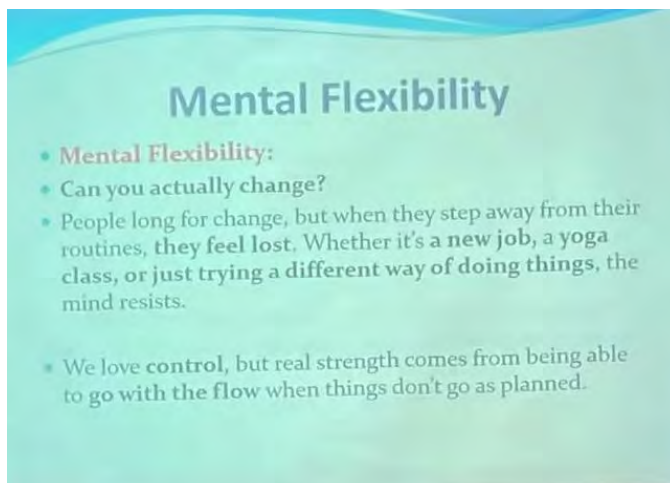


WFWP So. London, UK: Good Health and Flexibility

Mitty Tohma
April 16, 2025



20 women gathered for a dynamic meeting focused on Health and Flexibility.



learning, movement, and community bonding.

The session began with a presentation that illuminated the various types of flexibility essential for maintaining health, including: Physical Flexibility and Mental Flexibility.

Sandra led a delightful Chair Yoga session.

Participants engaged in gentle exercises that not only enhanced their flexibility but also promoted relaxation.

A pot luck lunch, allowing everyone to share delicious dishes and connect.

The meeting was a wonderful blend of