








What's on @ Yarm Wellness

March 2025

Drop in Sessions
Pre Book Sessions
See Provider Contact Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	Feb 28	1	2
					1:30 PM - 3:00 PM Tread Softly Film Festival: Funghi Web of Life	10:00 AM - 12:00 PM Mans-hed Men's Wellness
					4:00 PM - 5:00 PM Tread Softly Film Festival: Workshop	1:00 PM - 2:30 PM Tread Softly Film Festival: Six Inches of Soil
					7:00 PM - 8:30 PM Tread Softly Film Festival: Nettle Dress	3:00 PM - 4:00 PM Tread Softly Film Festival: Workshop
						4:00 PM - 5:30 PM Tread Softly Film Festival: Wilding
3	4	5	6	7	8	9
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:30 AM - 11:30 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		1:30 PM - 3:30 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	5:30 PM - 6:30 PM Menopause Support Group	11:30 AM - 12:30 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
5:30 PM - 6:30 PM Yoga with Nicky		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	4:30 PM - 5:30 PM Bereavement Support Group			
6:30 PM - 7:30 PM Yoga with Nicky		3:00 PM - 5:00 PM Creative Art for Wellness	7:00 PM - 7:45 PM Zumba Fitness			
10	11	12	13	14	15	16
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:30 AM - 11:30 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup	10:00 AM - 12:00 PM Spring Equinox mini retreat	
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	11:30 AM - 1:00 PM Volunteer Recruitment Drop In	11:30 AM - 12:30 PM Kalma Baby Yoga	11:30 AM - 12:30 PM Sound Bath Deep Relaxation	11:45 AM - 1:15 PM Yoga for Cancer	3:00 PM - 7:30 PM Freedom Cacao Ceremony	
5:30 PM - 6:30 PM Yoga with Nicky	1:30 PM - 3:00 PM Coffee, Cake & Company	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
6:30 PM - 7:30 PM Yoga with Nicky	3:00 PM - 4:00 PM Volunteer Recruitment Drop In	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	3:15 PM - 4:15 PM Volunteer Recruitment Drop In			
			5:30 PM - 6:30 PM Gentle Yoga (suitable for beginners)			
			7:00 PM - 7:45 PM Zumba Fitness			
17	18	19	20	21	22	23
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:30 AM - 11:30 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		1:30 PM - 3:30 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	5:30 PM - 6:30 PM Menopause Support Group	11:30 AM - 12:30 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	7:00 PM - 7:45 PM Zumba Fitness			
5:30 PM - 6:30 PM Yoga with Nicky		3:00 PM - 5:00 PM Creative Art for Wellness				
6:30 PM - 7:30 PM Yoga with Nicky						
24	25	26	27	Mar 28	Mar 29	Mar 30
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:30 AM - 11:30 AM Kalma Family Yoga with TDLS	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup	9:30 AM - 10:30 AM Kalma Minds Junior	
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	11:00 AM - 2:00 PM Volunteer Recruitment Drop In	11:30 AM - 12:30 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir	10:45 AM - 11:45 AM Kalma Minds Teen Yoga	
5:30 PM - 6:30 PM Yoga with Nicky	11:45 AM - 1:15 PM Wellness Walk	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	5:30 PM - 6:30 PM Gentle Yoga (suitable for beginners)			
6:30 PM - 7:30 PM Yoga with Nicky	1:30 PM - 3:00 PM Coffee, Cake & Company	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	7:00 PM - 7:45 PM Zumba Fitness			
		7:00 PM - 8:00 PM WellRead Book Club				
31	Apr 1	<p>High Church Wynd Yarm TS15 9BQ</p> <p>07732 395 441 yarmwellness@gmail.com www.yarmwellness.co.uk</p> <p>Yarm Wellness is a registered charity 1197256</p>				
9:15 AM - 10:15 AM All About Pilates		yarmwellness				
10:45 AM - 12:15 PM Gentle Exercise & Relaxation		wellnessyarm				
5:30 PM - 6:30 PM Yoga with Nicky						
6:30 PM - 7:30 PM Yoga with Nicky						

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
Creative Art for Wellness * <i>* £2 suggested donation</i> Parent & Toddler Playgroup * <i>* £1 per child suggested donation</i>	Coffee, Cake & Chat Veteran's Breakfast Yarm Wellness High Church Wynd Yarm TS15 9BQ yarmwellness@gmail.com www.yarmwellness.co.uk	Craft & Chat [Pre Book] Sunday Board Games * <i>* £2 suggested donation</i> Wellness Walk
WellRead Book Club * <i>* £2 charge to provider</i> Suzi Hunton pidwigeon@aol.com	Kalma Minds Teen Yoga * <i>* £2 suggested donation</i> Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk	Menopause Support Group Suzanne Barbour 07388 908 168
'Manter' Men's Wellness Group Roy Willis roywillis@icloud.com		Mans-hed (Men's Wellness) Nigel Asipa 07514 316 772 menshealth@yarmwellness.co.uk
Yarm Lunch Club [Pre Book *] <i>* charge set by provider</i> Carol Hyde & Debs Batley yarmlunchclub@gmail.com www.facebook.com/yarmlunchclub	Yarm Wellness Community Choir * <i>* £3 suggested donation</i> Tees Valley Music Service 01642 603 600 TVRYork@tvms.org.uk	
Charity Partnerships [Drop In - No Charge]		
	Yoga for Cancer [Pre Book] Sponsored by Middleton One Row Trust Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	
Soup & Chat Dementia Café & Advice Service Teesside Dementia Link Services (TDLS)  07722 958 610 tdls2016@virginmedia.com tdls2016.org	It's OK Café (Bereavement Support Group) Red Balloons Women's Peer Support Leigh Trimble 07486 594 499 redballoons.volunteers@gmail.com 	
Mind & Body Workshops [Pre Book - charges set by provider]		
Pilates Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com www.allaboutpilates.studio	Gentle Exercise & Relaxation Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk	
Sound Bath Deep Relaxation Yoga for Mid-Life & Beyond Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk	Kalma Baby Massage Family Yoga with TDLS Kalma Minds Junior Kalma Life - Lisa Aaron 07427 945 855 lisa@teesside.kalmalifeuk.co.uk	
Zumba NEmotion - Zubaidah Moore 07871 331 894 zubaidah@ne-motion.co.uk	Yoga with Nicky/ Spring Equinox Retreat Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	
Tread Softly Film Festival www.festivalofthrift.co.uk/tread-softly-film-festival/	Freedom Cacao Ceremony The Jasper Cacao Project- Shane Cook info@jaspercacao.com	
<p><i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i></p>		
	 yarmwellness  wellnessyarm	
<p><i>Yarm Wellness is a registered charity 1197256</i></p>		