

# YOGA FOR WELLBEING

**Yoga is a great way to exercise and can increase flexibility and muscle strength/tone. loss.**

**This yoga class will class will support you to invite positive energy into your whole being, helping you to feel refreshed, relaxed and motivated.**



**Tuesdays, 11.30am-12.30pm  
Please contact MFT for course dates  
Dorking**

**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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code**



**Inspiring Mental Wellbeing**