



Inner Rhythm-Internal Arts Yoga and Qi Kung in South Staffordshire



DIRECTIONS TO WHITTINGTON VILLAGE HALL Langton Cresent, Whittington, Lichfield Staffs WS14 9LR

[Google Map](#)

From Birmingham

Take A38 to Lichfield.

Leave A38 to Lichfield centre.

At Shell Garage turn right onto A51 towards Tamworth.

As you leave Lichfield passing Rugby Club and “Horse and Jockey” on your left, next left turn to Whittington.

Enter village, turn left at crossroads in front of “Dog Inn”.

Village Hall is second on left behind “The Bell”.

From North and Burton/Derby

Take A38 towards Lichfield.

On passing “Fradley Arms”, take left slip road marked Whittington.

Follow road into village, over canal bridge, past Swan Inn.

Take the right before “Bell Inn”.

From Tamworth/M42

Leave M42 at Junction 10.

Take A5 towards Cannock.

Leave at 4th left turn indicated Sutton Coldfield and Birmingham. Use right hand lane on slip road, turn right at T junction, to Whittington/Lichfield A51 taking second exit at next roundabout.

At top of next road turn left onto A51 marked Whittington/Lichfield.

After 1 mile turn right towards Whittington (marked with telephone box sign).

Proceed down lane to cross roads at “Dog Inn”.

Over cross roads down Main Street.

Village hall is second on left behind “Bell Inn”.

By Rail

There are frequent trains (every 20 mins) from Birmingham New Street to Lichfield City Station. There is a Taxi Rank outside of Station. Fare approx £5.00

Lichfield Trent Valley is on the London Manchester Main West Coast Line (Rugby, Nuneaton, Tamworth, Rugby, Stafford). Taxi’s can be called from Station.

PLEASE DO NOT PARK IN THE BELL INN CAR PARK, OR IN FRONT OF HOUSES IN ADJACENT CRESENT. THERE IS AMPLE CAR PARKING AT HALL.

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www.InnerRhythm-InternalArts.co.uk