

Tree of Life Centre

143 – 145 Portland Road, Hove, BN3 5QJ



Coming to the Tree of Life Centre:

- Please enter and leave via the door into the studio, rather than via reception.
- To ensure there is more space for everyone there is a maximum of 6 students per class, so pre-booking is required.
- Mat layout may be a bit different to what you were used to, but this is to ensure we keep as much space as possible around each mat.
- The changing room area is out of use, so please keep personal items next to your mat (shoes can still be left in the porch area).
- The centre has a new air extraction system which runs automatically.

Travelling to the Tree of Life Centre:

- It's a short walk from Aldrington train station, and about a 20 minute walk from Portslade train station.
- There is on street pay and display parking in the streets nearby.
- A bus stop is directly outside too.