



Living Well North Tyneside

Supporting Health and Wellbeing

Venue: Room 11, Linskill Centre,



Time: 10:00am - 10:45am



Cost: No Cost



Type: Face to Face

Seated Pilates

A gentle, accessible Pilates session designed to improve movement, strength, flexibility and balance while remaining seated. A lovely way to get your body moving at your own pace, with exercises that can be adapted to different abilities.

How can you use Sarah's Star?

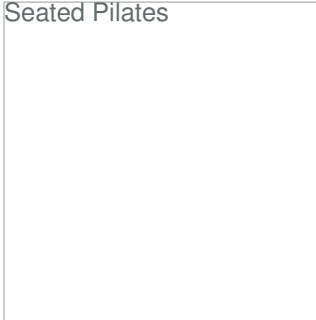
Sarah's Star is here for adults living with incurable or life-limiting illness, as well as their families, carers, friends and people who are bereaved following an incurable illness.

You can use Sarah's Star in whatever way feels right for you. You might want to come along to one of our activities, meet other people who understand what you're going through, access our wellbeing sessions or simply have a cuppa and a chat.



[illness](#) | [bereavement](#) | [pilates](#) | [flexibility](#) | [strength](#) | [movement](#) | [seated movement](#)

Seated Pilates



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<https://www.sarahs-star.org>



Last Updated - 22nd October 2026

