



**Sport  
In Mind**



**FREE!**

# Yoga for Mental Wellbeing

**Time** Every Thursday - 2 to 3pm (Starting 25th November)



**Venue**

The Spire Church, South St, Farnham GU9 7QU (Please use Victoria Road blue door)

**Description**

Fun, casual drop-in Yoga session for people experiencing mental health problems. All abilities welcome!

This group is provided **FREE** by mental health charity Sport In Mind for the benefit of local people. Your local representative is Tom.

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