



Emmett Technique Practitioner Training

Brandon & Wolston Village Hall

72 Main St., Wolston, Nr. Coventry CV8 3HJ

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Times: 9.30am (prompt start) to 5.30pm each day

Venue: Brandon & Wolston Village Hall
72, Main Street,
Wolston
Coventry
CV8 3HJ

Map: <https://goo.gl/maps/99eso>

Wolston is situated approximately 7 miles from Coventry and Rugby railway stations. There are excellent train services to both.

Wolston is easily accessible from the M1, M6, M45 & M40 and is a lovely quiet village.

There is lots of accommodation locally - South Coventry and Rugby. Travelodge and Premier Inn within 10 mins drive. Post code of the venue is CV8 3HJ.

In Wolston itself there is a well - established farm B&B <http://www.lordshillfarm.co.uk/>. (about 15 mins walk from the venue)

In the next village, Brandon, is the Mercure Brandon Hall Hotel and Spa (10 min walk from the venue). Has a pool, sauna and steam room. Good pub in Brandon. Reasonable pub The Half Moon and fish and chip shop in Wolston.

About 4 miles away towards Rugby is Lawford Hill Farm <http://www.lawfordhill.co.uk/>

There is a new B&B Middle House (apparently very nice) about 10 mins drive away towards Coventry. May need to book through booking.com. Phone 024 7627 6479.

Provided: A variety of teas, biscuits and instant coffee

Wear: Wear comfortable loose clothing and have short nails!

If at all possible you will be required to remove some clothing to aid the learning so please wear appropriate vest, underwear etc.

Something to tie longer hair back very useful.

Slippers / thick socks helpful if you get cold feet easily!

Bring: 2 large towels/ fleeces/ sarongs for draping and bolsters (if you have any).

Your lunch. There are microwaves in the village hall kitchen.
There is a Co-op 5 minute walk from the venue.

Massage table if you have said you'd bring one.

Parking: Plenty of free parking behind the village Hall. Please don't leave anything valuable in the car.

And just in case!

Penny's mobile:

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