



EMMETT Technique Venue Info

Active X Backs

10 Atholl Place, Edinburgh, EH3 8HP

More Info:

Mark Beasley
Tel: 01455 710884 or 07712 895979
mark@emmett-uk.co.uk

Times:	9:00 to 17:00 each day
Venue:	Active X Backs 10 Antholl Place, Edinburgh, EH3 8HP
Google map link:	https://goo.gl/maps/MBDg1Gy8XzhBQstq5
Parking & Travel:	There is no free parking nearby so public transport is the best option. A train to Haymarket Station, then a 4-5 min walk to Active X Backs. Here is the link to Scotrail https://www.scotrail.co.uk. The bus service in Edinburgh is very good. Here is the link to Lothian Buses to work out your best route Haymarket / Westend . https://www.lothianbuses.com If you are driving, there are 1085 free car spaces at the Ingliston Park & Ride, next to Edinburgh Airport where you can get the Edinburgh Tram to Haymarket or the West End. You must buy a ticket from a machine BEFORE you board the tram, otherwise you may be fined. Single journey is £1.80 or return £3.40. Trams leave every 7 mins and the journey time into Haymarket is 25-30mins. Get off at Haymarket Station / Marks & Spencer's or the next stop called West End and walk to Active X Back. Both highlighted on the map below. https://edinburghtrams.com/stop/ingliston-park-ride#:~:text=Tram%20Stop,and%20a%20comfortable%20waiting%20area
Provided:	Tea and coffee. Training guide.
Wear:	Comfortable loose clothing. Releases are demonstrated on skin, so you may wish to wear a strappy top if you'd rather not be just in underwear. You will be draped with your own towels.
Lunch	Either bring your own or the Co-op and a cafe is a 5 min walk away.
COVID-19 Safety:	Although official restrictions and legalities have been removed, Covid is still prevalent so to keep each other safe, please don't come to class if you are unwell or infected with Covid. We will use hand sanitiser before and after we do anything and wipe the massage tables after each practice.

Bring:	• Previous training guides and notes (module 3 onwards) • pen and paper (paper if you want to make separate notes) • bolster (that can be sanitised between use) • hand sanitiser • disinfecting surface wipes • two pieces of fabric (one for draping and one for lying on / or couch roll) • lunch and snacks
Accommodation:	Premier Inn Hub is a short 2 minute walk away, or simply search the internet or Airbnb. I would strongly recommend booking accommodation that allows you to alter or cancel your booking just in case you can't attend due to Covid or if the class dates need to change. Premier Inn at Edinburgh Park is only a 15 min Tram ride away.