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.

Mental Flexibility

- Mental Flexibility:
- Can you actually change?
- People long for change, but when they step away from their routines, they feel lost. Whether it's a new job, a yoga class, or just trying a different way of doing things, the mind resists.
- We love control, but real strength comes from being able to go with the flow when things don't go as planned.

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