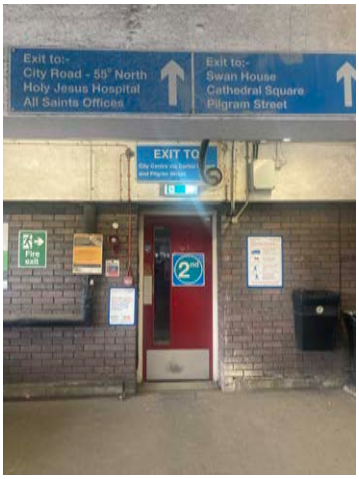
Visiting the Mindful Therapies Centre

We're looking forward to welcoming you. Here's how to find us:

By Car
Our postcode is **NE1 6UF**. There is limited on-street parking available (maximum stay of 2 hours). We recommend using **Manors Multi-Storey Car Park** (please note there is no lift access).

If parking at Manors:

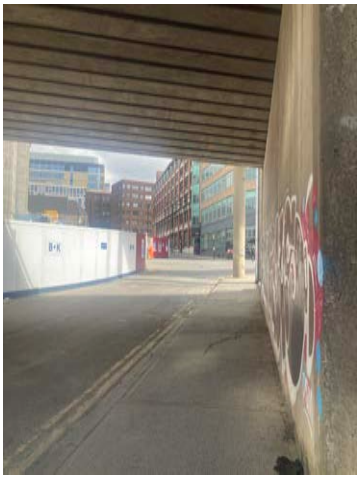
- Park on **Level 2 or 3**.
- Exit via the door marked "*Exit to City Road… Pilgrim Street*".



- Follow signs for "*Swan House, Carliol Square, Pilgrim Street.*"



- Head down the stairs and turn right — Carliol Square will be straight ahead.



- Turn right at **Tiny Tiny Coffee Shop** and enter via the **Body Zone Gym** entrance.





- Go to the **first floor** and buzz **number 15**.





- Once buzzed in, push the door and follow the corridor to the left.







By Metro

- The nearest Metro Station is Monument. Exit the station and head up **Blackett Street**.






- Turn right after the **Central Library** — you'll see Carliol Square ahead.



- Enter via the **Body Zone Gym** entrance, go to the **first floor**, and buzz **number 15**.






- Once buzzed in, push the door and follow the corridor to the left.





By Bus
From the east, buses **12, 39, 40, 62, and 63** stop at **John Dobson Street**.

- With the **Laing Art Gallery** on your left and **Central Library** on your right, Carliol Square will be straight ahead.






From the opposite direction:

- Get off outside **Central Library**.
- With the library on your left, turn right onto **John Dobson Street** — Carliol Square will be ahead.

In both cases:

- Enter via the **Body Zone Gym**, go to the **first floor**, and buzz **number 15**.






- Once buzzed in, push the door and follow the corridor to the left.



