

DATES TIMES VENUE ACCOMMODATION AND TRAVEL

Both seminars will be held in the beautiful historic city of Edinburgh, full of culture and life.

The seminars will be held at the The Carlton Hotel 19 North Bridge Edinburgh EH1 1SD

Tel +44 1314 723 000

Website <http://www.barcelo-hotels.co.uk/hotels/scotland/barcelo-edinburgh-carlton-hotel/>

For a map of the location go to www.streetmap.co.uk and use the venue's postcode EH1 1SD

Refreshments will be provided during the breaks and there are lots of places to eat lunch nearby. The hotel restaurant has a special rate for delegates wishing to have lunch.

Neuro Hypnotic Repatterning

Saturday 8 November to Thursday 13 November 2008

Registration for this seminar will from **9.00am**. The seminar will begin at **10.00am**

Altered States Shamanic States and Basic Brain Exploration

Saturday 15 November to Mon 17 November 2008

Registration for this seminar will be at **10.00am** and the seminar will begin at **11.00 pm**. It is a later start to allow people to arrive on flights and trains and may run quite late in the evening.

Accommodation

Edinburgh has a wide range of accommodation available, from the cheap and cheerful to the height of luxury, depending on your budget.

We have a limited number of rooms holding at a special bed and breakfast delegate rate of £110 per double room with the Carlton Hotel. To book one of these rooms phone or email the hotel quoting the META seminar and specifying the dates. Please note these rooms will be released by us if not booked 2 weeks prior to the event so to guarantee your room book as soon as possible.

For information on other accommodation you can search the web and a useful website is www.visitscotland.com This site has a good search engine for Edinburgh Accommodation. You can also ring them on +44 (0)845 2255121. Please do check how far your accommodation is from the venue!

Travel

As a major international tourism destination, Edinburgh benefits from a highly developed transportation network and is easily accessible by air, rail & road.

Edinburgh International Airport is only 8 miles (12km) west of the city centre and is served by major airlines with direct services from a host of destinations in Europe and the USA. There are 40 flights a day from London's airports plus regular services from other areas in the UK.

There are excellent coach & taxi connections from the airport into the city centre with a journey time of approximately 20 minutes. The coach company, operates city centre transfers every 15 minutes during peak hours.

Direct transatlantic flights also arrive at Glasgow International Airport, a one hour drive from Edinburgh.

Scottish City Link operates a regular coach service between Glasgow Airport and Edinburgh city centre with a journey time of approximately 1 hour 45 minutes. Alternately, there is a regular express train service from Glasgow Queen Street Station to Edinburgh Waverley Station with a journey time of 50 minutes.

For further information contact:

Lothian Region Transport:	+44(0)131 5556363
Scottish City Link:	+44(0)990 505050
ScotRail:	0345 484950
www.scotrail.co.uk	
www.railurope.com	

By Rail

The Great North Eastern Railway line which links Edinburgh with London (Kings Cross) is the fastest intercity railway in Britain, taking just over 4 hours to arrive at Waverley Station in the centre of Edinburgh. Both ScotRail & Virgin services link the city with northern & western Britain.

Edinburgh is at the hub of the Scottish motorway network and its national coach station connects the city centre to the rest of Britain and beyond.

For Further information contact:

National Express/Scottish Citylink:	+44 (0)1524 793522
-------------------------------------	--------------------