

WFWP UK / Midlands - Teaching Yoga for Refugee and Disadvantaged Women

Patricia Earle
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I have been working in partnership with Women of Hope in Birmingham for quite some time, especially giving disadvantaged women the opportunity to learn and practice their craft skills.

On November 21st, I was invited to offer a session of yoga at the Friends Meeting House in Selly Oak, which about 40 women attended. We did basic exercises for almost one hour, and the women seemed to really enjoy it.

All these activities help the women to feel their value, and improve their self-esteem, something which is so important for their lives, and their future.

Reported by Patricia Earle
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