

WFWP Central London UK:: A Journey to Wellbeing - Awaken the Goddess Within

Mitty Tohma
August 12, 2026



HerStory: A Journey to Wellbeing was a WFWP Central London event created to provide women with a welcoming and supportive space to reconnect with themselves and one another. Centred around the theme "Reconnect. Reflect. Rise.", the event encouraged emotional wellbeing, meaningful conversations, and personal growth through shared experiences.

The programme brought together women from diverse backgrounds to explore self-care, resilience, and authentic connection. An inspiring keynote address by Bindu Bodanapu offered valuable insights into wellbeing and inner strength, followed by a guided meditation inviting participants to pause, reconnect, and find inner calm.



Ena Softic then led a practical session on recognising and managing stress and burnout, sharing simple strategies for everyday wellbeing. She concluded with a beautiful guided meditation, leaving participants feeling relaxed, grounded, and refreshed.

The afternoon also included a reflective journalling activity, allowing attendees to explore significant moments in their personal journeys. The event concluded with a deeply restorative sound bath led by Jeff Bateman.

Throughout the afternoon, participants shared meaningful conversations, formed new connections, and supported one another in a warm and inclusive environment.

The event reflected WFWP's commitment to empowering women, strengthening communities, and fostering compassion, resilience, and holistic wellbeing.

