

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



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Inspiring Mental Wellbeing