



Emmett Technique Practitioner Training

At: Groesffordd Village Hall, Groesffordd,

Nr Brecon, Powys, Wales, LD3 7SN

More info: Tel: +44 (0) 7932 347 983

E-mail: judith@everybodysbetter.co.uk

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

Venue:

Groesffordd Village Hall, Groesffordd, Nr Brecon, Powys, LD3 7SN

Directions:

Driving is best option for this lovely, peaceful venue. The views of the Brecon beacons are stunning!

Using a sat nav - Post Code is LD3 7SN.

Nearest Train Stations are Abergavenny, Merthyr and Llandovery - All approx. 20 miles away with poor bus connections to Brecon.

[ps://www.google.co.uk/maps/place/Brecon/@51.94214,-3.3440078,14z/data=!4m2!3m1!1s0x486e2d62d5c0699d:0x6946caa379adf04c](https://www.google.co.uk/maps/place/Brecon/@51.94214,-3.3440078,14z/data=!4m2!3m1!1s0x486e2d62d5c0699d:0x6946caa379adf04c)

Driving from Abergavenny:

Take the A40 from Abergavenny towards Brecon. Groesffordd is 3 ½ Miles Abergavenny side of Brecon. When reaching the dual carriageway at Llanhamlach travel for approx. ¾ mile then take the first exit off which is signposted 'Groesffordd', Llangorse, Llanfrynach., Pencelli. At the junction turn Left for Groesffordd (go back under the dual carriageway). Stay on this road all the way into Groesffordd Village (1/2 mile). Bright Pink House as you enter the village! See bus shelter on your left, turn left down lane and Hall is on your right approx. 300 yds. If you pass telephone box - gone too far!!!

Driving from Brecon:

Take the A40 from Brecon towards Abergavenny. At the roundabout head for Abergavenny. After about 1 mile exit on your left for 'Groesffordd', Llangorse, Llanfrynach, Pencelli. At the junction turn Right towards Groesffordd. Follow road straight through village as above.

Driving from Cardiff / Merthyr:

At the main Brecon Roundabout take the BYPASS ROAD towards Abergavenny. At the second Roundabout take A40 towards Abergavenny. Follow directions as above from Brecon. DO NOT HEAD FOR BRECON!!

Driving from Swansea:

As above from roundabout take bypass.

Driving from Hereford / Hay:

At the main Brecon roundabout take the A40 towards Abergavenny and follow directions as above driving from Brecon to Groesffordd. DO NOT HEAD FOR BRECON!!

Parking:

Free Parking is available onsite.

Time of Course:

from 9.30am to 5.30pm each day

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.

Bring:

1 Towel 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. There are no nearby shops at this location. A microwave is available

Hotels:

For those needing overnight accommodation here is the list that is normally used for other courses at this venue.

We very much look forward to seeing you there. Judith Johnson, 07932 347983
Helen Sheppard on 07976 546 051

ACCOMMODATION

All costs are approx. Please confirm on booking your accommodation.

Tried & Tested:-

TY NEWEDD B & B, PENCELLI. TEL 01874 665797.

Guest House opposite the Old Store House. Cost £75.00 twin, single £55.00

1 ½ miles from village hall.

Lovely rooms, fantastic views, good hospitality, excellent breakfast. Highly recommended by several students and checked out Helen in 2014. Also holiday cottages for rental on the side of the canal banks and marina.

THE OLD STORE HOUSE, PENCELLI. Tel 01874 665499

Contact Peter. Approx 1 ½ miles from Groesffordd. B & B - shabby/chic! Very homely, great hospitality, no T.V. Peter is a bit scatty therefore Helen suggests you confirm your bookings before - hand! !!!!!!! Recommended by many students & tutors who stay time and time again. Cost approx. £45.00 per person - depending on number sharing.

CEFN MERI B & B, PENCELLI. Tel 01874 665 364

Contact Beryl Connelly. Converted Barns. Approx 1 mile from Groesffordd. Close to River and Canal for lovely walks. Very comfortable. Many students would return time and time again. Cost approx. £40.00 single/ £55 twin (approx). For 1 night and a little less for more than 1 night.

UPPER FARM, LLECHFAEN. Tel. 01874 665 269

Contact Eileen Williams. Working Dairy Farm. ¼ mile from Groesffordd. Basic B & B. Rooms are not En suite but as there are only a few rooms it is unlikely there will be huge cue for bathrooms! Cost £30.00 per person. Excellent Breakfast and warm welcome. One Tutor booked for 2 nights and stayed 4 to see more of the area as she loved it so much!! No Hair dryer.

THE LODGE B & B. Tel 01874 665714

A rural run B & B located in Llanfrynach. Approx 1 mile from Groesffordd. All en suite with fab views of the countryside. Cost £50/55 per person single room and £75.00 double/twin. Less for more than 1 night. As yet untested!

THE LANSDOWNE HOTEL, BRECON. TEL 01874 623321/610438.

Quiet Hotel in The Watton, Brecon. Cost on enquiry.

A very warm welcome and excellent evening meals. Rooms look lovely and food is excellent. Eaten here but nobody stayed as yet. Do Not have own parking so ask for advice when booking. 3 ½ miles from Groesffordd.

COTTAGES.

There are many cottages for rental in the area. Helen would highly recommend her personal friend Helen Matthews for a warm welcome at Llwyncelyn farm, Llanfrynach Tel. 01874 665 256 (or contact Helen as she is slow to pick up her messages)!!!! Or Ty Newydd as mentioned above who are currently renovating several cottages. Check out cottages@brynich.co.uk just a stones' throw from Groesffordd as the crow flies! Cottage in Llanfrynach owned by Bev Muir - Tel 01874 624799/07970 874357 just 1 mile from Groesffordd. For further information please give Helen a call on 07976 546 051

Please also mention Helen when enquiring about local accommodation.

The Coach and Horses Public House at Llangynidr is just 10 miles away and offers basic clean accommodation with good pub food. Rooms are £70 per night and they do accommodate dogs. Just a few minutes off the A40.