



We are running a 6-week Introduction to Yoga course on  
Friday Afternoons  
Starting on 1<sup>st</sup> March 2019  
Time: 1:15pm – 2:15pm

The course will be held at:  
Church Hall  
St. Peter and St. Paul's Church  
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**

**£18 for the course,  
payable on the first  
day**

**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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