

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 Wednesday 27th February
1.15pm – 2.15pm

The classes will be held at:

Walton Youth Centre,
Elm Grove, Hersham Road,
Walton on Thames,
Surrey, KT12 1LH,

**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*