



*'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

Starting Friday 6<sup>th</sup> September  
1:15pm – 2:15pm

Please note there will be no session on 1<sup>st</sup> November  
Last session to be on 29<sup>th</sup> November

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)



@maryfrancestrst