



Emmett Technique Practitioner Training

Maitri Studio

4 The Mount, Belfast, NI, BT5 4NA

Times: 9.00am to 5.00pm each day

Venue: **The Maitri Studio**

4 The Mount, Belfast, Northern Ireland, BT5 4NA



Provided: Morning and afternoon tea.

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.

Travel: Maitri Studio is close to Translink Metro bus lines 4, 5 & 6, with stops close by. The studio is located on the first floor at 4 The Mount. The building is red brick with blue railings and has "Bank House" written in white letters at the front. The entrance is to the right side of the building.

Parking: The Mount is an A shaped road at the junction of Castlereagh Street, Albertbridge Road and Mountpottinger Road. Maitri Studio is on a short, one-way part of the Mount that you can drive onto from the Albertbridge Road (A20). You can also come into the Mount from Castlereagh Street. It is a mixed residential and business area, with free parking available on the street. There are also free parking bays outside the shops on Castlereagh Street.

Please be aware that the venue is not “The Mount” Conference Centre (a cream coloured building to the right of Maitri Studios).