



Womb Yoga

www.wombyoga.org

YOGA NIDRA NETWORK

www.yoganidranetwork.org

Practical Details for Courses, Trainings and Events at Sitaram Studio in Stroud

WHAT TO BRING

The studio is warm and very well equipped with mats, bolsters, blankets, cushions, sheepskins and eye pillows and blocks, so you do not need to bring any yoga kit at all with you, unless you are especially attached to your own blanket/sheepskin, in which case, please do bring them along too to be extra super comfy. Please also bring walking boots or wellies (if you do not have any we have lots of spares you can borrow in most sizes), also waterproof coats and maybe hats and trousers too – even in the summer the weather can be unpredictable.

ACCOMMODATION

There are a number of options here:

Local B&B's recommended by previous students

include a couple which are only a ten minute walk away in Middle street, where there is:

- Anne Mackintosh at 6 Castle Villas, can be contacted on ahmack@btinternet.com or call 01453 766273
- The Imperial Hotel by Stroud Station, on Station Road is a five minute drive away (or 22min walk), they charge from £59 per night – contact 01453 764077 or info@imperialhotelstroud.co.uk – www.imperialhotelstroud.co.uk
- The Yew Tree in Brimscombe is a six minute drive away (or 35min walk) and they charge from £50 a night – contact 01453 887980 or info@theyewtreestroud.co.uk – www.theyewtreestroud.co.uk
- Mandy of Vale House in Chalford Vale is a ten minute drive away (07766 525664) she charges £45/£50 <http://www.valehouse.net>

Brownhill Monastery

Simple rooms are sometimes available in the guest house at Brownhill Monastery, about a fourteen minute drive away <http://www.bernardine.org/brownhill-hospitality/>. The Cistercian nuns here have been very welcoming to our students in the past, and have hosted a number of Womb Yoga and Total Yoga Nidra courses, so if you tell them you are doing a retreat with Uma then they will know what you are doing – you can contact them through their website, phone 01453 883084 or email brownhillbookings@bernardine.org

At the venue

The venue (Sitaram Studio) is Uma and Nirlipta's home. They can provide accommodation for 4-5 students in shared bedrooms in their home (depending on how many of their children are home). Also in the summer months there is fourteen foot yurt up in the garden which sleeps 2-3 people). You will need to bring your own bedding (sleeping bags/duvets and pillows) and your own sleeping mat for these options. If you are unable to transport this kind of kit please let us know and we may be able to make up a bed for you in the house. There is also space for one or two small camper vans in the drive.

Please note that as this is Uma and Nirlipta's home, if you are staying here it is not possible to stay extra nights before or after the course – only the nights within the course start and end time are possible.

There is a suggested donation of around £10 - £15 (paid in cash whilst on the course) for any of these options.

To book contact Sivani Mata: sivani@yoganidranetwork.org

DIRECTIONS TO STUDIO

The address is: **Tanglewood, Gunhouse Lane, Stroud GL5 2DB**

Train / Bus

The studio is one mile east from Stroud station.

If you want us to pick you up at the station please text Nirlipta on 07885 905900 and tell him what time your train comes in. If you are coming on a train from London please stay on the same platform on which you alight - no need to cross the bridge. If you are coming from Cheltenham side please cross over the bridge and we will pick you up on the other side.

Car

From London M4 and then off at Junction 15 to take the A419 to Swindon, Cirencester and Stroud.

From Bristol, and Wales, M4 East and then A46 to Stroud, then A419 to Cirencester.

From the Midlands and the North, M5 South then A419 to Stroud (follow signs through Stroud to Cirencester).

From the Southwest, M5 North then A419 to Stroud,

Gunhouse lane is a turn off the A419 London Road that runs from Stroud to Cirencester.(on your right coming in from Cirencester and on your left heading out from Stroud). At the bottom of the lane is the old BVM motorcycle showroom (now for sale). Drive right up to the very top of the lane, over three sneaky speed bumps. Tanglewood is at the top.

Tanglewood is right at the very top of GUNHOUSE LANE, where it carries straight on and turns into a track and behind a five bar gate. Please do not follow the top of Gunhouse lane around to the left - this leads to Thrupp House - this is NOT Uma and Nirlipta's house.

PLEASE PLEASE PLEASE DO NOT PARK IN FRONT OF THE BIG HOUSE AT THE TOP ON THE LEFT OF THE LANE, this annoys the neighbours.

PLEASE DRIVE RIGHT ON UP THE BUMPY TRACK INTO OUR DRIVE and park up there, there is room for everyone's cars.

You can see the house from the top of the lane when you drive along the bumpy track - it has a circular window in the eaves.

HAPPY TRAVELS!