Emmett Technique Practitioner Training

Douai Abbey

Upper Woolhampton, Reading, RG7 5TQ

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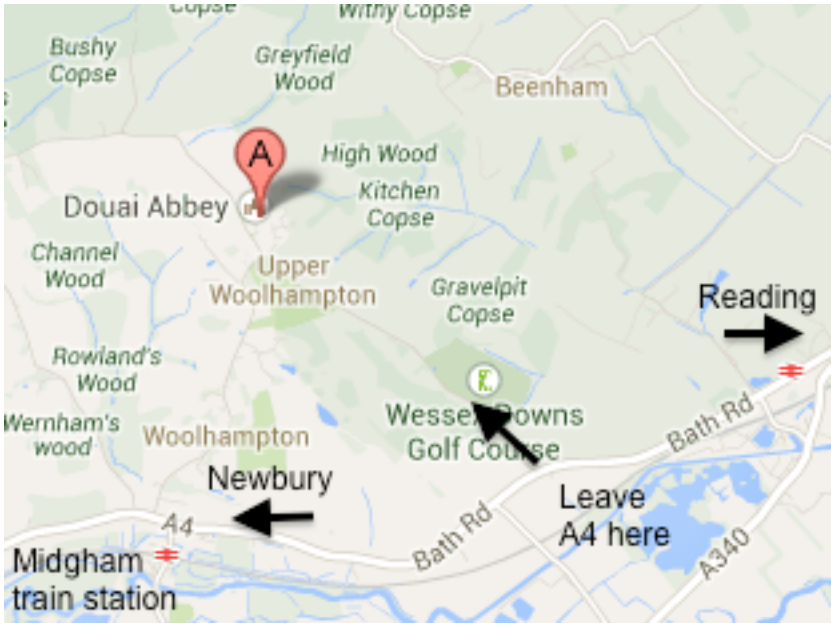
Times: 9.30am to 5.30pm each day

Venue: **Douai Abbey**
Upper Woolhampton
Reading, RG7 5TQ ph 01189 715 399
www.douaiabbey.org.uk

Map:



Douai Abbey is situated 1 mile north of the A4 about half way between Reading and Newbury in Berkshire. The sign-posted turn off the A4 is about 6 miles from M4 Junction 12. For more detailed directions www.douaiabbey.org.uk and click under Directions in the left column. Ample free parking is available on –site.

Full-board accommodation is optional (subject to availability). To book contact the Guest Master Father Finbar via email on guestmaster@douaiabbbey.or.uk. Always mention that you are joining the EMMETT course when booking accommodation. – see below for more details. Use the Abbey accommodation booking form.

Staying at Douai Abbey

Douai Abbey is a Benedictine monastery, and has been welcoming guests as a long tradition. The buildings are an eclectic mix of old and new, and are situated amongst lovely peaceful grounds.

The accommodation is **simple**, **clean**, **comfortable** and **quiet** – perfect to ensure a good night's sleep after a full day of Emmett training. Each room has a hand basin and shower or bath with shared toilet facilities very close by, while some have full en-suite facilities. Guests have access to a common room and library and are welcome to bring their own wine etc into the establishment (as the Abbey doesn't have a liquor licence). This is a place of peace, and as such there are no televisions or phones in the rooms – which can often be welcomed as a nice change for a few days. A guest computer is available to access emails. Wifi is available in the conference room where the workshop is held.

Eating main meals is in the guest refectory, and **special dietary** requirements can be accommodated – give this information to Father Finbar when booking your accommodation. Special dietary requests must be made at least 2 weeks in advance of the course.

Guests can come and go from the Abbey as they please, so you are welcome to go out for dinner at local restaurants and pubs for a change of scenery (just simply let Fr Finbar know in advance so food isn't wasted). The driveway gates are closed at 8pm.

Other Things To Know...

£65 per night (bed and all food). Payment can be made with credit card and is paid upon leaving the Abbey. For those with financial concerns, you can negotiate a lower rate.

Breakfast is continental. **Lunch** is the largest meal of the day, comprising of 2 courses – main and pudding. **Dinner** is a light affair. The **food is delicious**.

Those not staying at the Abbey can join in the **2 course lunch for £11** per day, but you are welcome to **BYO lunch** too!

There is no obligation to stay at the Abbey.

EMMETT Therapies UK / Sue Gassick and Douai Abbey have no association.