



LIMEWOOD

amelia freer  
FdSc, Dip ION

## Amelia Freer Workshops & Retreats 2021 - 2022

At Lime Wood and Herb House, we have teamed up with some of the most respected experts in the wellness industry to create a space that helps guests and members to really nurture their well-being and feel their absolute best. The experts bring with them a wealth of knowledge, expertise and insider advice that has been integrated into the heart of the hotel and spa; their philosophies influence and underpin our overall approach to nutrition, fitness and holistic wellness.

We have teamed up with Nutritional Therapist Amelia Freer on a series of workshops, events and a retreat. Amelia believes that food can be a very powerful tool for well-being and her purpose is to help others to enjoy the many benefits of nutritious food.

### Batch Cooking Course

Cookery Demo & Lunch

**When?** Tuesday 14th September 2021

**How much?** £175

**What time?** 10am - 2pm

In this fun and useful 2-hour cooking demo, Amelia and Iain our Cookery School Chef join forces to share their best batch cooking recipes and tips, helping you plan and stock your kitchen with warming, nutritious and delicious food – even when life is busy and time is tight.

### Eating For Health And Weight Loss

Full Day Workshop

**When?** Wednesday 15th September 2021

**How much?** £299

**What time?** 9am - 4.30pm

**What's included?** Full day workshop, to include 3 hours of enlightening talks, 2-course lunch with Amelia, Cookery Demo, Relaxing Yoga session and a goodie bag to take home.

Through a series of enlightening talks, a cooking demonstration in our HH&Co Backstage Cookery School Kitchen, a seasonal and locally sourced lunch, optional relaxing stretch session or forest walk and lots of friendly advice, we will explore what it really means to eat well and how to go about doing so within our increasingly busy lives.





## Winter Health And Immune System Support

### Full Day Workshop

**When?** Wednesday 10th November 2021

**How much?** £299

**What time?** 9am - 4.30pm

**What's included?** Full day workshop, to include 3 hours of enlightening talks, 2-course lunch with Amelia, Cookery Demo, Relaxing Yoga session and a goodie bag to take home.

With 3 hours of enlightening talks from Amelia, a cooking demonstration in the HH&Co Backstage Cookery School Kitchen, a locally sourced and seasonal lunch, an optional relaxing stretch session or forest walk and lots of friendly advice, we will explore all things winter health and immune support including lifestyle choices, nutrition and supplements within a very friendly and relaxed environment.

## Healthy Cooking For Kids

### Cookery Demo & Lunch

**When?** Tuesday 9th November 2021

**How much?** £175

**What time?** 10am - 2pm

**What's included?** Two-hour cookery workshop in HH&Co's Backstage Kitchen followed by a 2-course lunch with Amelia, plus goodies to take away.

In this 2-hour cookery demo, Amelia and Iain, our Cookery School Chef join forces to share recipes, ideas and lots of tips, tricks and advice for cooking and feeding small children with health in mind.

## Whole Body Wellbeing

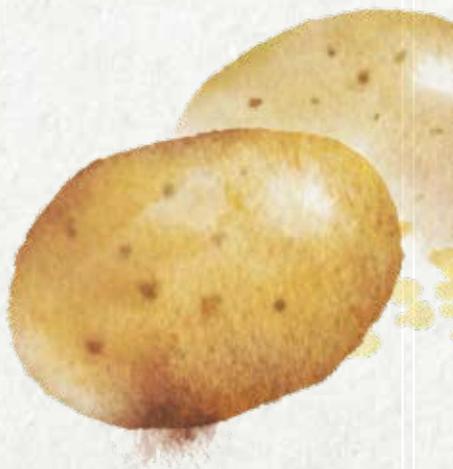
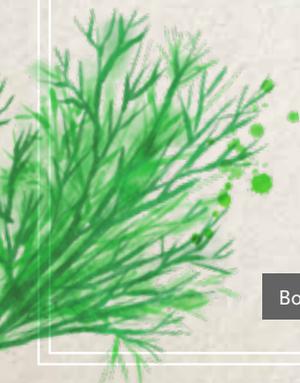
### 3-Day Residential Retreat

#### When?

11th/12th/13th October 2021,  
24th/25th/26th January 2022

**How much?** From £1,630

Take some time to focus on yourself for a few days without having to stray too far from home. Amelia brings with her a wealth of experience to this intimate retreat; you will learn from Amelia and her team with over 8 hours of varied and interesting sessions, including talks, interactive workshops and cooking demonstrations.



Book Online at [www.limewoodhotel.co.uk/retreats/amelia-freer](http://www.limewoodhotel.co.uk/retreats/amelia-freer)