



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

## Mary Frances Trust is running a 12week Yoga course, suitable for beginners

on  
Friday Afternoons  
Starting on 26<sup>th</sup> April 2019  
Time: 1:15pm – 2:15pm

The course will be held at:  
The Church Hall  
St. Peter and St. Paul's Church  
Garlands Road  
Leatherhead  
KT22 7EZ

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](mailto:info@maryfrancestrust.org.uk)

### Yoga to Improve Your Emotional Well-being

**Cost - £3 per  
session, or £30 in  
advance for the  
course**

**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](http://www.maryfrancestrust.org.uk)



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