

## YOGA @ THE EDGE



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

Yoga @ The Edge will be continuing from  
Thursday 2<sup>nd</sup> May 2019  
and will then run on:  
09/05, 16/05, 23/05, 06/06  
13/06, 20/06, 27/06, 04/07 & 11/07  
Time: 1.15pm-2.15pm

The classes will be held at:  
The Edge Youth Centre  
Rowden Rd Watersedge Estate,  
West Ewell, Epsom, KT19 9QA

Beginners are welcome!  
**The course costs £3 per session**

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)

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