

WFWP Central London, UK: Women's Empowerment Circle

Laureta Scorcea
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The Women's Empowerment - Sound Bath Healing with Jeff was organised by WFWP Central London Branch on 28 January 2026 at 2 Temple Place, London.

The event aimed to provide a calm and supportive wellbeing space for women to relax, reduce stress, and reconnect with themselves and others.



Participants attended a guided sound bath session using therapeutic instruments such as singing bowls and gongs, supporting deep relaxation and emotional reset. The event encouraged community connection, self-care, and inner wellbeing, in line with WFWP's values of peacebuilding and empowerment through personal growth.

Reported by Laureta Scorcea
WFWP Central London Branch Coordinator