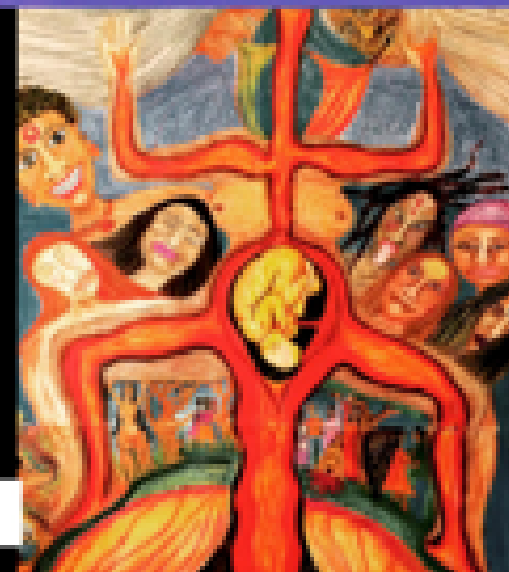
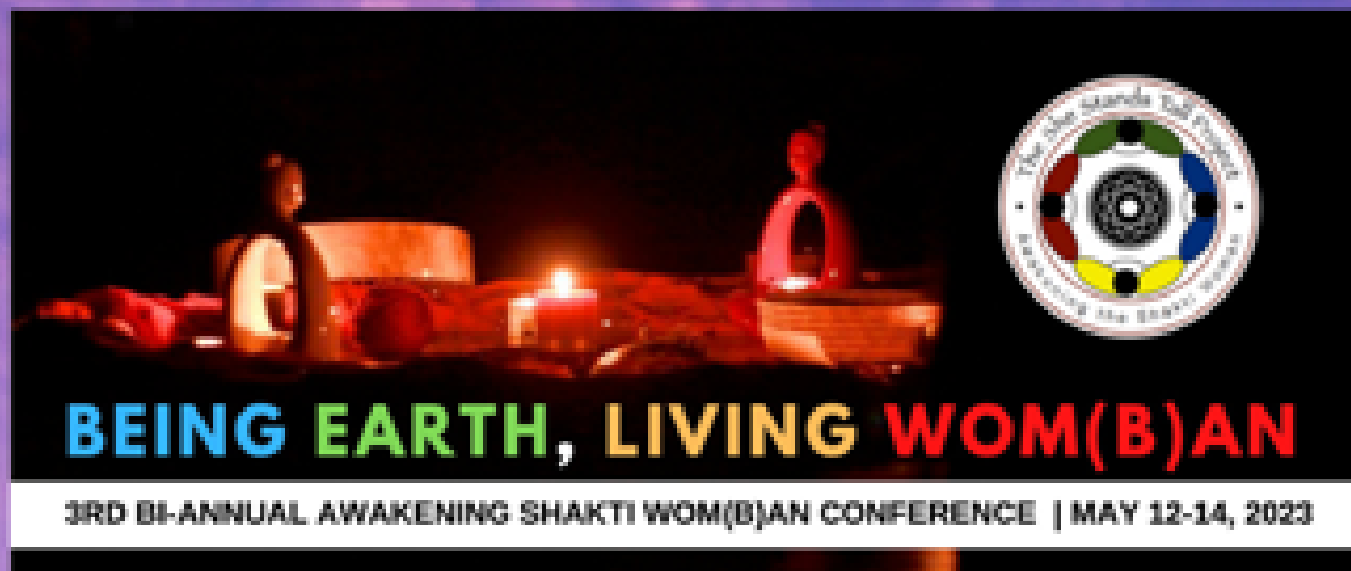


Facilitated by
**SHEETAL
JAYARAJ**

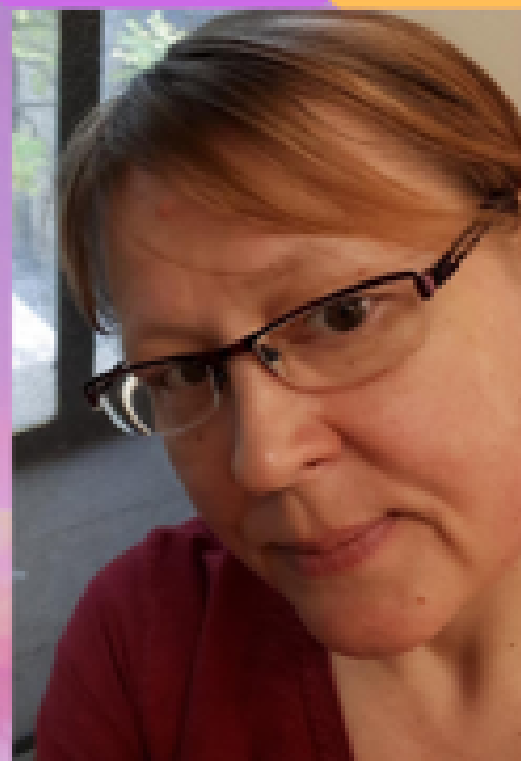


SUNDAY, MAY 14. 10 AM TO NOON IST

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. We do this through some structured and organic, intuitive movement, recording felt experiences through writing and a meditation to land everything in the body. Revel in the fullness and knowing of the 'Mother' within – Purnatva.



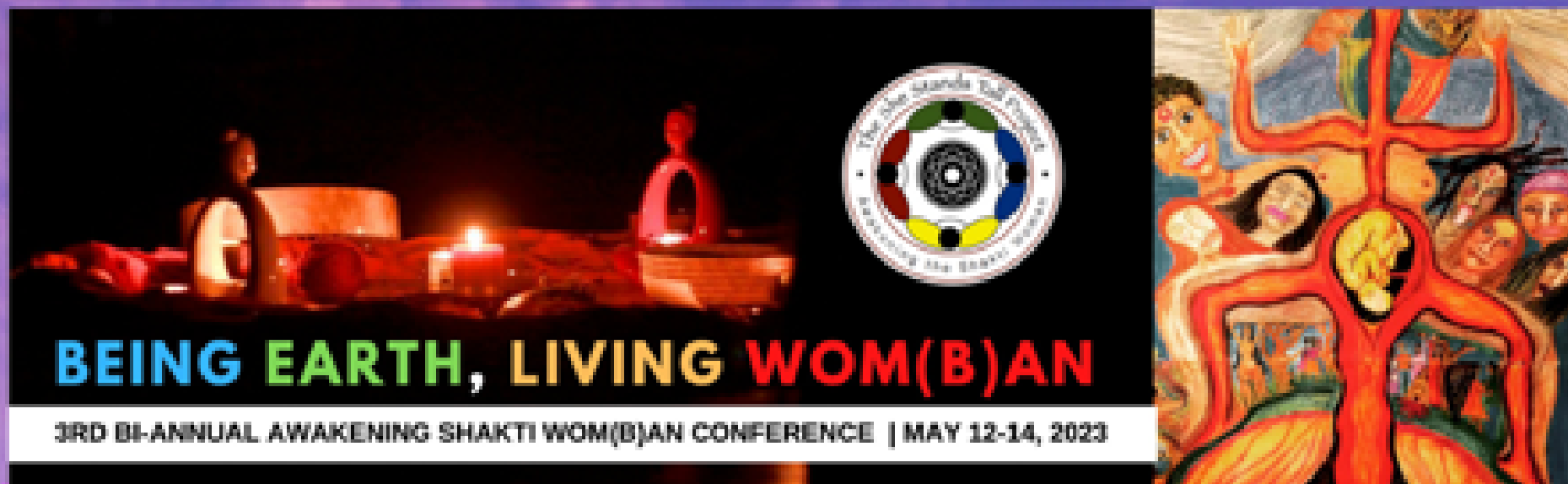
TRACK: QUEEN CATEGORIES: 1, 5, 7 To Register Visit: <https://shestandstall.com/conference>



Facilitated by
**Sari
Mattila**



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.



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TRACK: QUEEN CATEGORIES: 1, 2, 3, 5, 7 To Register Visit: <https://shestandstall.com/conference>



In the Dancing Body OF THE YOGINI OF HIRAPUR ORACLE

SUNDAY, MAY 14, 3 - 5 PM IST

Facilitated by
Luisa Spagna

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.



TRACK: QUEEN

CATEGORIES: 1, 5, 7

To Register Visit: <https://shestandstall.com/conference>

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

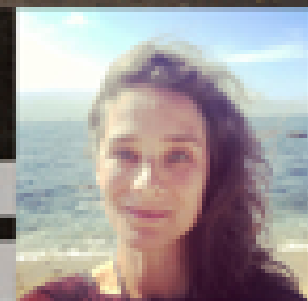
A Live Online Workshop by
Myriam Negre

Sign in at www.shestandstall.com/conference

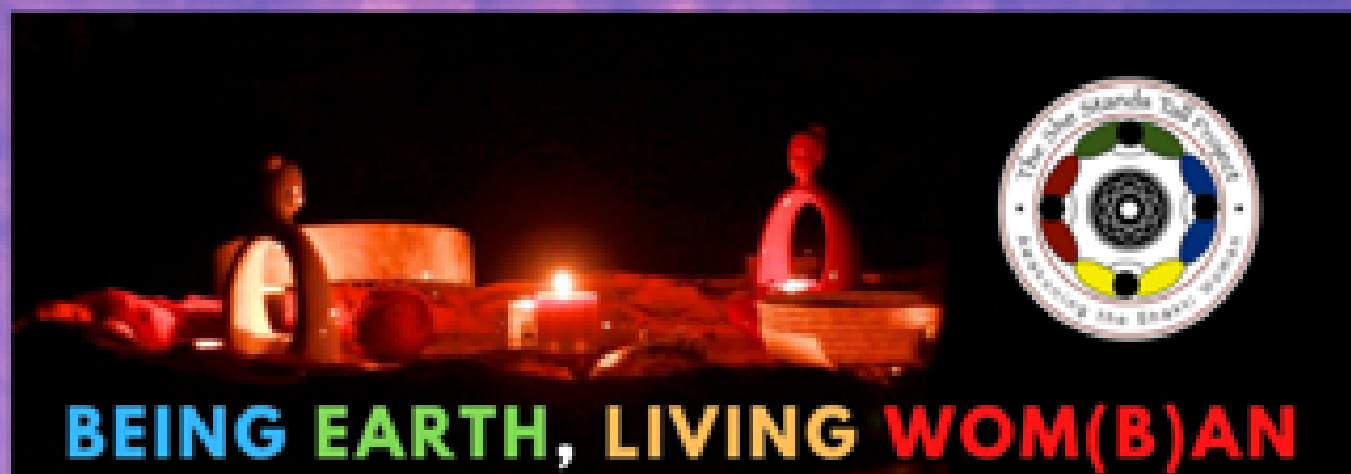
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Re-mem-bering, Integrating and Celebrating the Life Cycle Rhythms.

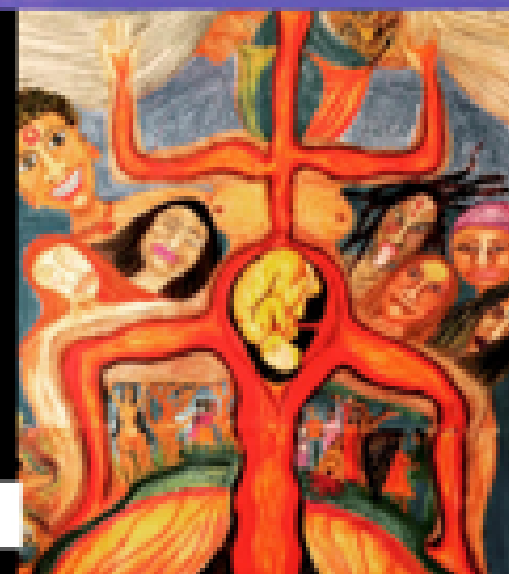


Exploring the metaphorical journey of transitioning from the Red Path to the Blue Path of acknowledging the waters in the lake of our queen consciousness prior to merging with the sea.

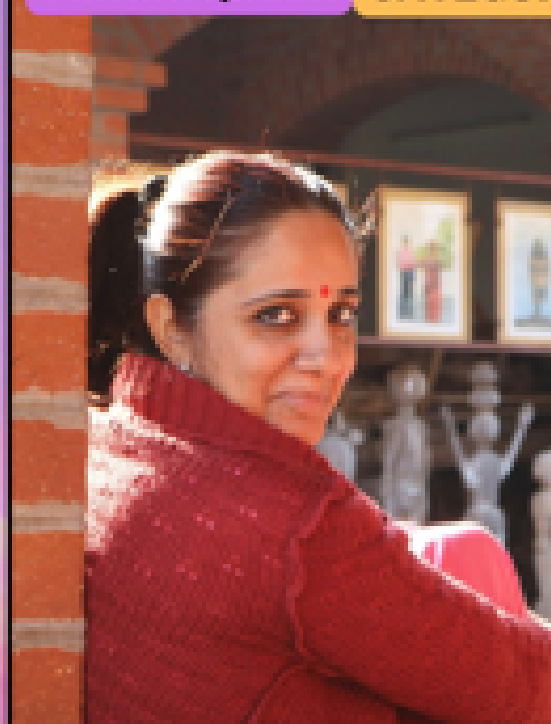


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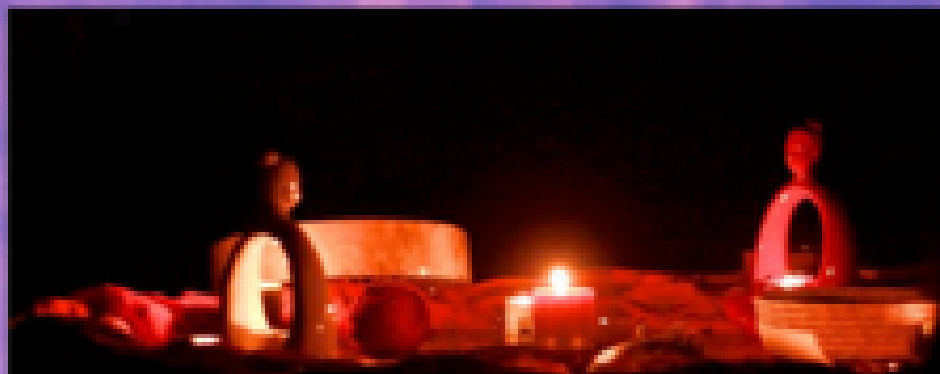


Facilitated by
**Chetna
Mehrotra**



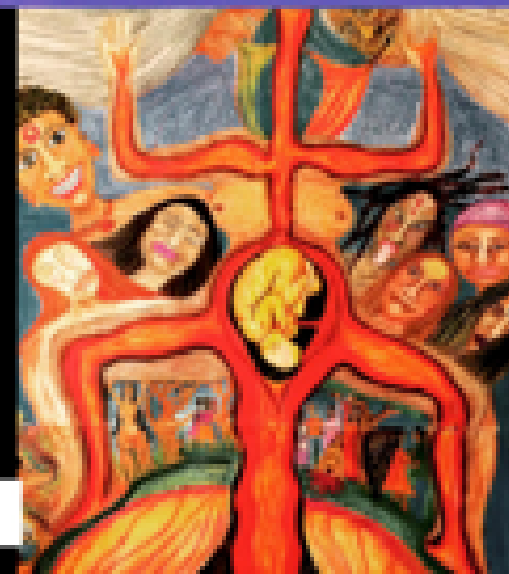
EMBODYING
FEARLESS LISTENING
SUNDAY, MAY 14TH, 3 - 5 PM IST

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.



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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.