



Emmett Technique Practitioner Training

Aberystwyth, Ceredigion

More info: Tel: +44 (0) 7932 347 983 judith@everybodysbetter.co.uk

www.emmett-uk.com www.rossemmett.com.au

Venue: *to be confirmed*

Public Transport:

More information Log onto the Aberystwyth Tourist website <https://www.aberystwyth.org.uk/transport/> which will give you Public transport & timetables

Accommodation:

Aberystwyth has many hotels and B&Bs

- See website <https://www.aberystwyth.org.uk/hotels/>
- You may want to investigate Airbnb www.airbnb.com
- Also Tripadvisor <https://www.tripadvisor.co.uk/Hotels-g186428-Aberystwyth-Ceredigion-Wales-Hotels.html> and other hotel websites

Provided:

Morning and afternoon tea and coffee. Training guide.

Wear:

Comfortable loose clothing. Please come prepared to shed outer layers. It is easier to see body landmarks on skin than through clothing. We will drape and make people comfortable. If this is not possible for you, then let me know and we can, of course, plan ways around this for you.

Many female students feel comfortable in vest type tops - the ones with narrow straps and so you may be happy to organise this for yourself if you prefer.

Finger nails must be short.

Bring:

2 Towels for draping and a bolster (if you have one). Massage table if you have indicated you can bring one.

Lunch: You are free to bring your own lunch with you and eat it on site.

I very much look forward to seeing you there. Judith Johnson, 07932 347 983 & judith@everybodysbetter.co.uk