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Newsletter



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WOMEN EMPOWERMENT VIA YOGA, ACROYOGA AND TAI CHI

The issue of stress and depression affects many women, especially those who face limited opportunities. That's why we are proud to launch the WEYAT Project, aimed at empowering women through the practice of Yoga, AcroYoga, and Tai Chi.

Introducing the WEYAT Project

WEYAT project targets young women and mothers aged 21 and above who are struggling with depression and anxiety. Through self-healing and self-empowerment methods using Yoga, AcroYoga, and Tai Chi, we seek to promote resilience, stress management, and mindfulness.

Working with four partner organizations from Austria, Poland, Turkey, and the Czech Republic, we will provide:

- access to free classes in each country for a minimum of 50 women from disadvantaged backgrounds;
- 15 short videos and guidelines for Yoga, AcroYoga, and Tai Chi practices to promote self-empowerment, healing, trust, and stress reduction.

Join us on this journey towards empowering women through Yoga, AcroYoga, and Tai Chi.

Together, we can make a difference in the lives of women who need it most.



#weyat_eu

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