

WFWP UK: Togetherness - A Youthful Celebration of Peace Through Music, Sport and the Arts

Mitty Tohma
July 7, 2025



This weekend's Peace Adventurers workshop brought a fresh and vibrant energy as we welcomed teenagers into the heart of our community - proof that peace has no age limit and togetherness only grows with new voices. Our theme, "Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts," evolved beautifully, blending reflection, education, expression, and celebration.



We began with inspiration

Tchi Mbouani opened with a powerful presentation on Peace in Sport, spotlighting the Olympic Games as a symbol of unity and goodwill. The story of a runner helping a confused competitor finish the race reminded us all: true victory lies in compassion. It was a moment that set the tone - one of empathy, courage, and sportsmanship.



Oksana then took us deeper

Her engaging talk on Sound and Somatic Studies revealed how deeply peace resonates within our bodies. She explored how the vibrations of sound and awareness of movement can be gateways to healing and connection - and the teens leaned in with curiosity and wonder.

A joyful snack break followed - a chance to share stories, laughter, and fruit (literally and metaphorically). As connections grew and barriers softened, a gentle rhythm began to emerge in the space.

From there, we entered **The Garden of Creative Peace**, guided by Merope's soothing meditation and imaginative musical landscapes. Inside, three magical paths unfolded:

The Song of Togetherness - a circle of drums, flutes, and voices where rhythms joined like old friends. Each beat told a story, each sound a stitch in our tapestry of unity.

The Colours of Feeling - free-form painting and sculpting became languages of emotion. Red swirls of courage, blue strokes of calm, golden dots of joy... peace became visible in every creation.

The Dance of Friendship - games, sports, and movement brought laughter and trust. Teens and younger children played side by side, proving that age melts away when kindness leads.

This session marked a beautiful shift - expanding the Peace Adventurers spirit into new generations. Through sport, sound, art, and movement, we saw teenagers step into their power as peaceful leaders.

To everyone who came: you shaped something extraordinary. And to those yet to join us - the next path is already opening.

Peace begins in me... and I share it by being me.

- With joy and gratitude,

The Peace Adventurers.

You can find details and register for upcoming Peace Adventurers sessions - including the July one - on [Eventbrite's Peace Adventurers page](#). It lists multiple dates and provides location, agenda, and organizer info.

Peace Adventurers

“Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts”



for ages
6 to 10

Saturday

28

June 2025

43 Lancaster
Gate W2 3NA

3pm-5pm



Saturday, July 26




Peace Adventurers

Join us for an adventure filled with fun and discovery as we set out on a mission to foster peace and positivity within our community!




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Select date and time

 Saturday, July 26 • 3 - 5pm GMT+1

Saturday

July

26

3:00 PM

Location



43 LANCASTER GATE

43 LANCASTER GATE LONDON W2 3NA United Kingdom

[Get directions](#) 

Refund Policy

Refunds up to **7 days** before event

About this event

“Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts”

(43 Lancaster Gate W2 3NA)

Please try to arrive at least 5 minutes before 3 o'clock to ensure you get the full experience.

Peace Adventurers is an innovative educational programme designed for children **aged 6 to 10**, providing them with the tools to understand, express, and share peace, from inner calm to global harmony.

The programme encourages children to reflect on what peace means and how it can be lived in various areas of life, nurturing the skills and habits needed to create peaceful environments.

Through engaging and interactive workshops, children will explore essential themes such as self-worth and inner peace, love for others, conflict resolution and foster positive family relationships.

They will learn the value of kindness, compassion, and tolerance, while also understanding how to handle emotions like anger and frustration through non-violent communication.

From the dynamics of family peace to building peaceful relationships at school and in the community, Peace Adventurers offers a holistic journey into the many forms peace can take.

Through the powerful medium of meditation and yoga, creative activities such as crafts, drawing, music, and storytelling, we aim to spread messages of peace and wellbeing among children and the broader community.

- **28 June - "Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts"**
- **26 July - "Peace for the Planet: Small Steps for a Greener World"**
- **August** – Summer Holidays Break
- **September** - we are back!

The sessions offer a variety of activities that encourage parents and children to engage in teamwork, fostering a more trusting and positive family relationship. It is free to attend, but donations and sponsorships are very welcome.

The Women's Federation for World Peace International is a non-profit, non-governmental international organization present in over 120 countries. Our mission is to empower women with the knowledge, tools, and support necessary to cultivate peace at home, peace in our communities, our nations, and throughout the world. It holds consultative status with the United Nations.

[Home | WFWP UK](#)

"Your support can make a difference—donate today to help bring creativity, learning, and joy to children through our project!

Use the link [Donate | WFWP UK](#) , reference PA

Every contribution helps us create engaging activities, foster growth, and **inspire young minds. Spread the word and be part of something meaningful!"**

Frequently asked questions

Who can participate in this contest?



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Is it a single event?



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Peace Adventurers

Sat, Jul 26, 3:00 PM

43 LANCASTER GATE • LONDON

Women's Federation for World Peace UK (WFWP UK)

Peace Adventurers

"Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts"

for ages 6 to 10	Saturday 28 June 2025	43 Lancaster Gate W2 3NA 3pm-5pm
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Donation

Select tickets

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Sun, Sep 14 • 2:00 PM

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Free

Dianetics & Scientology London

Promoted



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Thoulstone Park

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