



Emmett Technique Practitioner Training

At: Borth Community Centre High St,
Nr Aberystwyth, Ceredigion, SY245LH

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

Venue:

Borth Community Centre High St, Nr Aberystwyth, Ceredigion, SY24 5LH

A little bit about Borth:

Lower Borth is built on a pebbled spit with sea on one side, Cors Focno on the other. Its a place of simplicity where you can just walk for miles over the cliffs or along the beach or even venture inland. This little village is ideal for young families with a lovely safe beach on low tide, with lots of rock pools & even the 4,500 yr old petrified forest being visible. Borth can boast about its Zoo & March 2017 a Retro Cinema & Restaurant will open. There are two little supermarkets, three pubs of which two of them cook up good wholesome food. Several cafes, chip shops & even an Indian restaurant.

Forgot to also state, Borth Golf course which was established in 1885, & the wonderful Railway Museum. Borth Station takes you into Aberystwyth within 12 minutes & run roughly every hour. Close by is Devils Bridge, Silver Mountain, Blwch Nant y Arian & the National Library of Wales which is situated 9 miles in Aberystwyth

Directions:

Directions: Borth from the North:

Follow the A487 from Machynlleth for 8.5ml, Turn right onto B4353 towards Borth /Ynyslas. Go over the Railway lines, over the Bridge & follow road towards Golf course which is on both sides, Enter the village & follow through. Sea will be on your right, houses on left. Continue through the village.....Houses both sides of the road, Continue until you lose the houses on your right hand side. Immediately after this you will see a sign saying Uppingham Community Centre & Laundrette. This will be a small lane on your Left hand side. * If you have reached the roundabout you have gone to far*

Directions: Borth from the South:

Coming in from Penparcau: Take 2nd exit at Roundabout & follow road down hill (Morrisons on right hand side). Take 4th exit. Parc Y Llyn Hotel on left. Follow A44 signs. Continue over 2 sets of Railway lines & come to a small roundabout. Take 2nd exit & immediately onto another small roundabout. Take 2nd Exit to A44. Pass garage on Right...follow A44 road for a few miles. Take 1st exit off roundabout towards Bow Street / Machynlleth A487. Come to a T junction & turn Right A487 (Huws & Grey Builders Yard on left hand side as you come into Bow Street) Follow through the village...School on right & then Rhydpennau Pub on right. Turn Left towards Borth B4353. Entering the village there will be a small roundabout take to 3rd exit (in other words turn right) Just before you reach the houses on the sea side you will see sign Uppingham Community Hall / Laundrette Turn Right down a small lane.

Directions from the East:

Follow A44 pass Capel Bangor to roundabout. Take 1st exit off roundabout towards Bow Street / Machynlleth A487.

Come to a T junction & turn Right (Huws & Grey Builders Yard on left hand side as you come into Bow Street) Follow through the village...School on right & then Rhydypennau Pub on right. Turn Left towards Borth B4353. Entering the village there will be a small roundabout take to 3rd exit (in other words turn right) Just before you reach the house on the sea side you will see sign Uppingham Community Hall / Laundrette Turn Right

Public Transport:

More information Log onto Borth Community - Tourist website which will give you Public transport & timetables

Accommodation:

- Heulwen B&B 5, Cambrian Terrace Borth SY245HU - 01970871659 - sfsayer@aol.com (3mins)
- York House, High St Borth, SY245HY - 01970 871362 - dalton171@btinternet.com (2mins)
- Pebbles B&B High St Borth, SY245HY - 01970871690 - pebblesbeachguesthouse.co.uk (2mins)
- YHA, Morlais, Borth, SY245JS - 03453719724 - yha.org.uk (8mins)
- Penybont Clarach, Nr Aberystwyth, SY233DW - 01970 820159 (11mins from Borth)
- Llety Ceiro Llandre, Bow ST, SY245AB - 01970821900 - lletyceiro.com (9mins from Borth)
- Starling Cloud, Boulevard De Saint Briec, Aberystwyth, SY233TL - 01970 623743 - starlingcloudpubaberystwyth.co.uk (19miles)
- Premier Inn, 36-37 Marine Terrace, Aberystwyth, SY232BX - 08715279648 - premiering.com (18 miles)

Lots more in & around Aberystwyth.

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. 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. We may also consider a bring and share lunch if this is feasible for students attending.

Shirley Sayer is co-ordinating this course and has a lot more local information than I can hope to provide. She is available on 01970871659 & sfsayer@aol.com

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