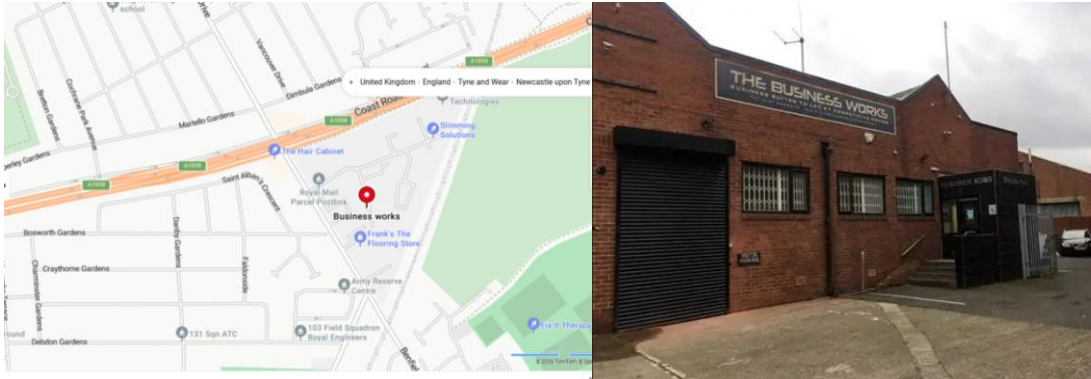


A Gentle Pace - Before Your Appointment



Location

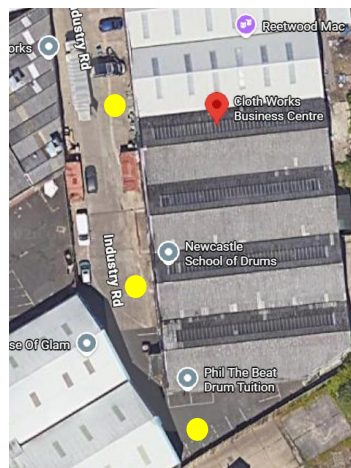
A Gentle Pace
Studio 10
The Business Works
Industry Road
Heaton
Newcastle upon Tyne
NE6 5XB



The location is a mixture of therapy, creative, musicians and industry and as such there may be a variety of vehicles and people working outside.

Parking

Free Parking is available outside the premises with spaces available in the areas marked yellow. Spaces are marked either Business Works or Cloth Works. A Permit will be provided for the duration of your session.



Public Transport

The nearest bus stops are on Benfield Road/Rothbury Terrace, Benfield Road/Bosworth Gardens and Coast Road/Benfield Road, these all within a 5-minute walk.
The Nearest Metro is Walkergate which is about a 15 minutes' walk.

Arrival

Please arrive 5 minutes early, there is a buzzer for entry and you will be collected from reception.