



# Emmett Technique Practitioner Training

## Best Western (Moat House) Hotel

Mill Lane, Sindlesham, Wokingham. Berkshire RG41 5DG

More info: Wendy Hamilton

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[www.challengefitness.co.uk](http://www.challengefitness.co.uk)

**Times:** 9.30am to 5.30pm each day

**Venue:** **The Best Western (Moat House) Hotel**  
**Mill Lane, Sindlesham, Wokingham Berkshire. RG41 5DG**

**Map:**



**Parking:** Parking is free at the Hotel but you will need to visit reception and get a token to exit the barrier when leaving. On entry the barrier lifts automatically.

Winnersh Triangle train station is about a 15 minute walk, trains from Reading and London Waterloo run every 30mins.

**Provided:** Morning and afternoon tea and coffee. Training guide.

**Wear:** Comfortable loose clothing. Please come prepared to shed outer layers. Finger nails must be short.

**Lunch:** You are free to bring your own lunch with you and eat it on site. Food may also be ordered in the hotel restaurant and paid for at your own cost. There is also a Sainsbury's and Asda store 5 minutes drive away.

**Hotels:** For those needing overnight accommodation you can stay at the Best Western. Alternatively there is a Travelodge and Holiday Inn at Winnersh Triangle (about 1 mile away) or the Pheasant Inn at Winnersh about 2.5miles away.

Links to hotels:

[The Best Western Moat House Sindlesham](#)

[Travelodge Winnersh Triangle](#)

[Holiday Inn Winnersh Triangle](#)

[The Pheasant Inn Winnersh](#)

I very much look forward to seeing you there.

Wendy Hamilton  
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