

LET'S GET MOVING FOR MENTAL HEALTH

Discover the joy of movement for your mental health. Enjoy some fun and freeing movement to shake off your troubles, wiggle out the annoyances, dance out tension and stretch for what you are inviting.

Finally coming to fully rest, relax and recharge in the stillness of meditation and intention. This well balanced, breath led, mindful movement class and course will be guided by yoga teacher.

No experience required.

A 5-week course starting Thursday 2 May 2024 at 3.00pm-4.00pm Walton Community Centre, Manor Road, Walton



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,
email info@maryfrancestrust.org.uk
visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing