

YOGA FOR ALL ABILITIES

Yoga helps to:
Elevate mood
and bring harmony to life,
Calms the mind
and reduces stress,
Encourages mental clarity,
Improves mind-body
connection,
Helps with management of
anxiety and depression.

These sessions are run by
a qualified yoga teacher
who balances elements of fun,
light-heartedness, strength and
serenity, whilst encouraging
a deeper connection with the self.



Every Thursday
1pm-2pm
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, register with MFT first,
download Zoom, then we'll send you the link.
Phone: 01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing