



Emmett Technique Practitioner Training

with Penny Gibbings

9.30am – 5.30pm

More info: Penny Gibbings
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Venue: Creaton Village Hall
Teeton Lane
Creaton
Northampton,
NN6 8NL

Directions: Map to the venue: <https://goo.gl/maps/w4jBYz6y6Pr>

As you drive into Creaton on the Welford Road A 5199 from the north, pass Violet Lane on your left, then The Bricklayers Arms on your left and turn next right down Teeton Lane (signposted Teeton). If coming from the south you cannot see the Teeton Lane sign but if you go past The Bricklayers Arms on your right you have gone past it!

The village hall is the 3rd building on your left with picket fencing around the front (looks just like a normal house). Parking is on rough ground on your right just before you get to the hall.

Provided: A variety of teas, biscuits and instant coffee

Wear: Wear comfortable loose clothing and have short nails!
If at all possible you will be required to remove some clothing to aid the learning so please wear appropriate vest, underwear etc.
Something to tie longer hair back very useful.
Slippers / thick socks helpful if you get cold feet easily! Please wear dark coloured socks/slippers as the hall floor is not well sealed so is a bit dusty.

Bring: 2 large towels/ fleeces/ sarongs for draping and bolsters (if you have any).

There is a nice well equipped kitchen with microwave and fridge. I recommend that you bring your choice of lunch with you as shops are a distance away. Lunch break is usually about 45 mins.

And just in case!

Penny's mobile:

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