



# Emmett Technique Practitioner Training

## CARDIFF, SOUTH WALES

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

**Venue:** Cardiff Steiner School, Hawthorn Road West, Llandaff North, Cardiff CF14 2FL

See details at their web page:

<http://www.cardiffsteiner.org.uk/contact/>

### **Transport:**

More information Log onto the Cardiff Tourist website which will give you Public transport & timetables.

<http://www.visitcardiff.com>

Llandaff train station is a few minutes walk.

The Taff trail is nearby for those wanting to be green and cycle to Llandaff.

### **Driving & Parking:**

On street parking is available, but also you may find parking at Llandaff Station Car Park or Hayley Park. There is no onsite parking at the school so you may need to unload your couch, if you are bringing one and then find a place to park. Please allow time to park.

### **Accommodation:**

Cardiff has many hotels and B&Bs at a range of prices

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

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### **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 short.

**Please Bring:**

2 Towels for draping and a bolster (if you have one). Massage table if you have indicated you can bring one.

**Lunch:** Please bring your own lunch with you and eat it on site. The Steiner School is in a residential area.

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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)