



'The yoga mat is a good place to turn when talk therapy and antidepressants aren't enough.' Amy Weintraub

We are running a series of classes on Tuesdays:
7pm – 8.15pm
Start date 8th January 2019

They will be held at:
King George's Hall
(Small Room)
1 High St, Esher KT10 9SD

These classes are designed to support people who are experiencing emotional well-being issues and mental distress.

To join, you need to register with Mary Frances Trust

You can contact MFT by:
Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

You will need to book your place

**Yoga to Improve
Your Emotional
Well-being**

**£5 per person, per
session**

**Places are limited,
so book early to
avoid
disappointment**

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery.

MARY FRANCES TRUST

23 The Crescent
Leatherhead
Surrey
KT22 8DY

www.maryfrancestrust.org.uk



@maryfrancestrst