

# YOGA FOR WELLBEING

This ongoing group will help you discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.

Please bring your own yoga mat, a cushion and your water bottle.



**Tuesdays, 4.30pm to 5.30pm**  
**Please contact MFT for course dates**  
**Banstead**

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 →



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Inspiring Mental Wellbeing