

# A JOURNEY THROUGH THE SEASONS

The natural world moves in cycles, and so do we. When we align ourselves with the rhythm of the seasons, we support our physical health, emotional wellbeing, and overall vitality.

Journey Through the Seasons is a 4-week immersive course exploring the wisdom of Chinese medicine and the Five Elements, offering practical tools to help you feel healthier, calmer, and more emotionally balanced.



**A 4-week course -Thursday 12,19,26 March &  
16 April - 9.30-10.30am  
on Zoom**

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