

## Fé Valvekens

Mumpreneur Fé Valvekens, who is behind the hip yoga clothing line A Day with Fé, takes us on a mindful journey in bustling Hong Kong. *AsiaSpa* goes behind the scenes at Stylesetter's Wanderlust on StarWorld



### YOU HAVE A YOGA CLOTHING LINE AND THREE KIDS, HOW DO YOU ACHIEVE A GOOD WORK/LIFE BALANCE?

Achieving a good balance is an ongoing process. I have not found that magic equation, but what helps me make empowering decisions is to engage in activities that ground and centre me. Right now, a meditation and yoga routine is what keeps me going as a mumpreneur.

### WHY DID YOU DECIDE TO LAUNCH YOUR OWN YOGA CLOTHING LINE?

In 2013 I launched A Day with Fé. I had the idea during my maternity leave when I practised yoga on a daily basis because I was literally living in my yoga clothes. I missed the elegance of my work attire. So I created a line where performance was still an important feature, but using elegant colours and feminine cuts.

### EACH ONE OF YOUR CLOTHING PIECES HAS A POSITIVE AFFIRMATION INSIDE.

*Fé* means 'faith' in Spanish, so A Day with Fé is a journey with your soul, your spirit, your true self. I noticed that when I wore my favourite lingerie, I felt more confident: my attitude shifted inside out. So I wanted to initiate this shift with hidden mantras or empowering words that only the wearer could see. One of these mantras is 'life

comes from me, not at me'.

### HOW DO YOU PURSUE MINDFULNESS IN A HECTIC CITY LIKE HONG KONG?

Once in a while, I enjoy having lunch by myself to practise mindful eating. I also use mantras to redirect my attention when I'm caught up in doubts or fear. Cultivating mindfulness is challenging in Hong Kong yet so rewarding because you have so many opportunities to practise it (eg during a taxi ride).

### YOU'VE BEEN IN HONG KONG FOR SEVEN YEARS NOW. WHAT DO YOU LOVE ABOUT THE CITY?

I love the 'can do' attitude of Hong Kong, dreams are possible and everybody is so enthusiastic about making them come true.

### WHERE IS YOUR JOURNEY TAKING YOU?

I ask myself this question every day! I am enjoying the entrepreneurial ride, learning the lessons along the way. My studio in PMQ is ideal to host intimate yoga workshops and talks on wellness, so I will continue to collaborate with artists, yogis and health gurus to create more events.

### AS A ROLE MODEL APPEARING ON STARWORLD, CAN YOU TELL US YOUR EVERYDAY APPROACH TO FEELING EMPOWERED AND INSPIRED?

I like to start the day with a meditation and exercise routine to clear my mind and strengthen my body. After meditating for 30 minutes, I practise yoga or run on Bowen Road. I believe that feeling good in your body and mind is key to living life at your fullest potential.

### DO YOU FOLLOW A MOTTO?

Last year's motto was 'done is better than perfect'. I tend to be a perfectionist, so this mantra helped me to choose progress over perfection. This year I will aim to be 'productive versus busy' by slowing down so I can focus on what matters most. 🌱

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