

THE

Radical Self-Care

MOVEMENT

VENUE ADDRESS is:

Happy Body Project Wellness Centre, West Park Farm, Old Main Road, Wilstead, Bedfordshire,

*Best postcode for SATNAV is: MK45 3QS *

Gate code on driveway is: 5253e

Important Directions:

From Bedford: Take the A6 south, passing the Wixams estate and retirement village on your right and Wilstead village on your left. Follow the A6 up the hill - DO NOT take the turn off to West Park Farm. Then follow directions 1-3 below.

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From the A6 if driving North Follow the A6 from Clophill and drive past a disused fuel station on your right. Take the next turning on your right which will be to Haynes Church End then follow directions 1-3 below.

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1) From the A6 take the turn off to The Old Piggery BnB , to Old Main Road (postcode: MK45 3QS)

2) On Old Main Road, pass some houses on the right, then the road bends sharply to the right - don't follow the road, instead bear left on the bend - you'll see a peach-coloured sign for The Happy Body Project.

3) On the drive you will get to a green security gate, the code is 5253E.

4) After the gate, follow the road past two driveways and grassed areas, then you will see a converted red barn in front of you; this is a private residence so please do not enter their driveway.

5) Follow the driveway round to the left immediately before the red barn on to a gravel road and The Wellness Centre will be directly ahead in a timber clad building. (It has another peach sign on the front)

There is a reception area inside the centre, please wait there and I will come to meet you.

NB: If you are coming for yoga or an event in the yoga studio or yurt, please follow the track past the timber building. The car park for the yurt and studio is a little way ahead on the left, opposite the large farm buildings.