

## Introduction to Yoga to Improve Your Emotional Well-being



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

We are running a 10week beginner course for Yoga which will start on Tuesday 24<sup>th</sup> September  
Time: 10am-11am

Please note – there will be NO CLASS on Tuesday 29<sup>th</sup> October (half term week)

The classes will be held at:  
The Gable Room  
All Saints Church Hall  
84 High Street  
Banstead  
SM7 2NG

Sessions are £3 each, or you can book the block for £25 in advance.

(Please contact MFT if you need to discuss payment)

These classes are designed to support people who are experiencing emotional well-being issues and mental distress, and to help build the skills and confidence to move on to mainstream classes.

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)

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