



Living Well North Tyneside

Supporting Health and Wellbeing

 **Type:** Face to Face

supporting people living with incurable and palliative illnesses, as well as their families, carers and NHS health professionals in the North East.

Steph will lead you through this 90 minute event at the Jasmine Studio in Tynemouth and include very gentle mat-based movement to ease areas of tension before finding restful shapes using bolsters, blankets and blocks. We will move into relaxation using different strategies including Breathwork, mindfulness and Soundbaths. We'll then end with a cup of tea and time to gaze out at the sea views or chat with others.

Please email info@sarahs-star.org for more information



[yoga](#) | [mindfulness](#) | [Incurable illness support](#)

Sarah's Star Yoga Session



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Yasmine Yoga Studio
The Haven,
Tynemouth



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