

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 6-week beginner course for Yoga which will start on Tuesday 30th April and will continue on:
07/05, 14/05, 21/05, 04/06 11/06
Time: 10am-11am

The classes will be held at:
Phoenix Youth Centre,
Preston Manor Road, Tadworth KT20 5LG

The course costs £18, which is payable on the first day.

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

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