



**Sport  
In Mind**



**FREE!**

**Starts  
13/11/24**

# Yoga for Mental Wellbeing

**Time** Every Wednesday  
12pm to 1pm

**Venue** Elmbridge Xcel Leisure Complex, Waterside Drive,  
Walton-on-Thames, KT12 2JG  
///thigh.stays.alarm

**Description** Fun, casual drop-in Yoga session for people  
experiencing mental health problems. All equipment is  
provided with all abilities welcome!



**Attendee Sign Up**

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

   @sportinmind  info@sportinmind.org  www.sportinmind.org  01189479762



**Sport  
In Mind**



**Places  
Leisure**

Working in partnership with



**Surrey and Borders  
Partnership**  
NHS Foundation Trust