

The Yoga Space is in Gunnery House, on Gunnery Terrace, which is really part of Duke of Wellington Avenue (a major road that runs the length of The Royal Arsenal, parallel to the river).

Coming from the direction of the main Royal Arsenal gate in Woolwich

Continue along Duke of Wellington Avenue until you come to Arsenal Way on your right, with Zeeba Nursery, on the corner. (There's a big green cannon outside.) Cross over Arsenal Way to Gunnery House. The Yoga Space is on the side of Gunnery House fronting Wellington Avenue, just before the 7R Gym.

Coming from the direction of Thamesmead

Continue along Duke of Wellington Avenue to Cornwallis Road. The building on the corner is Gunnery House. On the left, you will see a sign for Gunnery Terrace. The Yoga Space is on the side of Gunnery House fronting Wellington Avenue, just past the 7R Gym.