



Emmett Technique Practitioner Training

Urban Wellness Hub

6 Balgownie Dr, Bridge of Don, Aberdeen AB22 8FD

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www.emmett-uk.com

Times: 9.30am to 5.30pm each day

Venue: **Urban Wellness Hub** (www.urbanwellnesshub.co.uk)
6 Balgownie Drive, Bridge of Don, Aberdeen, AB22 8FD



Provided: Morning and afternoon tea, and a light lunch of soup, homemade bread and light veggie snacks. Bring your own food if you more or something different.

Wear: Wear comfortable loose clothing. Releases are demonstrated on skin, so ladies may wish to wear a strappy top if you'd rather not be just in underwear. You will be draped with towels for modesty.

Bring: Towels for draping and a bolster for knee and ankle support. Pen. Massage table if you can.

Parking & Transport:

Less than 15 mins from the city centre via the new Diamond Bridge over the river Don. Plenty of free parking on Balgownie Drive and disabled access to the door for those who require it.

Numbers 8 & 9 buses stop outside the door.