

YOGA ONLINE

This group is for all levels to practice the art of yoga in the comfort of your own space.

Yoga is proven to help with improving relaxation and flexibility of the body. Come and move and breathe with the MFT online yoga community.



Thursdays, 1-2pm
Contact MFT for the Zoom link

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
or visit www.maryfrancestrust.org.uk
or scan our QR code →



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Inspiring Mental Wellbeing