



Thank you once again for your interest in this course.  
I am looking forward to welcoming you soon.

**Course Title** Hypnobirthing for Practitioners LIVE in Salisbury

**Time** 10-5pm on Friday, Saturday & Sunday

**Date** 19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> November

### **Venue details**

Regus Suite, 3<sup>rd</sup> Floor, Cross Keys House, 22 Queen Street, Salisbury,  
Wiltshire, SP1 1EP

There are a number of car parks nearby:

- Central Car Park, SP1 3SL, 7 mins walk
- Culver Street Car Park, SP1 2BQ, 6 mins walk
- Brown Street Car Park, SP1 1HE, 2 mins walk
- Salt Lane Car Park, SP1 1ED, 4 mins walk

There is a main bus stop servicing the city centre in front of Debenhams in Blue Boar Row, we are located just across the road from there. Salisbury train station is 10 minutes walk from the venue.

When you approach the building entrance (in between Eden Hair and Gallery 21) you will see the intercom on the right hand side of the doorway. Please press the large stand alone 'Regus' button and the door will be released by reception. There is a choice of lift or staircase to the 3rd floor. The door to reception is on your left as you exit the lift OR on your right at the top of the stairs.

### **Location information**

Salisbury is a medieval city where modern culture entwines with centuries of history. The Anglican cathedral boasts the tallest spire in Britain.

The course venue is situated in the heart of the city centre, adjacent to the historic market square, standing beside the beautiful Guildhall.

### **Refreshments and Lunch**

Light refreshments will be provided throughout the 3 days.

There are a wide range of cafes and restaurants to choose from for lunch and dinner.

## **Travel and Getting there**

Salisbury is easily accessible by car or public transport.

Within 90 minutes from west London and Bristol, it lies a few miles south of the A303, and close to the M3. Salisbury has a main train station with direct trains from London Waterloo, Bristol, Exeter & Cardiff. There is also a coach and bus station in the city centre.

## **Overnight accommodation**

There are many places to stay in the city, suiting all budgets.

Below are 4 hotels which are within 2-10 mins walk from the venue, city centre, train & bus stations.

- 1) Milford Hall Hotel (4 star hotel)  
Free onsite parking & free Wi-Fi  
Prices from £60  
Adjoined to Lime Tree Spa  
<https://milfordhallhotel.com>
  
- 2) Mercure White Hart (4 star hotel)  
Free on-site parking & Wifi  
Prices from £60 pppn  
<https://all.accor.com/hotel/6616/index.en.shtml>
  
- 3) Best Western Red Lion (4 star hotel)  
800 years old; Europe's oldest purpose-built hotel  
Free on-site parking  
Prices from £62.50  
<https://the-redlion.co.uk>
  
- 4) Caboose Boutique B&B  
2 minutes from train station  
Prices from £70  
Offsite parking  
1920's themed bar  
<https://www.caboosesalisbury.com>

If you would prefer to do your own research, then you may find the following websites useful

[www.visitwiltshire.co.uk/salisbury/accommodation](http://www.visitwiltshire.co.uk/salisbury/accommodation)

[www.booking.com](http://www.booking.com)

[www.airbnb.co.uk](http://www.airbnb.co.uk)

If I can be of any further help in the meantime, please do not hesitate to contact me [sharon@easibirthing.com](mailto:sharon@easibirthing.com) OR 07754 303987