



# Emmett Technique Practitioner Training

## Sunnyside Barn, East Grinstead

Dunnings Road, East Grinstead, West Sussex, RH19 4AT

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**Times:** 9.00am to 5.00pm each day

**Venue:** Sunnyside Barn, East Grinstead

Dunnings Road, East Grinstead, West Sussex, RH19 4AT

**Provided:** Morning and afternoon refreshments. Please bring your own lunch. There's a convenience store across the road and a pub next to the venue.

**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 and paper. Massage table if you can.

**Parking & Transport:** There are regular trains from London to East Grinstead. From the train station you can take a bus to Sunnyside (bus 84), get a taxi or walk the 1.1 miles. There is free (limited) parking on site. Alternatively, there's on-road parking nearby.

**Accommodation:** If you need to stay overnight, there is a Travelodge in the Town Centre, 0.7 miles from the venue and a Premier Inn as well as the Crowne Plaza an IHG Hotel in Felbridge, which is 2.7 miles from the venue.

