

WFWP Birmingham, UK held their regular Ladies' Health Club meeting

Patricia Earle
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On May 7th, we held a regular Health Club meeting for our ladies. Around 35 guests attended, many of them new and young faces!

Patricia gave a chair yoga session, and received a lot of positive feedback.



Afterwards we enjoyed Velimira's talk about 'going beyond our comfort zone'.



Then we had time for everyone to share from their personal experience. Such good energy is generated when women share their hearts together!

Also our friend Ermine treated us to a beautiful song, "Que Sera, sera".

Afterwards, Nasreen demonstrated how to prepare some delicious, healthy idlis with special coconut sauce. We all shared very nice food and built some new bridges of friendship with one another. What a nice experience! We all left with happiness in our hearts.

