

## WFWP UK: Healthier Living - Healing Connection Energy and Body in Balance

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On Saturday, 22nd March 2025, health enthusiasts and community members gathered at the serene venue of 43 Lancaster Gate, London, for the much-anticipated Healthier Living Seminar.

The event, organized by Women's Federation for World Peace, offered an enriching exploration of the profound connections between physical therapy and energy healing. The seminar emphasized holistic health practices and the importance of nurturing both body and mind.



The day commenced with doors opening at 12:30 PM, welcoming participants with warmth and a spirit of togetherness. Attendees were drawn by the theme, The Healing Connection: Energy and Body in Balance, which promised transformative insights and practical techniques for healthier living.

### **Session 1: Women's Health Physiotherapy**

The first session focused on pelvic health and women's well-being. Attendees gained valuable knowledge, such as maintaining healthy pelvic habits through hydration, proper bowel care, and diaphragmatic breathing. The speaker Eszter Lengyelne Jauch, a specialist pelvic health and musculoskeletal physiotherapist shared practical advice like how to relax the tummy (yes, we can stop "sucking it in" all

the time!) and demonstrated techniques for restoring balance in our everyday movements. It was such an eye-opener!



## **Session 2: Reiki and Energy Healing**

The afternoon had us diving into the world of energy healing with Meropi Karatzioglou a Reiki Master Teacher, energy healer, and intuitive guide with over 16 years of experience. This session was all about letting go of stress, pain, and those little pockets of negative energy we all carry around. Participants learned how energy work could help us feel lighter, calmer, and more in tune with our bodies.

This event wasn't just about learning - it was about creating a space where women could come together, share, and support one another. We loved seeing everyone actively participating, asking questions, and even having a good laugh. It was inspiring to see how open people were to be exploring new ways of taking care of themselves.

### **A Big Thank You**

We kept things super accessible asking for a small donation of just £1 to £20, and the turnout was amazing. A huge thank-you to everyone who came along and contributed to the success of the day. Your engagement and energy truly brought the theme, The Healing Connection: Energy and Body in Balance, to life!

Reported by Oksana Torok

Secretary General WFWP UK