

Wellbeing Events

74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.

Perhaps now more than ever, many of us are recognising the importance of living a healthy lifestyle, with an enriching work life balance to foster calm confidence, mental wellbeing and productivity.

At Jasmine Yoga, our studio has breathtaking views across the Tynemouth Haven beach and Bay. In addition to a daily range of public classes we also provide Bespoke Wellbeing Events for organisations that are invested in their team's wellbeing.

Email Jo at
hello@jasmineyogatynemouth.co.uk



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Step inside our Haven of Calm at the coast

jasmineyogatynemouth.co.uk

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What We Offer

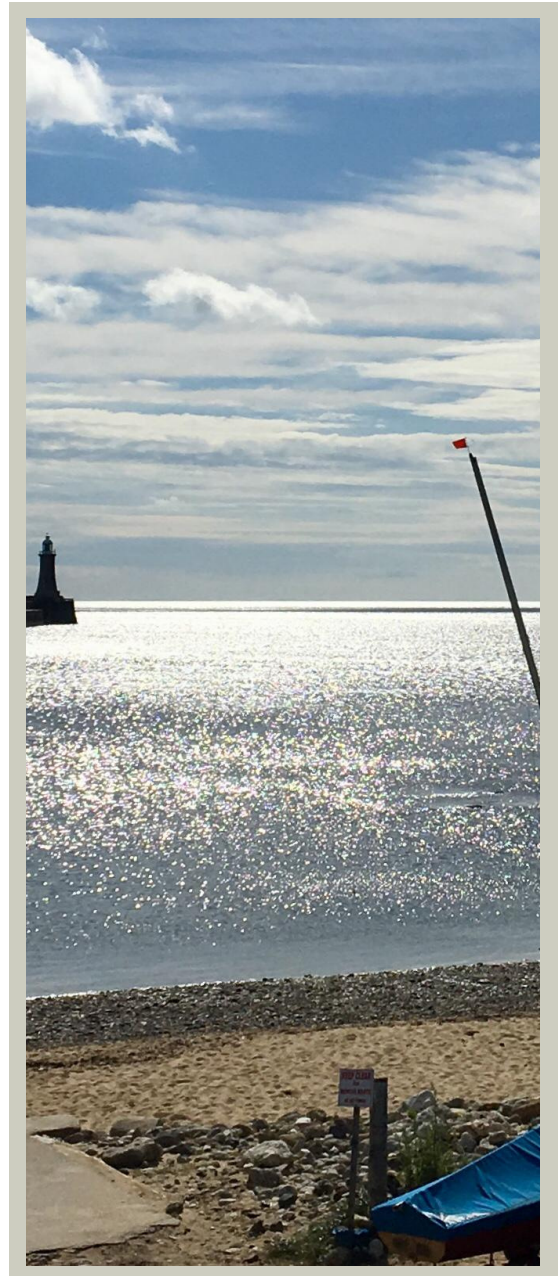
This is a typical example of a two hour private event we can create for you. Each session can be adapted to meet your specific wants and needs; it's an opportunity to take some time away from the workplace, to invest in each other and enjoy the nurturing experience we offer.

An introduction and gentle stretch, building energy and a sense of presence.... Coming into the moment.

A mindfulness session, which may include breathing techniques for calm and balance, visualisation or body scan relaxation.

We love to bake homemade treats, so allow us to take care of you with a cake and beverage of your choice.

Prices start at £250 for the standard event (with bespoke options available)



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Leave your worries at the door

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