

WFWP Birmingham, UK: Health Club Meeting - Healing of the Heart

Patricia Earle
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We had a wonderful time at our health club on Wednesday the 21st of May when around 33 ladies came together.

First we watched an introductory video from WFWP International. Then I shared a bit about Healing of the Heart and taking care of our inner child, and Innayah introduced the Leadership of the Heart programme which she would like to teach in the future. Then we immersed ourselves in a peaceful time of yoga, breathing exercises and relaxation.



After this, our sewing group wanted to show everyone our beautiful Tapestry for Peace which will find a new home in a Mosque in Birmingham.



Finally Afraa shared about the culture of Yemen and invited us to taste her wonderful food of rice and salmon that she prepared with much heart.

We had such a nice time together, getting to know each other more deeply. Also, it was lovely to see some ladies who came again after a very long time. Everyone asked for another meeting, as soon as possible! We kept chatting for a long time, and plan to meet again in a month or so.

Reported by Patricia Earle

WFWP Birmingham Chapter Leader

