

How to get to Vajrasana from Cambridge

- 1) Take the A14 to Bury St. Edmunds.
- 2) Turn off onto A143 (signposted Diss).
- 3) Follow A143 for about 10 miles until you come to roundabout signposted right to 'Walsham Le Willows' and to Wyken Vineyards. Follow this road and take the **third** road on the left, which is just past a small village (named West Street) and signposted Stanton 2 miles (it is not the first road signposted Stanton, so be sure it is the **third** road on the left).
- 4) Quite soon you come to a track on the left, signed Potash Farm (if you get to Stanton you've gone too far).
- 5) Follow the track - you'll see the house on your right... turn right and park in front of the house

View [Google Maps](#) location

Vajrasana Retreat Centre, Walsham le Willows, Bury Saint Edmunds IP31 3AR

What to take with you

Wet weather gear including footwear, and shoes to wear indoors.

Towel and personal toiletries.