

ANXIOUS HEAD TO HAPPY HEAD

A 4-Week Yoga & Wellbeing Course.

A practical, supportive blend of body and mind, yoga and wellbeing 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
or visit www.maryfrancestrust.org.uk
or scan our QR code 



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Inspiring Mental Wellbeing