

## WFWP UK Health Club Meeting

Mitty Tohma  
October 17, 2025



On Friday October 17th, 33 women from all faiths, cultures, races and social backgrounds, came together for our WFWP Health Club.

Harjinder, a professional yoga teacher from Walsall, gave us such a beautiful yoga session, which everyone said they really enjoyed and benefited from.



Velimira then spoke about self-care, how to overcome stress, and find a deep, inner peace in myself. We were able to address both physical and mental health and well-being, so important in our present day society.

Finally, we enjoyed some delicious food together!

It was another good opportunity both to renew and build friendships. Everyone enjoyed it a lot. Food for mind, body and soul!