



What's on @ Yarm Wellness

January 2026

Drop in Sessions

Pre Book Sessions
See Provider Contact Details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	Dec 31	1	2	3	4
5	6	7	8	9	10	11
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:00 AM - 11:00 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 - 11:00 AM Gardening Group
4:00 PM - 5:00 PM Diva Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation	11:15 AM - 12:15 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	1:30 PM - 2:30 PM Sound Bath for Healing & Relaxation		1:30 PM - 3:30 PM Board Games
5:30 PM - 6:30 PM Yoga with Nicky		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group				
6:30 PM - 7:30 PM Yoga with Nicky		3:00 PM - 5:00 PM Creative Art for Wellness		3:30 PM - 5:30 PM Yarm Wellness Community Choir		
		5:30 PM - 6:30 PM Menopause Support Group				
12	13	14	15	16	17	18
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:00 AM - 11:00 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 - 11:00 AM Gardening Group
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	1:30 PM - 3:00 PM Coffee, Cake & Company	11:15 AM - 12:15 PM Kalma Baby Yoga	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Diva Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group		6:00 PM - 7:30 PM Shutterbugs-Photography Club		
5:30 PM - 6:30 PM Yoga with Nicky	7:30 PM - 9:30 PM InkWell Writing Group	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
6:30 PM - 7:30 PM Yoga with Nicky						
19	20	21	22	23	24	25
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	10:00 AM - 11:00 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 - 10:15 AM Kalma Minds Junior	9:30 AM - 11:00 AM Gardening Group
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	6:00 PM - 7:00 PM Yoga and Relaxation	11:15 AM - 12:15 PM Kalma Baby Yoga		3:30 PM - 5:30 PM Yarm Wellness Community Choir	10:30 AM - 11:15 AM Kalma Minds Junior	1:30 PM - 3:30 PM Board Games
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service		1:00 PM - 2:30 PM 'Manter' Men's Wellness Group				
4:00 PM - 5:00 PM Diva Dots Dance		3:00 PM - 5:00 PM Creative Art for Wellness				
5:30 PM - 6:30 PM Yoga with Nicky		5:30 PM - 6:30 PM Menopause Support Group				
6:30 PM - 7:30 PM Yoga with Nicky						
26	27	28	29	30		
9:15 AM - 10:15 AM All About Pilates	10:00 AM - 11:30 AM Veteran's Breakfast	10:00 AM - 11:00 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		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	11:45 AM - 1:15 PM Wellness Walk	11:15 AM - 12:15 PM Kalma Baby Yoga	7:00 PM - 8:00 PM Sound Bath for Healing & Relaxation	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Diva Dots Dance	1:30 PM - 3:00 PM Coffee, Cake & Company	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group		6:00 PM - 7:30 PM Shutterbugs-Photography Club		
5:30 PM - 6:30 PM Yoga with Nicky	6:00 PM - 7:00 PM Yoga and Relaxation	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group				
6:30 PM - 7:30 PM Yoga with Nicky		7:00 PM - 8:00 PM WellRead Book Club				

Yarm Wellness

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www.yarmwellness.co.uk



yarmwellness



wellnessyarm



Session Provider Contact Details

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
Creative Art for Wellness * * £2 suggested donation	Coffee, Cake & Chat	Craft & Chat [Pre Book] Sunday Board Games * * £2 suggested donation
Parent & Toddler Playgroup * * £1 per child suggested donation	Veteran's Breakfast	Wellness Walk Gardening Group
Shutterbugs- Photo Club * * £2 suggested donation	Yarm Wellness High Church Wynd Yarm TS15 9BQ	yarmwellness@gmail.com www.yarmwellness.co.uk
Charity Partnerships [Drop In - No Charge]		
Soup & Chat Dementia Café & Advice Service (For those with Dementia and their friends) Teesside Dementia Link Services (TDLS) 07222 958 610 tdls2016@virginmedia.com tdls2016.org	Red Balloons Women's Peer Support Kylie Terry 07871 658 157 kylie@redballoons.co.uk 	Menopause Support Group Suzanne Barbour 07388 908 168
Mind & Body Workshops [Pre Book - charges set by provider]		
All about Pilates Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com	Gentle Exercise & Relaxation Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk	
Yoga for Mid-Life & Beyond Chair Yoga Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk	Kalma Baby Yoga Family Yoga with TDLS Kalma Minds Junior Kalma Life - Philippa Home 07399 098 651 philippa@teesside.kalmalifeuk.co.uk	
Diva Dots Dance Diva Dance- Rachael Bramley 07908 253 298 rbrunton83@yahoo.co.uk	Yoga with Nicky/ Gentle Yoga for Beginners Dragonfly Yoga - Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	
Yoga and Relaxation Your Yoga Journey- Claire Lloyd 07734 858 485 claire230582@googlemail.com	Sound Bath for Healing & Relaxation Sound Bath & Yoga Trulyred Sound Healing- Emily Treadgold 07747 561 917 trulyredsoundhealing@gmail.com	
InkWell Writing Group Suzanne Hunton pidwigeon@aol.com		
<p><i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i></p>		
<p> yarmwellness</p> <p> wellnessyarm</p> <p><i>Yarm Wellness is a registered charity 1197256</i></p>		