



# Emmett Technique Practitioner Training

Long Ashton, Bristol

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[www.emmett-uk.com](http://www.emmett-uk.com) [www.rossemmett.com.au](http://www.rossemmett.com.au)

**Venue:** Yanley Court Therapy Centre, Yanley Business Park, Yanley Lane, Long Ashton, Bristol, BS41 9 LB

See details at their web page:

<http://www.yanleycourt.co.uk>

## **Public Transport:**

From Central Bristol Bus Station

Regular buses leave from Central Bristol Bus Station and stop at Long Ashton, Glebe Close.

The bus journey takes approximately 15 minutes to get to Long Ashton, the business park is then an 8 minute walk away (via Glebe Road – Yanley Lane). The current bus timetable can be found [here](#).

Temple Meads Station

Bus – Take the number 8 or 9 bus to Central Bristol (this takes 10 minutes) and then take any of the bus numbers listed above to Long Ashton.

Bristol Airport

Bus – Take the Bristol Flyer Airport Express Link to Central Bristol Bus Station and then take any of the bus numbers listed above to Long Ashton.

## **Cycle Track**

The new festival way cycle track brings you directly to Yanley Lane making a journey from Southville/Bower Ashton virtually road free!

## **By Car:**

Follow the instructions carefully - especially the sat nav directions if you are reliant on one. Do not go the way your sat nav tells you for the actual post code! Enter the one that is provided in these directions:

## *Directions*

### **Directions by car:**

Now and again the postcode to Yanley Court (BS41 9LB) confuses sat nav systems! If you are relying on yours to find us the easiest thing to do is to give you the postcode for the local pub and a short set of directions from there:

The postcode to the Angel Inn Pub in Long Ashton is BS41 9LT. With the pub on your left continue until you get to a row of new houses on your left (currently still being built). Immediately after is Glebe Road. Turn left into Glebe Road and follow to the end where the road bears round to the left, past the back of a school. Drive over two speed bumps and Long Ashton Business Park is on the right directly under the A370 car 'flyover'. Enter the business park. When you come to the end of the Business Park driveway, follow the road round to the left (keeping the buildings on your right) follow the road down towards Yanley Court (through another set of gates) and park up in the gravel car park directly in front of the building.

### **For those without sat nav:**

#### **Southbound - Coming from Bristol**

Take the A370 towards Weston. After a short distance, move over to the left hand lane and exit the dual carriageway towards Long Ashton, also sign posted Noah's Ark Zoo Farm. Follow the road round, past the 'park and ride', under the bridge and through the traffic lights. Take a left into Long Ashton (also signposted Long Ashton Business Park). Drive past the Angel Inn and with the pub on your left continue until you get to a row of new houses. These will be on your left and are currently still being built. Immediately after is Glebe Road. Turn left into Glebe Road and follow to the end where the road bears round to the left, past the back of a school. Drive over two speed bumps and Long Ashton Business Park is on the right directly under the A370 car 'flyover'. Enter the business park. When you come to the end of the Business Park driveway, follow the road round to the left (keeping the buildings on your right) follow the road down towards Yanley Court (through another set of gates) and park up in the gravel car park directly in front of the building.

#### **Northbound - Coming towards Bristol**

Take the A370 north, signposted Bristol. When nearing Bristol (immediatey before the A370 turns into a dual carriageway), take the left hand slip road - sign posted Long Ashton. Yanley Lane is a small one way lane on the right just before you leave the village, (Glebe Road may also be taken as it merges with Yanley Lane). Long Ashton Business Park is on the right just as Yanley Lane passes under the A370 bridge. When you come to the end of the Business Park driveway, follow the road round to the left and follow the road down towards Yanley Court (through another set of gates) and park up in the gravel car park directly in front of the building.

Travelling in and out from central Bristol can take a lot longer than you think - as the traffic is particularly heavy. Saturdays and Sundays should not be as bad as school days. But do allow plenty of time. Be aware that Saturday at the centre is busy with clients and you may be asked to drop off any equipment and then move your car into the business park car park.

### **Accommodation:**

- You may want to investigate Airbnb [www.airbnb.com](http://www.airbnb.com)
- Also Tripadvisor and other hotel websites

### **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. We will drape and make people comfortable. If this is not possible for you, then let me know and we can, of course, plan ways around this for you.

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 really short for the comfort of fellow students and also to allow the fingers to be in correct alignment to the EMMETT points.

**Please 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. The venue is in the countryside and Long Ashton is not within walking distance. There is a fridge and a microwave available for us to use.

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I very much look forward to seeing you there. Judith Johnson, 07932 347 983 & [judith@everybodysbetter.co.uk](mailto:judith@everybodysbetter.co.uk)