

WFWP London, UK Peace Adventurers: Youthful Celebration of Peace Through Music, Sport and the Arts

Oksana Torok
June 28, 2025



Last weekend's Peace Adventurers workshop brought a fresh and vibrant energy as we welcomed teenagers into the heart of our community - proof that peace has no age limit and togetherness only grows with new voices. Our theme, "Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts," evolved beautifully, blending reflection, education, expression, and celebration.

We began with inspiration.



Tchi Mbouani opened with a powerful presentation on Peace in Sport, spotlighting the Olympic Games as a symbol of unity and goodwill. The story of a runner helping a confused competitor finish the race reminded us all: true victory lies in compassion. It was a moment that set the tone - one of empathy, courage, and sportsmanship.

Oksana then took us deeper.

Her engaging talk on Sound and Somatic Studies revealed how deeply peace resonates within our bodies.

She explored how the vibrations of sound and awareness of movement can be gateways to healing and connection - and the teens leaned in with curiosity and wonder.

A joyful snack break followed - a chance to share stories, laughter, and fruit (literally and metaphorically). As connections grew and barriers softened, a gentle rhythm began to emerge in the space.

From there, we entered The Garden of Creative Peace, guided by Merope's soothing meditation and imaginative musical landscapes. Inside, three magical paths unfolded:

- 1) The Song of Togetherness - a circle of drums, flutes, and voices where rhythms joined like old friends. Each beat told a story, each sound a stitch in our tapestry of unity.
- 2) The Colours of Feeling - free-form painting and sculpting became languages of emotion. Red swirls of courage, blue strokes of calm, golden dots of joy... peace became visible in every creation.
- 3) The Dance of Friendship - games, sports, and movement brought laughter and trust. Teens and younger children played side by side, proving that age melts away when kindness leads.

This session marked a beautiful shift - expanding the Peace Adventurers spirit into new generations. Through sport, sound, art, and movement, we saw teenagers step into their power as peaceful leaders.

Peace begins in me... and I share it by being me.

You can find details and register for upcoming Peace Adventurers sessions - including the July one - on Eventbrite's Peace Adventurers page. It lists multiple dates and provides location, agenda, and organizer info.

Reported by Oksana Torok
Secretary General and Peace Adventures Project Coordinator



WOMEN'S FEDERATION
FOR WORLD PEACE UK

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Colour the World!"

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Peace Adventurers

**"Togetherness in Every Form: Exploring Peace
Through Music, Sport, and the Arts"**

for ages
6 to 10

Saturday
28
June 2025

43 Lancaster
Gate W2 3NA

3pm-5pm

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creative play,
games, arts and
crafts, music,
yoga &
meditation

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live peace, give
peace, and
celebrate peace
at every level of
society.



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away and allow
them to showcase
their exceptional
peace building
abilities.



Parents welcome to stay and participate together with children