

SATURDAY, APRIL 2

AM: 11:30 am - 1 pm PT

Even Behind the Clouds: How we Survive pandemics through Creativity; Stories our Grandmothers Taught us about Perseverance and Patience

Led by Eileen "Remedy Leen" Cheong

"Even Behind the Clouds" is an artistic conversation responding to the message from the Council of 13 Indigenous grandmothers. This workshop invites participants to reflect on a pending exhibit entitled "The Sun is Still There, Even Behind the Clouds."

"The Sun is Still There, Even Behind the Clouds" is an exhibit by four WOC from Chinese diaspora, mixed African, Palestinian and Southeast Asian heritages; as a meditation of profound mimicry for anyone who has ever experienced desperation during desperate times and how cultivating the art of patience provides the narrative for mapping how we might as a people move towards our future. Participants will be presented the artists' translation exploring the topic of ancestral resilience and thereafter have the opportunity to dialogue about their own grandmothers and creative process, as led by a registered art therapist and WOC.

Art materials encouraged to have on hand but not necessary.

Tuning Your Temple

Led by Carolina "Caro" Acuña-Olvera

Tuning Your Temple workshop will explore the sounds of healing we have within ourselves and the sounds and music we all have access to. Using breath, sound and music as a healing mechanism to detox our bodies from patriarchy and to decolonize our beautiful bodies.

We will explore our own ancestral and soul sounds to lift our life force energy and to touch the vibration of our intuition. Together exploring how to move sound vibration of who we are and what we will become as women and as a species as we heal together and individually.

We will be approaching this from a more ancient perspective, so one does not need to know how to read or write music, oral tradition is the way in this ceremony/workshop.

Inner Nature Drawing

Led by Bay laurel O'Connor

I'm offering this class as a seed from my heart, carried by my inner child, who has returned to drawing throughout my life as a way to grow in love with the world. Part technique, part meditation, this workshop will allow us to slow down and find sanctuary in our drawing practices by honoring how we see, sense, and connect with the natural world (both inside and out).

Creators will learn to draw intuitively, improve their inner eyesight, play between pencil and page, find sanctuary through practice, develop their own visual vocabulary, connect with the land where they live through their creative drawing process.

This workshop is for any one who:

- + Feels they are "not good at drawing"
- + Wants to jump start their creative practices
- + Loves drawing but never has the time
- + Wants to connect with their unique creative voice
- + Needs a break and time to reset
- + Loves plants (and would like to draw them better)!
- + Wants to connect more deeply to the land where they live

Reclaim your Self, your Culture through Loss and Grief

Led by Soyeon Davis & Tida Beattie

We facilitate conversations, exploring difficult topics where individuals contemplate, listen, witness & if moved to, share their own experiences. Our themes center topics that are taboo and/or rarely spoken of where our audience has been drawn to the intention and vulnerability of the brave, intimate spaces we create where representation matters.

We share and name our own lived experiences, modeling advocacy and demonstrating this work is messy because difficult things tend to arise. We invite you to co-create our space, knowing there is much to learn from each other.

PM: 3:30 pm - 5:00 pm PT

Reclaiming Self: The Pathway to Deep Inclusion at Work and Home

Led by Sweta Chawla & Faith Clarke

According to social psychologist Claude Steele, people feel included when they feel like they belong and are grateful for that belonging, and feel like they can thrive. This definition rings true in our lived experiences as BIPOC women operating in largely white, male dominated spaces. Although organizations and communities have prioritized inclusion for decades, the limited impact of these efforts point to the need for something else.

We believe that the colonial framework that has shaped the way we interact with each other for hundreds of years, is still underneath our limited success with inclusion. Deep within these ideologies is the separation of people from themselves and their places. This created a deep separation from our ancestral and complex individual identities. Healing the violent disruptions in our deep knowing of ourselves starts with a commitment to reclaiming ourselves.

The history we carry impacts our daily experiences both professionally and personally. When you take the time to reflect on your story, and are guided by others who have walked the journey and have the capacity to hold space for the depths of who you are - you will feel more courage to reclaim your fullest self.

You can move beyond outdated narratives and titles that ask you to compartmentalize yourself. Your greater potential is birthed when you create from a place of wholeness that is guided by conversation, community and connection that go beyond self-improvement and goal setting.

When you integrate your unique experiences, you create work and a life that feels more true and serves the world in a bigger way.

Pussy Portal 2022

Led by dezi solèy

Pussy Portal 2022 : a codex for remembrance : guided quantum healing journey to activate your divine feminine essence. Throughout this workshop we will share our short film "Holy Reflection" (a poetic exploration of the Divine Feminine becoming) and guide you on a quantum self-healing journey into your (etheric) womb for deep clearing, connection with your higher self & reclamation of your birthright as a sovereign being.

Self-Reiki for Restoration and Reconnection

Led by Melorie Serrano Masacupan, M.Ed

We will release anxiety from the body to balance areas of energetic blockage and re-regulate the nervous system through a simple self-reiki sequence gently guided by Melorie Serrano Masacupan.

Self-reiki is an intuitive embodiment practice originating from Japan, and it brings the benefits of a meditative state, body awareness, and emotional processing without necessarily needing to verbalize.

This simple sequence of hand placements can be accessed at all physical levels and is a versatile tool to usher in grounded transitions throughout a busy lifestyle.

Not Gonna Get Us: Internalizing Safety & Strength for the AAPI Women's Community

Led by Lauren Funiestas

According to the Asian Pacific Institute on Gender Based Violence:

- 21 – 55% of Asian women in the U.S. report experiencing intimate physical and/or sexual violence during their lifetime, based on a compilation of disaggregated samples of Asian ethnicities in local communities (2015)
- In a six-year period, 160 cases in Asian families resulted in 226 fatalities, of which 72% were adult homicide victims, 10% were child homicide victims, and 18% were suicide deaths.
- 68% of victims were intimate partners (current, estranged, or ex-partners), of which 111 were women and 14 were men.
- 56% of Filipinas and 64% of Indian and Pakistani women had experienced sexual violence by an intimate partner in a study of 143 domestic violence survivors.

In a world where these statistics are increasing every year, especially with the rise of attacks on the AAPI community throughout the COVID-19 Pandemic, how can AAPI women feel safe in their own bodies and in their communities?

In this workshop, I offer education and practices that can help AAPI women who are deeply affected by systemic oppression and violence – whether personally as survivors or by affiliation as a member of a globally marginalized group. By naming gender-based violence in the AAPI women's community, providing psychoeducation on the adaptive/maladaptive potential of the four major trauma responses and offering helpful coping strategies we can build new insights into how AAPI women can establish a sense of personal safety and strength in a world that is chronically traumatizing.

Teachings from this workshop are offered through personal storytelling, statistical data and information backed by clinical research on the psychological effects of trauma on a personal and collective level.

Participants will gain knowledge on the psychological impacts of trauma, learn simple coping strategies and will be asked to reflect on their own personal trauma histories and resilience.

SUNDAY APRIL 3, 2022

AM: 11:30 am - 1:00 pm PT

Claws of the Cub: Tiger Daughters Grow Up

Led by Tida Beattie

In 2011, awareness of 'Tiger Mom' parenting came to the forefront of culture wars. Come and explore the impact of this style of parenting on identity, success, relationships and more.

Kapwa Kollektive: Decolonization

Led by Tiara Liquido

Today, psychology and the practice of therapy can be used as a way to heal, reconnect with one's truth, and realign with our inner wisdom. However, the history of psychology is rooted in Western ideology and has been weaponized against womxn of color as a form of colonization. As a mixed filipinx, queer, femme and psychologist, it is my hope to help decolonize psychology and mental health.

Through this workshop, I will discuss colonial mentality through the filipinx lens, as this is my own personal point of knowledge. I will go over a brief history of the Philippines in the context of colonization and will focus on the 5 main ways colonial mentality manifests: 1. within-group discrimination 2. denigration of indigenous physical characteristics 3. cultural shame and embarrassment 4. ethnic inferiority and 5. colonial debt. There will also be opportunities for discussion, questions, and connection.

We are the ones we've been waiting for: a million love letters for black girls

Led by Derrika Hunt

We are the ones we've been waiting for: A million love letters for Black girls is a hands-on workshop that utilizes letter writing as a form of protest and future-making. We invite our workshop attendees to get curious, engage, and join us on a beautiful journey of creating. This workshop is designed to honor the unique experiences of Black girls. We will write letters during the workshop as a form of future-making.

Womb Altar

Led by Roxana Karina Cadena

In this writing workshop, participants will come together to engage in three writing prompts about our connection or disconnection to bleeding. We will begin with a body movement exercise to a song called: Remember (The Path) by artist Lavva. We will then have three writing prompts connected to bleeding, the womb, ancestors, stories and healing. Bleeding is such an intimate, intense reality.

We literally bleed. Blood is powerful. Let's connect with our blood. Let's connect with Earth with intentional prayers and intentional insights. My goal is to help participants connect with themselves a little better. Writing inherently connects us to our subconscious, our programming, our fears, our joy. To write is powerful, but to write about our period is even more powerful. It creates space to reflect and reconsider. It makes space for new beginnings.

PM: 3:30 pm - 5:00 pm PT

I'll Give Them Shelter Like You've Done for Me: Ancestral Homes for Lost Feelings

Led by Ell Lin

Through theater, illustration, and dialogue, this workshop engages folx in multi-modal ancestral homing of our diverse inner experience. Upon a preponderance of global grief, loss, disorientation, and isolation in recent years, sacred knowledges routinely ignored by colonizing curriculums have proven more vital than ever.

As the late great bell hooks imparted, cisheteropatriarchy's demand of emotional self-mutilation could not sustain a world in upheaval. Hence, this courageous space of collective vulnerability and strength disrupts the silencing of feeling to reconnect with ancestral love. Participants from diverse backgrounds and hxstories mutually empower one another to name, illustrate, enact, and to bear witness to feelings essential to communal restoration (with the opportunity to each craft a sacred booklet).

TRAUMA, TRESSES, & TRUTH: Writing Our Hair

Led by Lyzette Wanzer, MFA

Writing—aka narrative healing—about life experiences impacted by our hair illuminates both the absurdity of trying to enforce white haircare grooming standards on African American and Latina women, and the muted but invasive means by which Society shames our natural hair from infancy through adulthood.

This supportive writing workshop is a safe nurturing, intentional space to write and share your hair stories vis-a vis career and school challenges, relationships, family, and everyday life. Writing about one of the still-remaining systemic biases in academic and corporate America can lead to greater self respect, understanding, strength, and a sense of agency. We will engage in prompts, partner work, and finally, sharing our writing.

This is Not an Art Class: Intuitive Painting for Creative Expression

Led by Amy Alaman

Healing is inherently creative, and creativity is inherently healing. We are all naturally creative beings, but trauma and internal/external judgement block us from being our truest selves. In this workshop, participants will learn about how to use art as a sacred healing practice. They will learn the 5 key principles of Intuitive Painting, an art-based mindfulness practice, to help them reconnect with themselves, accept the unknown, heal trauma, and begin to listen to their intuitive selves rather than their judging mind.

Participants will be invited to experience the process in a guided-meditation version of the intuitive painting process using whatever supplies they have available - plain paper and paint, pens, crayons, colored pencils, etc. Any supplies will do. You do NOT need to be an artist to benefit from this healing practice.

Building a United, Integrated, and Politically Independent Movement for Women's Rights, Immigrant Rights, and Racial Equality

Led by Yvette C Felarca

Abortion rights, affirmative action, and immigrant rights are struggles that are now facing serious legal and Supreme Court challenges. Winning will require mass struggle, direct action, and building the integrated, politically independent new civil rights movement.

Join this workshop to learn lessons from movement leaders who led abortion clinic defense that upheld Roe v Wade during its last major legal challenge, mobilized tens of thousands to march and win affirmative action at the US Supreme Court, and organized mass marches and walkouts to stop deportations and fight for full citizenship rights for all. Applying these lessons to the challenges that we face today can be vital to winning these struggles today, impacting the lives of millions of women and oppressed people.