

# YOGA FOR WELLBEING

Yoga is considered the prominent source for absorbing positive energy by the body and helps in removing the negative energy.

When you have positive energy, you feel motivated, you live in the moment, and you enjoy an active life.



**Tuesdays (term-time only)**

**11.30am-12.30pm**

**The Studio, 1-22 Taylor Place, London Road, Dorking, RH4 1GS**

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, you need to register with MFT first and then contact:  
01372 375400, text 07929 024722 (SMS service only), email  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

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Inspiring Mental Wellbeing