



Emmett Technique Practitioner Training

with Penny Gibbings

9.30am – 5.30pm

More info: Penny Gibbings
www.pennygibbings.co.uk

Tel: 024 7654 2837
www.emmett-uk.com

penny@gibbings.co.uk

Venue: Creaton Village Hall
Creaton
Northampton,
NN6 8NL

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

Teeton Lane is near the Primary School and the pub The Bricklayers Arms

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!

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

There is a nice well equipped kitchen with heating facilities and fridge. We 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:

07957 324360