



BODY AND MIND STUDIO
WWW.BODYANDMINDSTUDIO.CO.UK

Directions to Body and Mind Studio

Bury St Edmunds is England's foremost market town, steeped in history and based around a Norman grid structure. It has a beautiful historic core with numerous eye catching period streets all blessed with architectural history and laden with an array of shops that makes it unique and attracts visitors from all over the world. **Body and Mind Studio** is situated in a conservation area in one of the oldest streets in the town, Risbygate Street, in a beautiful Grade II listed building just a couple of minutes walk from the town centre, and the main car parking areas of the town. It is 5 minutes walk from the bus station and 15 minutes from the train station.

Directions from The West by car - Take the first exit off the A14 signposted *Bury St. Edmunds West* and turn right at the roundabout under the junction. Follow the road into Bury St. Edmunds and past the West Suffolk College. When you come to a roundabout go straight over into Risbygate Street. Risbygate House is the pink building on the right immediately after the disabled car park.

Directions from The East by car - Take the second exit off the A14 signposted *Bury St. Edmunds / Thetford* and turn left at the traffic lights and roundabout. Follow the road into Bury St. Edmunds until you come to another roundabout. Go straight over at this roundabout and the next. Turn left at the next mini-roundabout. Follow this road up the hill past the bus station to another mini-roundabout where you should turn right into Risbygate Street. Risbygate House is the pink building on the left after the motorbike shop and immediately before the disabled car park.

