

YOGA FOR WELLBEING

Yoga is a great way to exercise and can increase flexibility and muscle strength/tone. loss.

This yoga class will class will support you to invite positive energy into your whole being, helping you to feel refreshed, relaxed and motivated.



Tuesdays, 1.30pm-2.30pm
Please contact MFT for course dates
Dorking

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