



'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 Mornings
Starting on 26th 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

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

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www.maryfrancestrust.org.uk



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