

YOGA FOR BIPOLAR

Stress has been shown to worsen bipolar disorder. Anything that relieves stress and anxiety may be useful for managing bipolar disorder.

Yoga incorporates physical, meditative and emotional elements that may help you manage your condition.

This 4-week course is for all abilities and specific for those with Bipolar. This course aims to help improve your physical wellbeing and mental health whilst learning yoga in a safe and friendly environment.



**4-week course starting on Tuesday 5 April,
3pm to 4pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place please contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing