

Workshops for 'men in skirts' bring out the woman in you

Motivational speaker Anthony Robbins changed Pia Muggerud's life.

"In one of his seminars, he really delved into the area of the feminine and the masculine," says the Hong Kong-based life coach who used to work for Robbins. "I really got that I was a bit of a man walking around in a skirt. I had a lot of masculine energy. I realised that I wanted to embrace my femininity more."

Muggerud (below) noticed that hyper-masculine Hong Kong was full of such "men in skirts", and as a result she decided to train and inspire other women to find their inner goddess. The result is a two-day workshop called Be The Woman.



For HK\$2,500 (30 per cent discount if you bring two "sisters"), you too can be empowered "to express all that you are".

"This is really for women to embrace the divine gifts that they have," she says.

However, Muggerud adds that it's not about turning women into demure flowers who just cook and clean. It's about self-confidence and promoting yourself. The workshop is this Saturday and Sunday at the Shakti Healing Centre (3/F, Waga Commercial Centre, 99 Wellington Street), 6103 0809.