



CranioSacral Therapy

with

Eric Demmon

Directions to 5 Kestrel Close, Mulbarton

From the North, e.g. Norwich City

Drive south, down the Ipswich Road (A140), past the Holiday Inn

Turn right onto the B1113, signposted to New Buckenham, Swardeston & Keswick

(It is now **3.7 miles** straight along this road before you need to turn left

at the first roundabout that you'll find, into **Cuckoofield Lane**)

Continue along the B1113, thro' **Swardeston**, then a mile or so later, past the Worlds End Pub

Continue straight over Mulbarton common & continue straight until you reach a roundabout

Take the first exit from the roundabout, left into **Cuckoofield Lane**

Take the first left into **Lark Rise**

Take the second left into **Kestrel Close**. **Number 5** is in the 2nd semi-detached block on the left

From the South or East, e.g. Long Stratton, or Lowestoft

Drive to the roundabout that is the junction with the A140 and A47

Take the northern exit, the A140 signposted to Norwich

Go straight over the Tesco access traffic lights

Turn left onto the B1113, signposted to New Buckenham, Swardeston & Keswick

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From the West, e.g. Attleborough, Wymondham, or Hethersett

Drive North on the A11 to the roundabout with the A47 (Outer Ring Road)

Take the fifth exit, the A47 east bound, signposted to Great Yarmouth & The Broads

Come off at the next exit, the roundabout junction of the A47 with the A140,

signposted to Norwich, Ipswich & Diss

At the roundabout take the first exit, the A140 signposted to Norwich

Go straight over the Tesco access traffic lights

Turn left onto the B1113, signposted to New Buckenham, Swardeston & Keswick

(It is now **3.7 miles** straight along this road before you need to turn left

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Any problems ring 01508 571 223