

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: <https://goo.gl/maps/FqSMq5aznzhMjh8>

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.