



Emmett Technique Training

Llansannor Community Hall, City, Vale of Glamorgan, South Wales

More info: Tel: +44 (0) 7932 347 983 judith@everybodysbetter.co.uk

www.emmett-uk.com www.rossemmett.com.au

Venue: Llansannor community Hall, City, Vale of Glamorgan, CF71 7RW

This is an accessible property with level access and disabled toilets.

SatNav destination postcode: CF71 7RW

Public Transport:

Public transport is difficult in this more rural part of South Wales.

Driving & Parking:

Llansannor Hall is a lovely quiet rural venue. The roads coming into the village are narrow and winding and extra care should be taken. There is car parking space at the hall, but you may also park sensibly on the car parking space opposite.

How to get to the Hall from the A48

- Travelling from Cardiff direction along A48, take Cowbridge bypass
- 1 mile beyond W end of bypass, turn right at Pentre Meyrick crossroads, signposted Llangan
- Travel for about 1 km into 40 mph zone and on into 30 mph zone
- Continue past Llangan Primary School on left
- At small council housing estate on L, turn R into minor road signposted City and Graig Penllyn
- Follow road down through wood, past LH and RH turns and on over small bridge
- About 200 metres further on (beware bends!), turn R at Y-junction into narrow lane, signposted City
- Follow lane round RH and LH bends, past farm buildings on RH side and long stone wall on LH side
- Proceed for about 1 km to sharp RH bend in lane - the Community Hall is on LH side of lane on bend.

How to get to the Hall from the M4

- Leave M4 at J35
- Go around roundabout under motorway and proceed north along A473 for a few hundred metres
- Turn R at roundabout on to minor road signposted Felindre
- Follow road round RH bend, past business park on RH side and back under motorway
- Pass large Vale of Glamorgan sign and entrance to St Mary's Golf Hotel on LH side, and proceed through scattered settlement of Ruthin
- Enter 40 mph zone, go over brow of hill and on into 30 mph zone
- Turn L almost immediately into minor road signposted City and Graig Penllyn
- Follow road down through wood, past LH and RH turns and on over small bridge
- About 200 metres further on (beware bends!), turn R at Y-junction into narrow lane, signposted City
- Follow lane round RH and LH bends, past farm buildings on RH side and long stone wall on LH side
- Proceed for about 1 km to sharp RH bend in lane - the Community Hall is on LH side of lane on bend.

Accommodation: Please note I have not personally stayed at any of these properties.

Accommodation

There are bed and breakfast places in Llantwit Major

Mrs Hillary Hutch 18 Tyle House Close Llanmaes, near Llantwit Major Vale of Glamorgan CF61 2XR

Phone: [01446 796133](tel:01446796133) Mob: [07841423499](tel:07841423499) hillyhutch@gmail.com

West House hotel in Llantwit major - this is a few minutes walk from the local pubs/places to eat - www.townandcountrycollective.co.uk/west-house-hotel/
[01446 792406](tel:01446792406)

Newcourt B&B (Ivan & Toni Hodges) Cowbridge Road, Llantwit Major, Vale of Glamorgan CF61 2YS
Telephone: [+44 \(0\) 1446 775 548](tel:+44(0)1446775548) Mobile: [+44 \(0\) 7974 103 468](tel:+44(0)7974103468)
ivanhodges@hotmail.com

www.ownersdirect.co.uk - search for Windmill Farm, property number [8155511](https://www.ownersdirect.co.uk/property/8155511). This is a short walk from the hall - you will need your own transport as it is not near any places to eat or trains/buses
<http://irosser.wixsite.com/windmillfarm/the-cottages>

www.cowbridgecabins.co.uk - a short walk into the lovely town of Cowbridge - and about a 15 minute drive from our venue

- You may want to investigate Airbnb
- https://www.airbnb.co.uk/s/City--Cowbridge--UK/all?query=City%2C%20Cowbridge%2C%20UK&place_id=ChIJV42j1PESbkgRU-P2vdoJK7E&refinement_paths%5B%5D=%2Ffor_you

- Also Tripadvisor and other hotel websites
https://www.tripadvisor.co.uk/Hotels-g635697-Cowbridge_Vale_of_Glamorgan_South_Wales_Wales-Hotels.html

Provided: Depending on any Covid Regulations being in place at the time if the course.

Morning and afternoon tea and coffee, biscuits. If you have food allergies or special dietary requirements please could you make sure you bring suitable food and snacks.

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. Many male students like to wear shorts and t-shirt

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. Your massage table should be stable and safe and also have a face hole or a face cradle as some of the work is done face-down on the couch.

Lunch: You are free to bring your own lunch with you and eat it on site. There is a fridge and a microwave available. But there are no shops or cafes nearby.

I very much look forward to seeing you there. Judith Johnson, 07932 347 983 & judith@everybodysbetter.co.uk