

Local ideas and resources for health and wellbeing

Tai chi

- **Swansea tai chi centre**
Website Link:
www.swanseataichi.co.uk
- **Vince Milliband - Tai Chi & Qi Gong**
Swansea
SA1 5JN
United Kingdom
Phone: 07954994518
- **Taoist Arts Organisation**
Pontardawe
SA8 4PN
Phone: 07983 336704
Website Link:
www.TaiChiSwansea.co.uk
- **Rising dragon tai chi**
Swansea
Phone: 07954 994518
Website Link:
www.risingdragontaichi.com
- **Bryntirion and Laleston**
Community Centre
11 Nant Ffornwg
Bridgend
CF31 4TJ
Telephone: 01656 669955
- **John Jones**
Sun style tai chi teacher
Bridgend
Website Link:
www.schoolofeverything.com

Yoga

- **Urban Zen and movement studio**
2 Little Gam St · 07734 105301
website link:
www.urbanzenyogacafe.com
- **Hotpod yoga Swansea**
34 Orchard St · 07401 999134
Website link:
www.hotpodyoga.com/uk/
- **Yoga practice Swansea**
Pagefield House, Page Street
Contact: Beth on 07747 880731
Email beth@yogapractice.co.uk
Website link: www.yogapractice.co.uk
- **Half Moon yoga**
Coity
CF35 6BD
Phone: 07854 346689
Website link: www.halfmoon-yoga.co.uk
- **Michelle Lambert yoga**
The Y Centre,
25 John St,
Porthcawl
CF36 3AP
Phone: 07793 544956

Zumba classes

A full workout which combines fitness elements – cardio, muscle conditioning, balance and flexibility. It's done to lively music to boost your energy and its fun!

Here are some suggested venues where classes are run...

- **Mandy**
07747885475
Swansea, Dunvant and surrounding area
- **Zumba and fitness centre**
The Kingsway,
Swansea
SA1 3UL
Phone: 07401 999134
- **Gower college sports centre**
Tycoch Rd,
Sketty,
Swansea
SA2 9EB
Phone: 01792 284088
- **Neath Victoria Gardens Visitor Centre**
Victoria Gardens
Neath
SA11 1HW
- **Gywn hall**
Orchard street
Neath
SA11 1DU
- **Margam community centre**
Bertha road
Port Talbot
SA12 2AP

Pilates classes

Pilates can help improve your posture, balance, flexibility and core strength. It can also help relieve stress and tension.

It takes a slow, controlled approach. It is suitable for almost everyone, regardless of age and fitness.

- **Carly James Pilates**
Swansea area
Contact Carly on: 07770 820783
Email:
carlyelizabethjames@hotmail.com

Website link:
www.carlyjamespilates.co.uk
- **Practical Pilates**
Mumbles
Website link: www.practical-pilates.co.uk
- **Pilates therapy**
Penllergaer,
Swansea
SA4 9ZP
[Phone: 07834 624954](tel:07834624954)
- **Jo Benson**
5 Penprysg Road
Pencoed
bridgend
CF35 6SS
Telephone: 07876 747441
Email: jbd9@sky.com
Website link: www.jo-benson-davison.co.uk/pilates