

THE REAL TRUTH ABOUT Motherhood Self-Care Edition

SHARING EXPERIENCES - Board Room

10.30 - 11.00 Am I mom material?
(Coming from a non-mom).

Ariadna Arredondo, Digital Creator, creator of The Always Believer and speaker. What motherhood is like for me and what that looks like as someone in their late 30's, while breaking generational trauma through therapy and inner love advice, leading into creating my community. And the answer to the workshop question will be revealed!

11.00 - 11.30 La Fuerza que me dio ser Madre.

Meritxell Muñoz Méndez, Coach de maternidad. Meritxell lleva consigo necesaria para salir de una situación de maltrato y emprender pese a todas las dificultades que se encontró por el camino. En esta charla Meritxell comparte su historia y espera inspirar a muchas madres a que encuentren la fuerza que necesitan en su maternidad.

11.30 - 12.00 How to get out of survival mode.

Tania, New Vision Therapist and Lifestyle coach. The stress I lived during 2 years pushed my body and my limits to a whole other level, I became a chronic smoker drinking too much coffee and not taking care of myself in order to deal with stress. One session of New Vision Therapy changed my life forever.

12.00 - 12.30 Roundtable discussion with all the speakers. LIBRARY

12.30 - 13.30 Networking Break

13.30 - 14.00 The unique balance of motherhood and self-care.

Karen Martinez, Founder of www.ksmmakeup.com and [@Heymamamode](https://www.instagram.com/Heymamamode). Como mamá, Karen entiende perfectamente el equilibrio entre la maternidad y el autocuidado, y está emocionada de compartir su experiencia en este evento para inspirar a otras madres en su propio viaje hacia la belleza y el bienestar.

Carrie HeavenMassge, Therapist and Owner, Carrie will give delicious massages and aromatherapy for weary mama shoulders and hearts in need of uplifting' to the sharing experience room all day.

14.00 - 14.30 "Tu eres quien me sostiene" a mi bebe.

Laura, Fundadora y Creadora, @RocknLolokids. Will Las similitudes y diferencias entre mi mamá luchando por su vida (perdiéndola) y yo, tratando de crear vida (en un tratamiento de FIV), todo el mismo proceso de una manera completamente diferente. También cómo mi Baby me dio la fuerza para seguir adelante con toda esta mierda, durante la pandemia en el momento más crucial en Nueva York.

14.30 - 15.00 Roundtable discussion with all the speakers. CLUB HOUSE

15.00 - 15.30 Networking Break

15.30 - 16.00 Criar&Crear una empresa y una ciudad más amable con la infancia y las familias.

Mavi Villatoro, Fundadora y CEO de Mammaproof.

16.00 - 16.30 Why not?

Amy, Creator & Founder, Mamas in biz. Why Not? - A Mother's Journey of Courage, Self-Care & Community. Motherhood transforms everything, your identity, relationships, and path in life. But what if pushing through change starts with asking Why Not? In this heartfelt talk, Amy, founder of Mamas in Biz, shares her journey, from unexpected motherhood to moving abroad, building a fabulous community, and finding self-care through meditation, music, and movement. Through honesty and humour, Amy explores resilience, self-belief, and the power of saying Why Not? - because sometimes, that's all it takes to change your life.

16.30 - 17.00 Mom, Entrepreneur, and Everything in Between: Your Journey to Owning It All.

Laura Moreno, Business Digital Tech Consultant - Mentor. Una charla inspiradora sobre cómo equilibrar la maternidad y el emprendimiento con propósito y pasión. A través de historias de resiliencia y alegría, Laura comparte su experiencia gestionando el tiempo y la energía mientras hace crecer su negocio y su familia. Con la participación especial de su hija adolescente, explorarán cómo despertar la conciencia

empresarial en la próxima generación. Esta sesión te ayudará a recuperar tu tiempo, encontrar equilibrio y adueñarte de tu propio camino hacia el éxito.

17.00 - 17.30 Roundtable discussion with all the speakers. CLUB HOUSE

17.30 - 18.30 Networking with Dj A4ia

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EXPERTS TALKS - Clubhouse



10.30 - 11.00 Nuestros bebés nuestros Espejos.

Jazmin Marcehse, **Nuestros bebés son espejos de lo que llevamos dentro**, mostrando con amor aquello que no podemos ver en nosotras mismas. Al comprender este vínculo profundo, podemos encontrar paz y aliviar la sintomatología que surge en la maternidad. Esta charla invita a reflexionar sobre cómo nuestras emociones impactan a nuestros pequeños, y cómo ellos, con su pureza, nos impulsan a un viaje de autoconocimiento. Desde esta perspectiva, transformamos las dificultades en oportunidades para sanar y crecer

11.00 - 11.30 Nutrition Tips for Thriving in Motherhood.

Tiffany Boyrivent, **Nutrition Therapist**. Motherhood is a beautiful journey, but it can be incredibly demanding. It's easy to forget about your own needs when caring for a little one. If you're feeling tired, overwhelmed, or just not quite like yourself, this session is for you. Join us to discover the power of nutrition in restoring your energy and vitality. I'll share practical tips to help you replenish your nutrients and feel your best. Remember, a thriving mother creates a thriving family. Let's prioritize your well-being together!

11.30 - 12.00 Bye bye Cosmética chatarra.

Débora, **¿Cuántos cosméticos y productos químicos usas al día?**. Gel, shampoo, crema, maquillaje, desodorante... y la lista sigue. Pero, ¿realmente los necesitas? Muchos de estos productos contienen ingredientes que, usados con frecuencia, pueden ser tóxicos para tu cuerpo. En esta charla, te enseñaré cómo ser más autosuficiente y alejarte de la cosmética chatarra, aprendiendo a elegir lo que realmente te beneficia.

12.00 - 12.30 Roundtable discussion with all the speakers. LIBRARY

12.30 - 13.30 Networking Break

13.30 - 14.00 From Self-Care to Care-giving: A Philosophical Approach to Early Motherhood.

Sofia Lacomussi **Philosopher** (Talk Happening in the Library).

Practical Philosophy offers new moms a way to reflect on their identity as women

and mothers, breaking free from unrealistic expectations, clichés, and societal pressures. This talk deepens the understanding of self-care and newborn care, helping mothers align with their true selves and feel freer in their mothering. Together, we'll explore ideas like 'The Two Sides of Nurturing a Newborn,' 'The Labor of Care,' and myths about self-care, with practical exercises to clarify emotions and strengthen self-care practices.



14.00 - 14.30 Maternar y Migrar como Procesos Creativos.

Carelis Lopez, **Psicóloga y Arteterapeuta**. Maternar y migrar son procesos que nos desafían a adaptarnos, reinventarnos y transformar nuestra vida. Ambas experiencias nos invitan a conectar con nuestras emociones, reconocer nuestras necesidades y tomar decisiones auténticas. En esta charla, exploraremos cómo la creatividad puede ser una aliada para descubrir y abrazar tu forma única de ser madre migrante, alineada con tus valores y necesidades.

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15.30 - 16.00 Thrive on the mine field - The way we talk changes everything.

Reka Darvas, **Chinese Astrologer, NLP coach**. I let you to sneak peak into my coaching practice, I'll create an interactive workshop with non-violent communication. If you a mother, you'll have conflicts on a daily basis. Not only with your toddler but also with your partner, ex, inlaws, and with your self. How you talk, is everything. So in this short workshop I'll show how to put into practice non-violent communication in order to keep your sanity in the most difficult situations. Extra gift for the participants: free 2025 astrology forecast in audio format.

16.00 - 16.30 Adolescentes: ellos también nos necesitan.

Sheila Canorea, **Educadora y Aromaterapeuta**. En esta charla hablaré del tipo de acompañamiento emocional que necesitan los adolescentes, de cómo necesitan también a sus p/madres aunque no lo digan, de cómo ayudarles con las carencias que puedan tener, de cómo estar a su lado guiándoles, no imponiéndoles. También hablaré de la importancia de la comunicación por ambas partes para que ellos se sientan cómodos y seguros y quieran contar sus cosas.

16.30 - 17.00 Innate resilience and wellbeing is your birthright.

Amanda O'Shea, **Resilience Tutor**.

The iheart resilience programme describes how the human psychological system is an intelligent system based on a clear logic that explains the source of all feeling states, emotions and felt experiences. When we understand how this works, life feels easier...heart is underpinned by an overarching question of enquiry: Do you

believe that someone or something can give you or take away your wellbeing? Does it look like somebody or something is putting a feeling in you? Let's get curious...

17.00 - 17.30 Roundtable discussion with all the speakers. CLUB HOUSE

17.30 - 18.30 Networking with Dj A4ia



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Self-Care Edition

WORKSHOPS - Little Juno

10.30 - 11.00 Pomada de pañal con ingredientes de la tierra.

Debora, CEO GeaSana, formuladora magistral de fitocosmética, divulgadora. Como madre y formuladora cosmética, te compartiré herramientas prácticas para elegir productos más seguros, empoderándote para tomar decisiones informadas en el cuidado diario de tu familia. Después de esta charla, aprenderás a interpretar algunas de las etiquetas de los productos cosméticos y a identificar ingredientes potencialmente nocivos, como los derivados del petróleo y ciertos conservantes sintéticos.

11.00 - 11.30 Self-Mothering Through Tarot and Art.

Monica Buzzali, Arte Terapeuta. In this workshop, participants will engage with The Empress tarot card to explore themes of self-nurturing and personal growth. Using art as a therapeutic tool, they will create a piece that reflects their unique approach to self-care, abundance, and healing. Through guided reflection and creative expression, the workshop fosters a deeper connection to one's own nurturing energy, encouraging participants to embrace self-compassion and creativity as vital components of personal transformation.

11.30 - 12.00 Core Restore Workshop

Julia Loeffler, Certified Pre & Postnatal Fitness Specialist and creator of FitnessforMamis. We will focus on regaining the connection to your abs and learning exercises to strengthen your core and pelvic floor so you can safely rebuild function after giving birth.

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12.30 - 13.00 A unique Bilingual Music Class in a beautiful experience through original music (for babies 0-4Y) Educational entertainment program for babies & toddlers up to 4 years old, to expose them not only to a new language, but also to values and good manners. Yes, music that "WE" parents will also enjoy! Finally!

13.30 - 14.00 The magic of family yoga

Natalia, Family Yoga teacher En este taller experimentaremos el yoga de forma divertida y muchos juegos y herramientas que despertarán vuestra magia! Cuando jugamos, tenemos la oportunidad de explorar, sentirnos libres, auténticas y conectar de una manera diferente. Estáis listas para acompañarnos a este viaje mágico? Podéis venir con vuestra peque (a partir de los 2 años) y sola. El taller se dará en español con una mezcla de inglés.

14.00 - 14.30 Mother Tongue: journaling as a quick&easy self-help tool for moms.

Marusha Mozolevskaya, Founder of Girls Who Write and Barcelona Journaling Festival, author of Not Just A Mom book. Discover the superpower of putting pen to paper in this interactive workshop designed especially for moms—no writing experience needed! Through guided exercises and practical prompts, you'll learn simple yet powerful journaling techniques to reduce stress, reflect, and uncover joy in your daily life. Especially when life gives you lemons! Explore how this transformative practice can become a meaningful tool for self-care, emotional balance, and personal growth. Whether you're seeking clarity, creativity, or calm, this workshop will help you embrace the magic of journaling with ease.

14.30 - 15.00 Roundtable discussion with all the speakers. CLUB HOUSE

15.00 - 15.30 Aromaterapia: calma en tu maternidad.

Sheila Canorea, Educadora y Aromaterapeuta. En este taller explicaré los beneficios de la aromaterapia y el porqué de su uso emocional, cómo conecta nuestro olfato directamente con nuestro cerebro y por qué afecta a nuestras emociones. Además, aprenderéis pequeñas rutinas para incorporar en el día a día para ir bajando los niveles de cortisol y llegar a la noche mucho más en calma. Cuidarnos es esencial para poder cuidar de nuestros/as hijos/as como ellos/as merecen.

15.30 - 16.00 La Maternidad y las partes internas.

Carolina Bonfil Sacca, Terapeuta Sistémica. En este taller abordaremos nuestras partes internas desde una mirada sistémica, dedicaremos un tiempo a poner mirada en cómo las llevamos a partir de la maternidad. Tomaremos conciencia de la necesidad de dedicar tiempo a cada una. Y sobre todo de la importancia de tenerlas presentes. Trabajaremos a través de ejercicios grupales e individuales, el registro corporal de las mismas.

16.00 - 16.30 From 'Mom I need you!' to 'What do I need?' - Reclaiming your identity and passions.

Natalie Ben Israel, Expressive Art Therapist. As kids grow independent, mothers often find themselves wondering, Who am I beyond "Mom"? This talk explores the transformative journey of reclaiming your identity, passions, and purpose after years of devoted caregiving. Using

unique phototherapy techniques, we'll tap into the power of personal imagery to unlock emotions, reveal hidden desires, and reimagine your future. Through engaging

visual exercises, you'll gain clarity, confidence, and inspiration to step into this new chapter—one where your needs and dreams finally take center stage.

16.30 - 17.00 Singing is self-care. Adam, Founder and Director, Vocal Core.

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Pyar Pjs slow fashion mom and kids brand will be selling pijamas all day and give a set as part of a raffle

Esther, Nu Skin affiliate, 10-Minute Me-Time Moment is a brief yet indulgent session designed to provide you with a quick escape from the daily hustle, focusing on relaxation and skin rejuvenation.