DIRECTIONS TO FLAME YOGA STUDIO

Coming from Forestside along the dual carriageway towards Hillhall road Lisburn.

Stay in left hand lane till the end of carriageway.

Go left at the lights staying in right hand lane to follow directions for Lisburn.

Turn right at the lights onto Hillhall road passing the old Belvoir Park Hospital

There is a 90 degree bend with signpost right for Lisburn and left for Leverrogue.

Take the left onto Ballycoan road. I am exactly 1 mile along this road.

My house is on the road and numbers jump from 101 to 115.

Drive into the yard at the back and the entrance to the studio is directly in front of you at the decking.

Coming from Lisburn along Hillhall road to almost the end of Hillhall road where there is a long left hand bend.

Drive into the small filter lane to take you straight ahead on to Ballycoan road.

I am exactly 1 mile along the road. My house is on the road and numbers jump from 101 to 115.

Drive into the yard at the back and the entrance to the studio is directly in front of you at the decking.