

Inspirational Taiji & Qigong Classes

Tutor: Dave Robinson 0790 971 5202

Due to the *2020 Lockdown* **none** of these classes were available on 1st September 2020

Please use this link to receive your

[FREE updates on future classes](#)

Cornerstones Centre for the Community – Monday 09.30am to 10.30am

Address: 15 N Burns, Chester-le-Street, Chester le Street DH3 3TF.

Phone: 0191 388 1313

Web: <http://cornerstonescentre.co.uk/>

MA Health & Wellbeing Centre – Monday 11.30am to 12.30am

Address: 109 King Street, South Shields, Tyne and Wear, NE33 1DP

Phone: 0191 4558880

Web: <http://acupuncture999.co.uk/>

Fencehouses Community Centre – Monday 1.30pm to 2.30pm

Address: Houghton le Spring, DH4 6DS. Phone: 0191 385 2583

Web: <https://www.durhamlocate.org.uk/Services/1096>

The Yoga Station - Monday 5.00pm to 6.00pm

Address: Whitley Bay Metro Station, Station Road, Whitley Bay, Newcastle Upon Tyne, Tyne and Wear NE26 2QY

Web: <http://www.theyogastation.org>

Linskill Community Centre - Monday 6.30pm to 7.30pm

Address: Linskill Terrace, North Shields, Newcastle Upon Tyne, Tyne and Wear
NE30 2AY. Phone: 0191 257 8000

Web: <https://linskill.org/>

Deckham Community Centre - Tuesday 10.30am to 11.30am, and 11:45am to 12:45am

Address: 207 Split Crow Rd, Gateshead NE8 3UB Phone: 0191 477 9210

Web: <http://www.deckhamcommunityassociation.btck.co.uk/>

St Paul's Church Hall – Tuesday 1.30pm to 2.30pm, and 2.45 to 3.45pm

Address: Scotland Head, Winlaton NE21 6PL Phone: 0191 414 3165

Web: <http://www.winlatonchurch.uk/>

Spennymoor Settlement Community Association -

Wednesday 10.30am to 11.30am

Address: O'Hanlon Street, Spennymoor, Co. Durham DL16 6RY

Phone: 07813 189774

Web: <http://www.spennymoorsettlement.co.uk/>

West Denton Community Centre – Wednesday 12.30am to 1.30pm

Address: Hillhead Road, Newcastle upon Tyne, NE5 1DN

Phone : 0191 267 4242

Web: <https://wdcc.communitybookings.co.uk/>

Denton Burn Community Association - Wednesday 2.00pm to 3.00pm

Address: Slatyford Lane, Denton Burn, Newcastle upon Tyne, Tyne and Wear
NE5 2UQ Phone: 0191 274 1232

Web: <https://www.dentonburncommunityassociation.co.uk/>

Weetslade Court Extra Care Housing - Wednesday 3.30pm to 4.30pm

Address: Dunnock Place, off Sandy Lane, Wideopen, Newcastle upon Tyne,
NE13 6LG Phone: 07989 657651

Linskill Park Extra Care Housing - Wednesday 5.30pm to 6.30pm

Address: Linskill Terrace, North Shields NE30 2BF Phone: 0191 2808484

Web: <https://linskill.org/>

Bullion Hall Community Centre - Thursday 4.30pm to 5.30pm

Address: South Approach, Chester le Street DH2 2DW

Phone: 0191 387 1149

Web: <http://bullionhall.btck.co.uk/>

Linskill Community Centre - Friday 10.00am to 11.00am

Address: Linskill Terrace, North Shields, Newcastle Upon Tyne, Tyne and Wear
NE30 2AY Phone: 0191 257 8000

Web: <https://linskill.org/>

Pelaw Bowling Club – Friday 11.30am to 12.30am

Address: Bill Quay Park, Station Road NE10 0RT Phone: 0191 406 6457

Web: <https://www.ourgateshead.org/pelaw-bowling-club>

St Martin's Centre - Friday 1.00pm to 2.00pm

Address: Roman Ave, Newcastle upon Tyne NE6 2RJ Phone: 0191 276 4002

Web: <http://www.stmartinscentre.org.uk/>