

YOGA AND MEDITATION

With its focus on:

Mindfulness

Deep breathing

Gentle movement

Yoga is a great way to calm the mind, reduce stress, and improve overall wellbeing.

This group is guided by our experienced yoga teacher.

No experience required.



Thursdays, at 3pm-4pm
Please contact MFT for course dates
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
or visit www.maryfrancestrust.org.uk
or scan our QR code



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Inspiring Mental Wellbeing