

Pinnacle Seminars  
**Mahesh Gandhi in London,**  
**9, 10 June 2018**

*Notes for Delegates*

**Location**

Birkbeck College, Malet Street, London WC1E 7HX

**Lecture room: Saturday Room Mal 417; Sunday Mal 414.** These are in the main Birkbeck building in Malet Street, **NOTE - the entrance to this is from the courtyard on Torrington Square**

**Contacts:**

Clare: 07974 378002

Penny: 07931 375163

Ilana: 07511 561262

**Time: see timetable**

**Travel:** [www.journeyplanner.tfl.gov.uk](http://www.journeyplanner.tfl.gov.uk)

**Nearest Underground stations:** Russell Square: Piccadilly Line; Goodge Street: Northern Line

**Buses:** Bus stops nearest Russell Square are served by buses 59, 68, 91, 188. Or go to <http://www.tfl.gov.uk/tfl/gettingaround/maps/buses/>

(note: buses no longer accept cash, you will need an oyster card or contactless card)

**Parking:** Car parking in Central London is £4.55/hour minimum. There is no parking at the seminar venue. On Sunday it is possible to park for free in Russell Square, places permitting.

**Registration** will take place between 9.00 and 9.30 a.m. on Saturday 9th June. Please be there in plenty of time for this. The seminar will begin promptly at 9.30 a.m.

**Laptops:** There will be provision for extension cords and power points where you can connect your laptop if you are bringing one. It might be advisable to bring an extension lead if you have one.

**Books:** Helios will be in attendance on the Sunday only for sale of books and other homeopathic products.

**Refreshments and lunches:** Hot drinks and biscuits will be served in the breaks. For lunch there are various cafes and shops close to the venue



- 1 Birkbeck main building,  
Torrington Square
- 2 Clore Management Centre
- 3 Senate House (North Block)
- 4 25-26 Russell Square
- 5 30 Russell Square
- 6 10–16 Gower Street
- 7 4 Gower Street

### Local cafes

There is a café on the ground floor of the Malet Street building where you can get coffee and snacks.

Alara Health Food Shop and Café 58-60 Marchmont Street WC1N 1AB (Sat only)

Planet Organic 22 Torrington Place WC1E 7HJ

Pret a Manger 72 Russell Square

Pret a Manger 40 Bernard St - opposite Russell Square station

There are also a number of restaurants in Brunswick shopping centre, opposite Russell Square underground station

## **ACCOMMODATION**

**The Penn Club** 21-23 Bedford Place, London WC1B 5JJ

Run by the Quaker Association

Single room starts at £80 for non-members, includes full English breakfast.

Tel: +44 (0) 20 7636 4718

<http://www.pennclub.co.uk/index.asp>

**YHA London Central** 104 Bolsover Street, London W1W 5NU

Tel: +44 (0)345 371 9154 rooms available from £89 (double room) £149 (4/room)

[www.yha.org.uk/hostel/london-central](http://www.yha.org.uk/hostel/london-central)

**YHA St Pancras** 79 Euston Road, London NW1 2QE

Tel: +44 (0)345 371 9344 rooms available from £149/4 or £178/5 (both en-suite)

<http://www.yha.org.uk/hostel/london-st-pancras>

**Temple Lodge** 51 Queen Caroline Street, London W6 9QL

Tel: + 44 (0)20 8748 8388 – from £59 for a single room Breakfast included (natural, eco-friendly and organic!)

<http://www.templelodgeclub.com/>

Nearest underground: Hammersmith, approximately 20 minutes via tube to Russell Square

### **Air BnB**

website where people advertise their available rooms, houses and b&bs at very reduced prices.

[https://www.airbnb.com/search/?location=London&af=469641&c=srch\\_lon\\_airbnb](https://www.airbnb.com/search/?location=London&af=469641&c=srch_lon_airbnb)

***NB Above prices correct at time of publication. We advise checking these and booking early.***