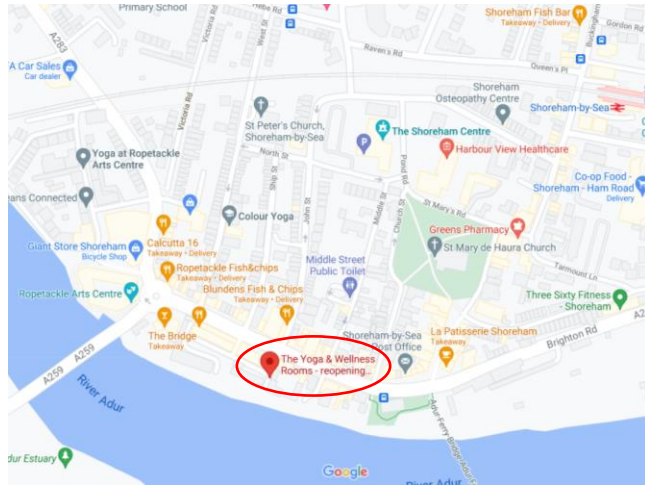


Yoga & Wellness Rooms

The Old Town Hall, Town Quay, Shoreham-by-Sea BN43 5DD



How to find the Yoga & Wellness Rooms (numbered photos on the left):

1. The Yoga & Wellness Rooms are located in a building in Town Quay, which is the little side road to the right of Chambers Bistro in Shoreham High Street.
2. You'll see the street sign for Town Quay on the wall.
3. A short walk down Town Quay on the left hand side you'll see the doorway to 'The Annexe', which is the door into the studio.
4. There are a number of businesses in the building, and on the left hand side of the doorway you'll find the buzzer for the Yoga & Wellness Rooms.
5. Press the buzzer and someone will release the door so you can come on in and make your way up the stairs to the studio.

Travelling to Shoreham:

- You can't park directly outside the Yoga & Wellness Rooms, but there are a number of pay and display car parks in Shoreham within walking distance of the Yoga & Wellness Rooms.
- Shoreham train station is about an 8 minute walk away.

To see and do whilst you are in Shoreham:

- Shoreham has many little independent cafes and shops, including a health food shop.
- You can reach the beach via the footbridge across the river, and you'll pass a fabulous ice cream shop on the way to the beach.
- The Marlipins museum houses fascinating local history displays.