

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



The poster is for a 'Peace Adventurers' event. At the top left is the logo for the Women's Federation for World Peace UK, featuring a globe with a figure. To the right is the quote 'Express Yourself, Colour the World!' and a yellow stamp that says 'DONATIONS BASED'. The main title 'Peace Adventurers' is in large purple letters. Below it is the subtitle 'Togetherness in Every Form: Exploring Peace Through Music, Sport, and the Arts'. The event date is 'Saturday 28 June 2025' for ages '6 to 10'. The location is '43 Lancaster Gate W2 3NA' and the time is '3pm-5pm'. It is part of a 'Unique Series of Peace Learning Events'. The activities listed are 'Discussions, creative play, games, arts and crafts, music, yoga & meditation'. A central illustration shows three children (two boys and one girl) standing on a globe, with a dog and a cat nearby. A QR code is on the right. At the bottom, it says 'Parents welcome to stay and participate together with children'.

WOMEN'S FEDERATION FOR WORLD PEACE UK

"Express Yourself, Colour the World!"

DONATIONS BASED

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

Unique Series of Peace Learning Events

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

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

Enroll your children right away and allow them to showcase their exceptional peace building abilities.

Parents welcome to stay and participate together with children