



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

We are running a series classes on Tuesdays:

7pm – 8.15pm

They will be held at:  
King George's Hall  
(Small Room)  
1 High St, Esher KT10 9SD

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)

[You will need to book your place](#)

**Yoga to Improve  
Your Emotional  
Well-being**

**£5 per person, per  
session**

**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)



@maryfrancestrst