

WFWP London, UK - Peace Explorers: Mind - Body Unity: Be the Leader of Myself

Oksana Torok
February 28, 2026



Peace Explorers gathered again on 28 February at 43 Lancaster Gate for an uplifting afternoon of crafts, storytelling, meditation and music designed to nurture self-worth, inner calm and peaceful hearts.

This time Merope guided a thoughtful conversation on mind - body unity - the understanding that emotional states are expressed physically, often before words appear. Drawing on principles widely recognised in developmental psychology and somatic education, she explored how the body naturally responds to different emotions:

- Fear often brings a sense of freezing or holding still
- Sadness may draw the body inward, curling or seeking protection
- Joy tends to open the posture, inviting movement, song, deeper breathing and connection.

These reflections helped participants recognise that the body is not separate from emotional life; it is a messenger. When posture, breath or movement shift, they offer clues about what is happening inside.



Merope then shared a personal story from her own childhood - how moments of hopelessness gradually transformed as she learned to trust her abilities and inner voice. Her message was simple and powerful: when the heart changes, the world around us begins to change too.

To close the session, each participant wrote a small commitment to themselves on a heart-shaped card - an intention related to self-leadership, self-belief or self-care. These quiet promises created a meaningful bridge between the afternoon's insights and everyday life.

A gentle reminder was offered to parents: the way you express emotions, care for your own wellbeing and model calm presence becomes a living example for your children. Emotional literacy grows best when it is witnessed as well as taught.

Peace Explorers continues to be a space where creativity, reflection and inner growth meet.

The next session will take place on 22 March, continuing this gentle journey of self-leadership and emotional awareness.

Registration for the next session is open: www.eventbrite.co.uk/.../peace-explorers...

Reported by Oksana Torok
WFWP UK Secretary General



PEACE EXPLORERS

“Mind-Body Unity: Becoming the Leader of Myself.”

28 February 15:00-17:00
43 Lancaster Gate, W2 3NA

Gain a deeper understanding of what it means to live in peace, give peace & celebrate peace at every level of society.

for ages 6 to 11
UNIQUE SERIES

Parents Welcome to stay & participate together with children.

PEACE LEARNING



WOMEN'S FEDERATION FOR WORLD PEACE UK

The poster features a light blue background with pink and purple abstract shapes. At the top, the title 'PEACE EXPLORERS' is written in large, colorful, hand-drawn letters. Below it, the event title and date are in bold black text. A circular inset shows a group of children sitting around a table, looking at a map. Another circular inset shows a group of children sitting on the floor in a circle, engaged in an activity. At the bottom right, there is an illustration of two children holding a globe. The WFWP UK logo is at the bottom center, and a QR code is on the bottom left.



Peace Explorers

By Women's Federation for World Peace UK (WFWP UK)

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43 LANCASTER GATE · LONDON

Multiple dates

Overview


An innovative educational program designed for children aged 6 to 11

Welcome to *Peace Explorers 2026!*
We are so happy to have you and your children with us this year.
"My Vision for 2026: Planting My Seed of Peace"

25 January | 14:00-16:00...

[Read more](#)

Lineup

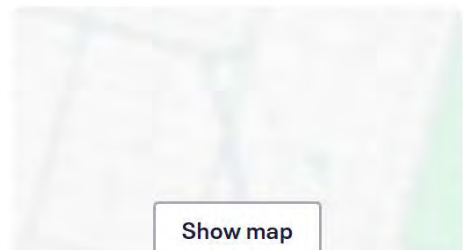
 **"My Vision for 2026: Planting My Seed of..."** >

Good to know

<p>Highlights</p> <ul style="list-style-type: none"> In person 	<p>Refund Policy</p> <p>Refunds up to 7 days before event</p>
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Location

43 LANCASTER GATE
43 LANCASTER GATE
LONDON W2 3NA



How do you want to get there?

Show map

-  Driving
-  Public transport
-  Biking
-  Walking



Agenda

01:45 PM
Doors open

02:00 PM - 04:00 PM
Start of the Session

Discussion, Storytelling & Craft

[Show all agenda](#)

Frequently asked questions


Who can participate in this contest? ▼

Who can I contact if I have more questions? ▼

Is it a single event? ▼

Is Peace Explorers drop off sessions? ▼

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Peace Explorers

Sun, 22 March • 14:00 GMT

[Check ticket price on event](#)




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STORIES Parfums, Scent Society Gathering X Boots Fragrance Boutique

Thu, 19 March • 18:00 GMT

Boots Fragrance

Starts at 22.38 GBP

PROMOTED 



Eco Explorers

Fri, 6 March • 16:00 GMT

Hargrave Hall Community Centre • London



Free

A Concert of Original Symphonic Works by Carey Tan

Sun, 21 June • 15:00 GMT

Royal College of Music, Amaryllis Fleming Concert Hall

Starts at 20.00 GBP

PROMOTED



Mini Museum Explorers: January - March 2026

Fri, 6 March • 10:15 GMT

Northampton Museum & Art Gallery • Northampton

Starts at 6.13 GBP



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Multiple dates

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