

## Visiting Flow Studio

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We look forward to welcoming you to Flow. If you have any questions, please get in touch by emailing [info@flowphysio.co.uk](mailto:info@flowphysio.co.uk) or calling **07876 140160**

## Directions

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- Flow studio is located at Tormahun House, off Barton Hill Road, TQ2 8JJ
- If you are driving along Barton Hill Road away from Torquay, the Herald Express newspaper will be on your right with a bus stop immediately next to it
- Opposite the bus stop there is an entrance to a private road (see right picture below). You will see the Flow sign on the wall
- Go in that entrance and drive all the way down the lane to the main car park on your left
- As you drive down the lane you will pass the studio on your right, with a sign pointing up a set of stairs
- You can park anywhere in that car park or in front of the shipping containers
- Walk back along the road and you will see the steps (not the first set on the corner)
- If you are attending a physio appointment please come in and take a seat
- If you are attending a class please check there is not a class already running.
- As parking is limited we do advise you not to turn up more than 10 minutes before the start of the class so that the previous class has a time to leave. We leave 15 minutes between classes to ensure you have time to leave/arrive without feeling rushed

## What to Bring

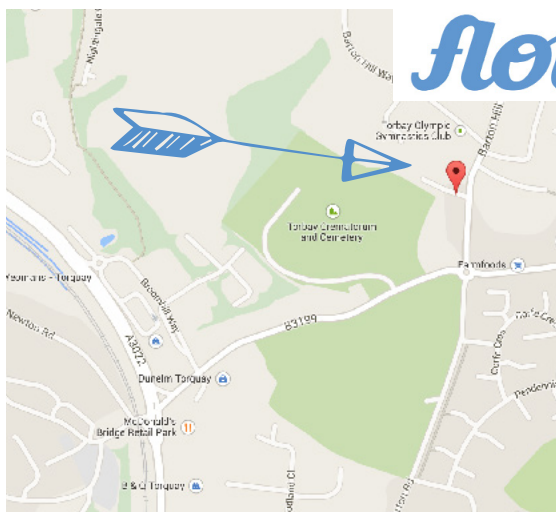
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For a physio appointment:

- Please wear comfortable clothing that enables us to assess the area
- You may also want to bring a list of medication and any relevant medical history

If you are attending a class:

- Please wear comfortable clothing you can move in
- All equipment is provided but you are welcome to bring your own mat if you prefer
- We recommend you bring a bottle of water
- There are changing and bathroom facilities if you require as well as lockers for your belongings



## flow. STUDIO

