



"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around. To find out more about sessions near you, check out our Activity Map on [sportinmind.org](http://sportinmind.org) or contact Claire on 01189479762!

## Godalming Sessions

Day	Time	Activity	Instructor	Venue
Thurs	4-5pmPM	Tai Chi	Darren	The Scout Hut, Scout Hall, The Burys, Godalming GU71HR
Tues	3-4pm	Tennis	James	Godalming Lawn Tennis Club, Broadwater Park, Summers Road, Farncombe, Godalming GU7 3BH (Free Parking)

## Farnham Sessions

Mon	1:30-2:30PM	Badminton/ Table Tennis	Tom	Farnham Leisure Centre, Dogflud Way, Farnham GU9 7UD
Thurs	2-3PM	Yoga	Natasha	The Spire Church, South St, Farnham GU9 7QU (use Victoria Road blue door)

## Cranleigh Sessions

Tues	2-3PM	Yoga	Sarra	St Nicolas Church Rooms, Church Lane, Cranleigh GU6 8AE
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## Haslemere Sessions

Mon	12-1PM	Yoga	Alison	Haslemere Leisure Centre, Kings Road, Haslemere, Surrey, England, GU27 2QT (Free Parking)
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