



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 5:00pm - 6:00pm



Cost: No Cost



Type: Face to Face

All abilities welcome! Discover the healing power of yoga to boost strength, balance, and well-being. Join us for a supportive and inclusive class!

Every Tuesday 5-6 pm John Willie Sams Centre



[coping with
cancer](#) |

[yoga](#) | [exercises](#)

Related Documents

- [Yoga classes.jpg](#)



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<https://www.copingwithcancer.org.uk>



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