



Emmett Technique Practitioner Training

Novotel Edinburgh Park

15 Lochside Ave, Edinburgh EH12 9DJ

More info: Sue Gassick

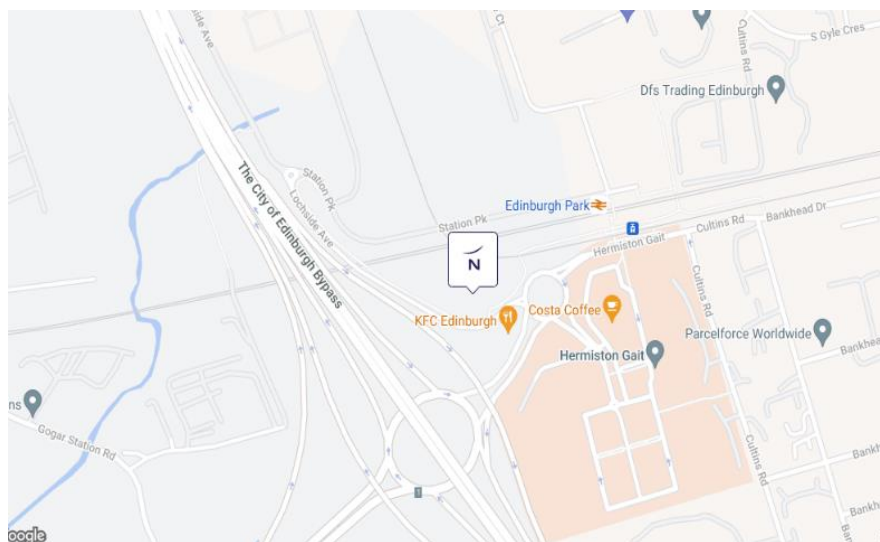
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www.emmett-uk.co.uk

Times: 9.30am to 5.30pm each day

Venue: **Hermiston meeting room**

15 Lochside Ave, Edinburgh EH12 9DJ GPS:55.92657, -3.310871



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 your towels for modesty.

Bring: Towels or fabric for draping and a bolster for knee and ankle support. Massage table if you can.

Bringing your own lunch would be best. Hotel restaurant. Gyle Shopping Centre – (5 mins drive / 15 min walk / a few tram stops away). Lunch break is usually 45 mins.

Parking & Transport:

Hotel parking - Take a ticket when you arrive and have it validated by reception when you leave for the day. If the car park is full, free on street parking.

Train: Edinburgh Park Railway station is 5 min walk. The hotel is right next door to the Edinburgh Park Railway station.

Tram: Alight at Edinburgh Park Station (not Edinburgh Park Central).

Bus: Edinburgh Park Bus stop is 5 min walk.