

Chair Pilates

Join us for a relaxed and welcoming Chair Pilates Session!

These Chair Pilates sessions are led by Emma – a full-time carer and Pilates instructor, who fell in love with Pilates after discovering it helped her to find moments of calm in the middle of busy, emotionally demanding days.

It's a welcoming, pressure-free space where you can release tension, focus on relaxation, move at your own pace and take some time for you.

This session will be taught on chairs and is suitable for everyone. Emma will focus on how we feel during the gentle and supportive movements.

Join us every two weeks at Newcastle Carers Centre (Byker), 1.30pm – 2.30pm.

[Watch this short video of Emma speaking about the group to find out more.](#)

Spaces are limited for the session, and booking is essential. To book your space, please [get in touch](#) with us on 0191 275 5060 or email info@newcastlecarers.org.uk

Please note:

- We will be sat on a chair throughout the session
- Wear comfortable clothes suitable for movement
- Socks can be worn throughout the session

Meet Emma

My name is Emma, and I'm a full-time carer. I fell in love with Pilates during a time when I was giving a lot of my energy to others and had very little left for myself.

I felt tired, tense, and disconnected from my body, and I needed something gentle that would support me rather than demand more.

Pilates helped me slowly rebuild strength, release tension, and find moments of calm in the middle of busy, emotionally demanding days. That experience is why I now teach Pilates – to offer a welcoming, pressure-free space where you can move at your own pace, breathe deeply, and take some time just for you.

My classes are perfect for beginners as they gentle, supportive, and focused on how you feel, not on getting anything 'right'. It will be taught on chairs, so it really is suitable for everyone.

I look forward to meeting everyone and welcoming you into this warm calming space.

[Watch this short video of Emma speaking about the group to find out more.](#)



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