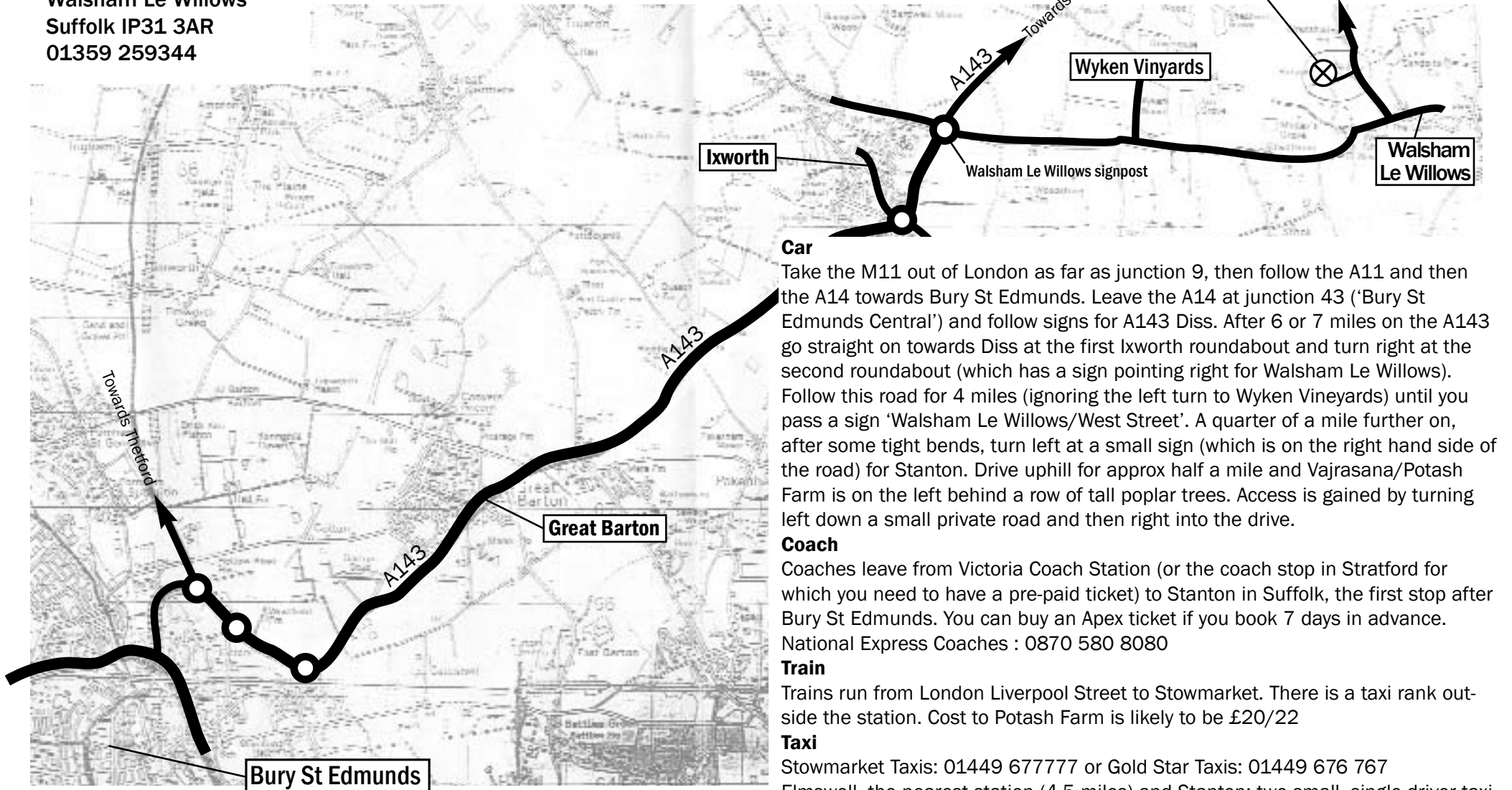


How to get to Vajrasana

London Buddhist Centre's
Retreat Centre 'Potash Farm'
Walsham Le Willows
Suffolk IP31 3AR
01359 259344



Car

Take the M11 out of London as far as junction 9, then follow the A11 and then the A14 towards Bury St Edmunds. Leave the A14 at junction 43 ('Bury St Edmunds Central') and follow signs for A143 Diss. After 6 or 7 miles on the A143 go straight on towards Diss at the first Ixworth roundabout and turn right at the second roundabout (which has a sign pointing right for Walsham Le Willows). Follow this road for 4 miles (ignoring the left turn to Wyken Vineyards) until you pass a sign 'Walsham Le Willows/West Street'. A quarter of a mile further on, after some tight bends, turn left at a small sign (which is on the right hand side of the road) for Stanton. Drive uphill for approx half a mile and Vajrasana/Potash Farm is on the left behind a row of tall poplar trees. Access is gained by turning left down a small private road and then right into the drive.

Coach

Coaches leave from Victoria Coach Station (or the coach stop in Stratford for which you need to have a pre-paid ticket) to Stanton in Suffolk, the first stop after Bury St Edmunds. You can buy an Apex ticket if you book 7 days in advance. National Express Coaches : 0870 580 8080

Train

Trains run from London Liverpool Street to Stowmarket. There is a taxi rank outside the station. Cost to Potash Farm is likely to be £20/22

Taxi

Stowmarket Taxis: 01449 677777 or Gold Star Taxis: 01449 676 767
Elmswell, the nearest station (4.5 miles) and Stanton: two small, single-driver taxi companies: Regency Taxis 01359 251595/07969125320 and Inglenook Chauffeur Cars 01953 681541/07818 093808. (Elmswell-Vajrasana: £10-15) (Stanton-Vajrasana: £3-5.) You must book two days in advance to confirm availability for these companies.