

Shanti Bee Yoga & Wellbeing Centre CIC

Shanti Bee is a yoga studio based in Byker, that also provide a holistic community wellbeing offering.

They offer a range of holistic health activities and therapies at affordable rates.

[Their Steady Souls scheme](#), offers bespoke activities for adults managing chronic ill health. If you meet the criteria and are experiencing financial hardship you can use the online portal to access free courses and discounts on therapies.

Classes include.

- Yoga – all levels.
- Parent and baby groups and circles.
- Mindfulness and meditation
- 1:1 Holistic therapies including, massage, reiki and reflexology.
- Outdoor activities, festival offerings.

Last updated: April 8, 2025

Website: www.shantibee.co.uk

Email: shantibeeinfo@gmail.com

Twitter: <https://twitter.com/ShantiBeeShanti/>

Facebook: <https://www.facebook.com/ShantiBeeShanti/>

Youtube: <https://www.youtube.com/channel/UCFZMhhaJzwjwQOpPdlGCvdg>

Opening Hours: Visit their website for times of classes

Cost: There may be a cost to this service/support

Address:

Charles Street Community Centre
Algernon Road
Byker
Newcastle upon Tyne
NE6 5EP

Related Articles

[Introduction to Complementary Therapies](#)

[Mindfulness and meditation](#)

[Fitness Activities](#)