

WFWP Central London, UK: Women's Empowerment Circle

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The Women's Empowerment Circle (WEC), organised by the Women's Federation for World Peace (WFWP) London Branch, was held on 20 February as a well-being - focused community event aimed at supporting women's emotional, mental, and spiritual wellness.

The primary objective of the event was to create a safe, calm, and inclusive space where women could step away from daily pressures, relax deeply, and reconnect with themselves and others. The session sought to promote stress reduction, emotional balance, and inner calm, while strengthening a sense of community and mutual support among participants.



The main activity was a guided Sound Bath Healing session, facilitated by Jeff. Through the use of sound vibrations and frequencies, participants were guided into a state of deep relaxation without the need for physical movement, making the session accessible to women of all ages and abilities. Attendees remained seated comfortably, allowing the sounds to support rest, reflection, and restoration.

The event also encouraged gentle connection and shared presence, fostering a warm and supportive atmosphere. Participants reported feeling relaxed, grounded, and uplifted by the experience.

Overall, the Women's Empowerment Circle successfully met its purpose of nurturing well-being, relaxation, and connection, reflecting WFWP's ongoing commitment to empowering women through holistic, peaceful, and community-centred initiatives.