



LIMEWOOD

amelia freer  
FdSc, Dip ION

## Amelia Freer Workshops & Events 2022/23

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 retreats. 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?** Wednesday 19th October 2022

**How much?** £195

**What time?** 10am – 2pm

In this fun and useful 2-hour Cookery Demo, Amelia & 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. Includes a 2-course lunch and a goodie bag to take home.

### Eating For Health And Weight Loss

**Full Day Workshop**

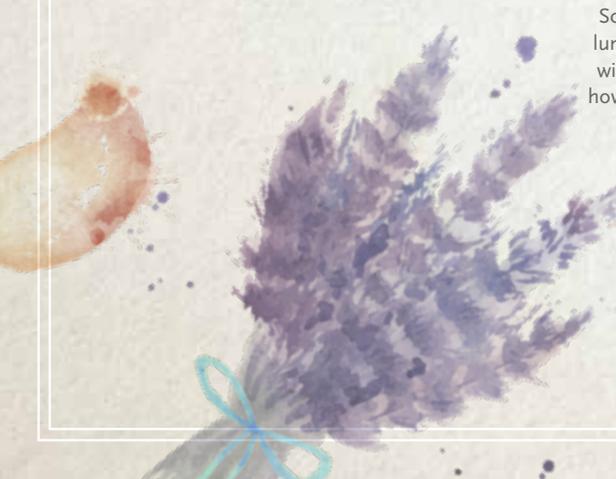
**When?** Wednesday 16th November 2022

**How much?** £325

**What time?** 9am – 4.30pm

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

Through a series of informative talks, a cooking demonstration in our HH&Co Backstage Cookery School Kitchen, a seasonal and locally sourced lunch, 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.





## Whole Body Wellbeing

### 3-Day Residential Retreat

#### When?

Tuesday 8th – Thursday 10th November 2022

Wednesday 10th – Friday 12th May 2023

**How much?** From £1,905

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 a variety of 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)