

# HAPPY HEAD

## Anxious Head to Happy Head 4-Week Yoga & Psychology Course

Move from overwhelm to  
calm.

A practical, supportive blend  
of body and mind, yoga and  
psychology skills to help you  
understand anxiety, soothe  
your nervous system, and  
build lasting confidence—  
from the inside out.

No experience needed.  
Come as you are.



**Starts Tuesday 14 July 7pm-8pm**

**Online - Zoom login sent on registration**

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