

# YOGA FOR WELLBEING

Yoga is a great way to exercise and can increase flexibility and muscle strength/tone. Yoga improves respiration, energy, metabolism and aids weight loss.

In this supportive group we will explore breathing exercises, gentle movement, yoga philosophy and meditation as tools to ease the symptoms of depression and anxiety and support and maintain your mental health and well being. No yoga experience is required and while it is helpful to have a yoga mat, if you don't have one, exercising on a non slip carpet or a rug will do just fine.

**Start date:** Wednesday 13 May

**Duration:** 6-week course

**Times:** 3pm - 3:40pm

**Venue:** Zoom (online platform)



**MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.**

To book your place please contact:  
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or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing